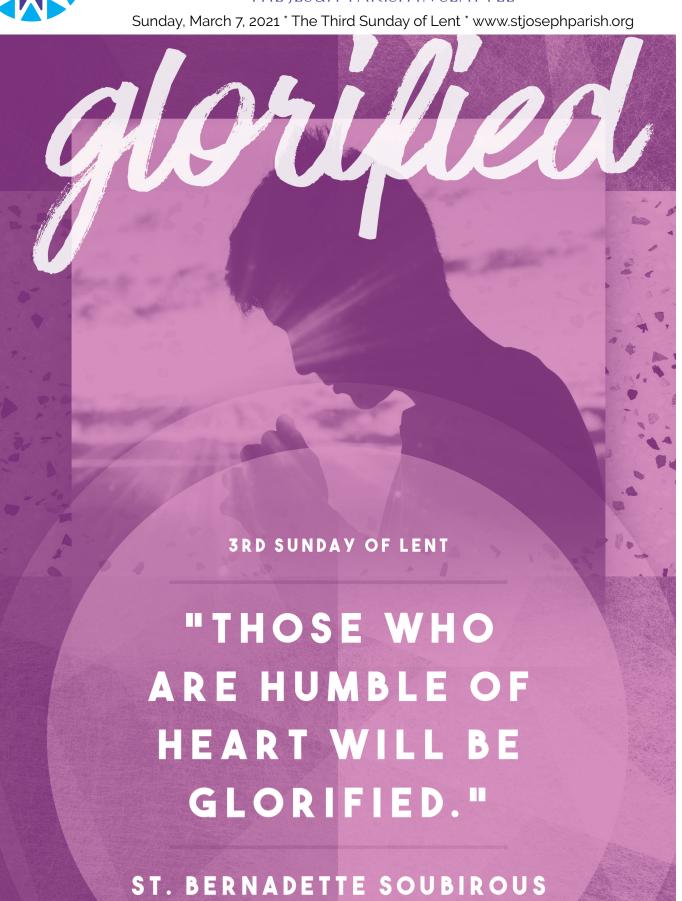


St. Joseph Parish

THE JESUIT PARISH IN SEATTLE



THE THIRD SUNDAY OF LENT MARCH 7, 2021

Livestream Mass: 5pm Saturday on our YouTube channel (Available for viewing throughout the week) 9:30 AM Sunday 5:30 PM Sunday

> Weekday Mass Schedule Tuesday - Friday, 7 am, YouTube

Readings for March 14, 2021

First Reading: 1 Samuel 16:1b, 6-7, 10-13a Second Reading: Ephesians 5:8-14 Gospel: John 9:1-41

Parish Center 732 18th Ave E, Seattle, WA 98112 www.stjosephparish.org Parish Receptionist (206) 324-2522

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mpyrc@stjosephparish.org	
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Yuri Kondratyuk, Facilities	x110

Pastoral & Mission Council

pastoralandmissioncouncil@stjosephparish.org

St. Joseph School - Main Office	x210
Patrick Fennessy, Head of School	x218
Mary Helen Bever, Primary School Dir	x215
Vince McGovern, Middle School Dir	x219

Climate Justice Discernment Gathering

Thursday March 25th, 7pm - 9pm Zoom

Climate change can seem overwhelming. How can you get involved? How can we as St. Joseph Parish get involved?

Join fellow St. Joseph's parishioners for an in-depth session of discovery and discernment focused on ecological justice and care for our common home. As Pope Francis wrote so plainly in *Laudato Si'*, "The urgent challenge to protect our common home includes a concern to bring the whole human family together to seek a sustainable and integral development, for we know that things can change." Individually, as well as collectively, we can indeed make a difference: Join us to help build a plan for how we can work together as a parish for ecological justice!

In this two-hour online event, you will be introduced to proven scientific solutions to reverse global warming through videos and interactive group activities. From the food we eat, to the products we choose to buy and the place we choose to live, we are called to see the world around us with a lens of climate curiosity and awe. By the end of our time, we each individually and collectively will be armed with a better understanding of where we can go next to discover what we will do on our climate journeys, and how we can move as a parish towards greater sustainability and integral ecology.

Anna Johnson, St. Joseph parishioner, and Scott Henson, co-founder of Drawdown Seattle and St. Joseph parishioner, will moderate and guide the discussions that will cultivate a sense of possibility while invigorating and encouraging us to take action together in community. We can't sit on the sidelines any longer – join us on the field.

Registration link here: https://forms.gle/wFzPRZFao3jp7tqm9

Contact Deacon Steve with any questions: stevew@stjosephparish.org

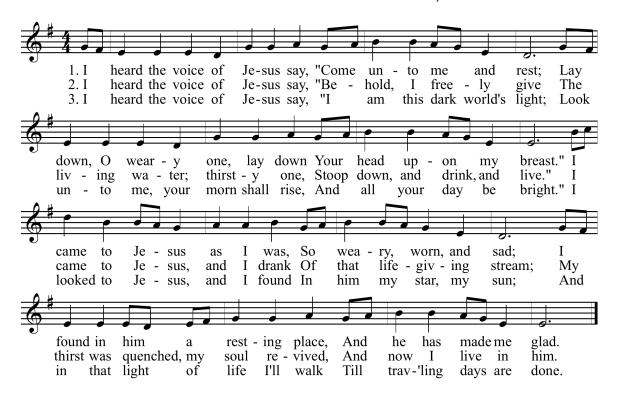


THE THIRD SUNDAY OF LENT

Entrance Song

I Heard the Voice Of Jesus Say

KINGSFOLD/Bonar



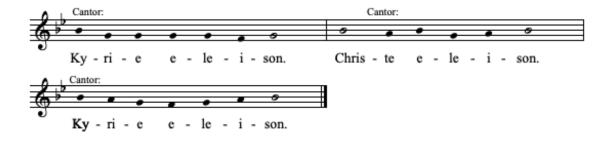
Confiteor

I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do,

(Strike breast during next line)

through my fault, through my fault, through my most grievous fault. therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

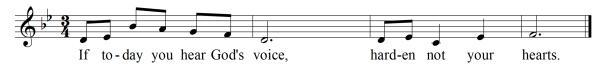
Kyrie



First Reading Exodus 17:3-7

In those days, in their thirst for water, the people grumbled against Moses, saying, "Why did you ever make us leave Egypt? Was it just to have us die here of thirst with our children and our livestock?" So Moses cried out to the LORD, "What shall I do with this people? A little more and they will stone me!" The LORD answered Moses, "Go over there in front of the people, along with some of the elders of Israel, holding in your hand, as you go, the staff with which you struck the river. I will be standing there in front of you on the rock in Horeb. Strike the rock, and the water will flow from it for the people to drink." This Moses did, in the presence of the elders of Israel. The place was called Massah and Meribah, because the Israelites quarreled there and tested the LORD, saying, "Is the LORD in our midst or not?"

Psalm Psalm 95 Mayernik



Come, let us ring out our joy to the LORD; hail the rock who saves us. Let us come into his presence, giving thanks; let us hail him with a song of praise.

O come; let us bow and bend low. Let us kneel before the God who made us, for he is our God and we the people who belong to his pasture, the flock that is led by his hand.

O that today you would listen to his voice!

"Harden not your hearts as at Meribah, as on that day at Massah in the desert
when your forebears put me to the test; when they tried me, though they saw my work."

Second Reading

Romans 5:1-2, 5-8

Brothers and sisters: Since we have been justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith to this grace in which we stand, and we boast in hope of the glory of God.

And hope does not disappoint, because the love of God has been poured out into our hearts through the Holy Spirit who has been given to us. For Christ, while we were still helpless, died at the appointed time for the ungodly. Indeed, only with difficulty does one die for a just person, though perhaps for a good person one might even find courage to die. But God proves his love for us in that while we were still sinners Christ died for us.

Gospel Acclamation



Lord, you are truly the Savior of the world; give me living water, that I may never thirst again.

Gospel John 4:5-42

Jesus came to a town of Samaria called Sychar, near the plot of land that Jacob had given to his son Joseph. Jacob's well was there. Jesus, tired from his journey, sat down there at the well. It was about noon.

A woman of Samaria came to draw water. Jesus said to her, "Give me a drink." His disciples had gone into the town to buy food. The Samaritan woman said to him, "How can you, a Jew, ask me, a Samaritan woman, for a drink?" —For Jews use nothing in common with Samaritans.— Jesus answered and said to her, "If you knew the gift of God and who is saying to you, 'Give me a drink,' you would have asked him and he would have given you living water." The woman said to him, "Sir, you do not even have a bucket and the cistern is deep; where then can you get this living water? Are you greater than our father Jacob, who gave us this cistern and drank from it himself with his children and his flocks?" Jesus answered and said to her, "Everyone who drinks this water will be thirsty again; but whoever drinks the water I shall give will never thirst; the water I shall give will become in him a spring of water welling up to eternal life." The woman said to him, "Sir, give me this water, so that I may not be thirsty or have to keep coming here to draw water."

Jesus said to her, "Go call your husband and come back." The woman answered and said to him, "I do not have a husband." Jesus answered her, "You are right in saying, 'I do not have a husband.' For you have had five husbands, and the one you have now is not your husband. What you have said is true." The woman said to him, "Sir, I can see that you are a prophet. Our ancestors worshiped on this mountain; but you people say that the place to worship is in Jerusalem." Jesus said to her, "Believe me, woman, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You people worship what you do not understand; we worship what we understand, because salvation is from the Jews. But the hour is coming, and is now here, when true worshipers will worship the Father in Spirit and truth; and indeed the Father seeks such people to worship him. God is Spirit, and those who worship him must worship in Spirit and truth." The woman said to him, "I know that the Messiah is coming, the one called the Christ; when he comes, he will tell us everything." Jesus said to her, "I am he, the one speaking with you."

At that moment his disciples returned, and were amazed that he was talking with a woman, but still no one said, "What are you looking for?" or "Why are you talking with her?" The woman left her water jar and went into the town and said to the people, "Come see a man who told me everything I have done. Could he possibly be the Christ?" They went out of the town and came to him. Meanwhile, the disciples urged him, "Rabbi, eat." But he said to them, "I have food to eat of which you do not know." So the disciples said to one another, "Could someone have brought him something to eat?" Jesus said to them, "My food is to do the will of the one who sent me and to finish his work. Do you not say, 'In four months the harvest will be here'? I tell you, look up and see the fields ripe for the harvest. The reaper is already receiving payment and gathering crops for eternal life, so that the sower and reaper can rejoice together. For here the saying is verified that 'One sows and another reaps.' I sent you to reap what you have not worked for; others have done the work, and you are sharing the fruits of their work."

Many of the Samaritans of that town began to believe in him because of the word of the woman who testified, "He told me everything I have done." When the Samaritans came to him, they invited him to stay with them; and he stayed there two days. Many more began to believe in him because of his word, and they said to the woman, "We no longer believe because of your word; for we have heard for ourselves, and we know that this is truly the savior of the world."

First Scrutiny (5:30)

We Thirst For Living Water "We thirst for living water, deliver us, O Lord"

Browning

Dismissal (5:30)

Take, O Take Me As I Am

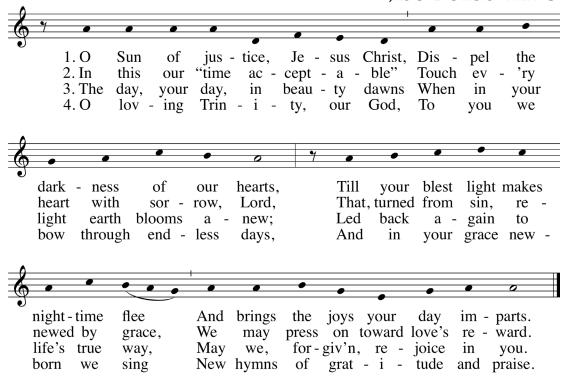
Bell

"Take, O take me as I am. Summon out what I shall be. Set your seal upon my heart and live in me"

Offertory Song

O Sun Of Justice

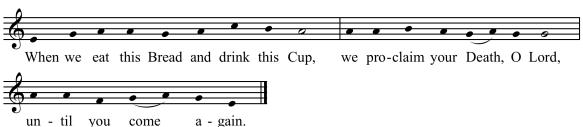
IESU DULCIS MEMORIA/6th C.



Holy, Holy, Holy



Mystery of Faith

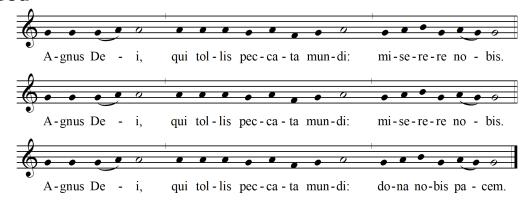


Great Amen



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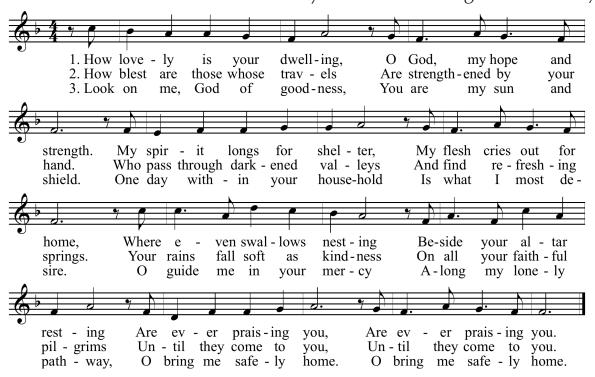
Lamb of God



Communion

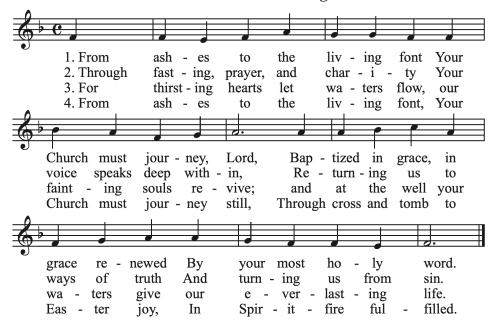
Psalm 84: How Lovely Is Your Dwelling

Foley/Janzen



Recessional

From Ashes To The Living Font ST. FLAVIAN/Hommerding



St. VINCENT DE PAUL

St. Vincent de Paul Society: Caring for Our Neighbors

The St. Joe's Conference of St. Vincent de Paul, our local chapter of the international aid organization, has been busy helping our neighbors on Capitol Hill and around Seattle cope with the economic hardships that the pandemic has brought. Over the next few weeks, we'll be highlighting stories of Vincentians finding innovative ways to connect with clients during this time of lockdown, and ways that you can help!

Mike Pfau began volunteering with St. Vinnie's nearly a year ago, right as the pandemic began. "I'm a strange case – I've never been to a SVdP meeting that wasn't on Zoom," he says, laughing, "and I've never done a home visit!"

But even though Mike has been "reaching out while staying in," he's experienced firsthand the devastation that the pandemic has brought to families around Seattle, and the lifeline that SVdP assistance can be. "I can't think of one person that I've met while making calls for St. Vinnie's who has not been affected by COVID. We're helping neighbors who were struggling, but getting by, before the pandemic. All that needed to happen was one unlucky thing and all of the sudden they can't pay their bills."

Mike tells the story of an outreach call to a single father who was doing fine before the pandemic. However, when schools went entirely online, he was forced to decide between work and staying home with his children. He had to stay home, and as a result, lost his job. He called St. Vinnie's, who were able to help with rent assistance to get him through some of the worst months. "I've heard a number of people say that they've never asked for help before this year," Mike says.

Right now, working families are struggling. In Capitol Hill, the Central District, and around Seattle, the pandemic has not spared ZIP codes. "If you're looking to make a change, this is an immediate way to help," explains Mike. "The money goes directly to folks who need it right now. The results are both local and immediate."

While SVdP continues to be good stewards of your donations – every dollar goes directly to our neighbors in need – the next month is critical. As the end of a <u>statewide moratorium on evictions draws near</u>, King County could see record numbers of people forced out of their homes. SVdP is ready to assist with rent, but needs our support.

SVdP has recently secured a \$20,000 matching gift – every dollar donated, until \$20,000 has been reached, will be matched 1-to-1. If you are able, now is the time to invest in our community and donate to St. Vincent de Paul.



Photo courtesy of St. Vincent de Paul - King County

COMMUNITY NEWS

Milestones

Friends and family celebrate
Jim McAteer's 90th birthday before morning Mass
on February 23rd.



Pictured: Cathy Murray, Linda Ellis, Judy McAteer, Jim McAteer, Dick Ellis.

7am Daily Mass – Open for In-Person Attendees

We are pleased to announce that 7am daily Mass (Tuesday – Friday) is now available for in-person attendance. All are welcome!

We still have COVID protocols in place, which means the door will be locked promptly at 7am so that webcast filming may proceed. Additionally, masks must be worn by all participants and social distancing will be enforced. Pre-registration is not necessary to attend this Mass, but we ask that you arrive at least ten minutes before 7am, as you will need to provide your name and contact info at the door.

If you would like to volunteer for the month of March to greet, usher, or lector at the 7am Mass, please email caprices@stjosephparish.org

Vegan Meals to the Streets

Over the last two months, there has been a flurry of activity in the parish social hall kitchen. But it's not coffee and donuts after Mass, or banquet meals for school functions – it's a small group of local cooks, gathered by a St. Joe's parishioner, who have been hard at work cooking healthy meals to distribute to our houseless friends.

Vegan Meals to the Streets is a grassroots, local project that seeks to provide a meaningful, earth-friendly presence in Seattle by providing healthy, sustainably-sourced and packaged meals and necessities to those in need around the community.

Though the residency at St. Joe's social hall kitchen might be temporary, VMS plans on cooking and serving food long into the future. If you'd like to help them find a permanent home, get in touch! The team is also looking for cooking and distribution volunteers, especially folks with admin, accounting, photography, or social media skills. In addition to services, VMS is issuing a general call for winterproofing items such as tents, tarps, blankets, towels, socks, gloves, hats, and jackets.

Call John at (206) 650-6529 or email <u>veganmeals to the streets@gmail.com</u> for more information, and check them out on Facebook: https://www.facebook.com/VeganMealsToTheStreets/ or Instagram: https://www.instagram.com/veganmealstothestreets/





Photos courtesy of Vegan Meals to the Streets

LITURGY & WORSHIP

From the Ignatian Spirituality Center: What is the Novena of Grace?

If you're seeking a Lenten practice to help you deepen your relationship with God, consider the Novena of Grace, a retreat offered amid the busyness of daily life. Rather than going away for nine days to a retreat center, the retreat is presented within the context of a one-hour liturgy each day. Unwind with contemplative evening prayer at the end of your day at 6:30 pm PST on the weekdays and/or join us at 11:00 am PST on Saturday and Sunday. Join us for any or all of the nine days on Zoom webinar or view recordings afterward at www.ignatiancenter.org/novenaofgrace.

You'll experience excellent preaching from three Ignatian-inspired presenters, powerful prayers of petition from the participants, beautiful music and a community of faith-filled people. Open to persons of any age and spiritual background, it offers time to be nourished and inspired each day as you open yourself to the Spirit and experience grace that transforms.

Each contemplative prayer service is a shorter evening worship experience that incorporates the beloved Novena elements of beautiful music, daily readings, personal prayers of petition, and optional prayers of intention with a prayer minister in breakout rooms at the end. Instead of Communion, there will be time following the homily for

individual reflection using guiding questions, imagery and music. We offer this fresh format for those who seek a more intimate retreat-like experience of prayer and community!

The Novena's origins date to 1633, when tradition says St. Francis Xavier appeared to a priest in a healing vision and promised that all who would earnestly ask his intercession with God for nine days would experience profound grace. The Novena survives today as an annual tradition which is continually updated to remain relevant to the daily lives of retreat-goers.

Whether or not you are familiar with the Novena, we hope you will consider joining us, and that this year's theme of Heal our Hearts for a Mission of Mercy will help you pray with a welcoming community for God's healing and mercy to be received into our hearts and to be manifested in the world.

All are welcome! Feel free to invite someone else to join you online this year!



FAITH JUSTICE



Date: Thursday, March 11, 2021

Time: 7:00 PM PST

Host: Samantha Yanity, IPJC

Co-Moderators: Jack Matter & Reiko Wellington from Seattle Preparatory School

PANELISTS:

Jennifer Kelly

Jesuit Restorative Justice Initiative Northwest

Bobby Garcia

Assistant Executive Director, Jesuit Restorative Justice Initiative-LA

Carlos Cervantes

Ride Home Program for the Anti-Recidivism Coalition

Joe Cotton

Catholic Mobilizing Network

Register here!





















FAITH JUSTICE

Nurturing Roots: Make a Veggie Starter Pot for Lent!

Down at the Nurturing Roots Urban Farm, St. Joe's parishioners have been hard at work helping to get it ready for spring, donating pots, seeds, expertise, and time. The new greenhouse is almost ready for plant racks and veggie starts! Now is your chance, during this Lenten season, to fill the greenhouse with love and support. Everyone is invited to begin a Veggie "Start Pot" right now to donate at the end of Lent.

See below for instructions. During week following the school's Easter vacation, we will have a series of day/times when you can deliver your start(s) to Nurturing Roots Farm or St. Joe's (which we will deliver to the farm).

Materials:

- one 4" pot (with hole in bottom to release water)
- small amount of organic soil
- one small package of organic, non-GMO seeds of veggies—lettuce, carrots, tomatoes, beets, or zucchini
- a sunny window

Steps:

- 1. Fill 4" pot three-fourths full with organic soil.
- 2. Lay 3 seeds on top of the soil and cover with quarter-inch of organic soil.
- 3. Place pot on plate or lid to protect surface from water, and place in sunny window.
- 4. Water gently about every 1-3 days, when soil becomes dry to the touch. Soil should be moist, but not soggy.
- 5. Once seeds germinate, thin the shoots to give them room to grow.
- 6. Think of the color your plant will add to the farm and the joy your fresh vegetable will bring to someone's life.

Contact Deacon Steve at stevew@stjosephparish.org with any questions.





CORE Legislative Action Alert: Restorative Justice

Jesuits West CORE (Collaborative Organizing for Racial Equity) has organized an action alert regarding pending legislation in Washington State that would advance restorative justice. Parishioners Samantha Yanity and Vince Herberholt helped organize the action, and students at Seattle Prep vetted the bills.

<u>Click here</u> to read about bills in the Washington State Legislature supporting restorative justice. You can take action by writing your representative on the dedicated action alert site: http://bit.ly/ActForRestorativeJustic



Volunteers Needed!

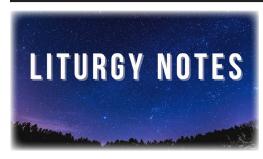
Facing Homeless Food Donations and Drivers

An update from Karina Wallace, Community Programs Manager of Facing Homelessness, an organization that St. Joe's has been partnering with to provide meals to houseless neighbors: "Over the last couple of months, our average visits on our open days at The Window of Kindness have dramatically increased. We're now serving about 40 people per day or more. (That's about 100-120 a week, in the two hours that we're open, three days a week). And we've been running out of sandwiches on the second day!"

Can you help Facing Homelessness meet the need in our community? Contact Deacon Steve for information about making lunches or delivering them to Facing Homelessness stevew@stjosephparish.org

(If you don't have the time or means to make lunches, other general snacks are good too: granola bars, small bags of chips, or canned foods.

LITURGY & WORSHIP



THE SCRUTINIES: March 7, 14, and 21

By Katy Huston, MAPS Art and Environment Team

If you attend the in-person 5:30 Mass on March 7th, 14th, or 21st, you will notice an extra rite as part of the Liturgy. Five people will be called up to the altar: these are our elect, those who have been studying the faith and

who will be baptized at this year's Easter Vigil. Their godparents will accompany them.

So, what are these scrutinies? The Rite of Christian Initiation of Adults tells us:

"The scrutinies, which are solemnly celebrated on Sundays and are reinforced by an exorcism, are rites for self-searching and repentance and have above all a spiritual purpose. The scrutinies are meant to uncover, then heal all that is weak, defective, or sinful in the hearts of the elect; to bring out, then strengthen all that is upright, strong, and good. For the scrutinies are celebrated in order to deliver the elect from the power of sin and Satan, to protect them against temptation, and to give them strength in Christ, who is the way, the truth, and the life. These rites, therefore, should complete the conversion of the elect and deepen their resolve to hold fast to Christ and to carry out their decision to love God above all." (From the *Rite of Christian Initiation of Adults*, prepared by the International Commission on English in the Liturgy and the Bishops' Committee on the Liturgy, the National Conference of Catholic Bishops.)

(By the way, the "exorcism" mentioned above is an ancient part of this ritual, but no weird stuff will happen!) All in the church will be asked to join in praying for this last part of the elect's journey into initiation as Catholics.

Parish Life

Lenten Small Groups on Zoom

St. Joe's is hosting multiple small groups and events as we walk in faith together this Lent. See page 1 or our <u>website</u> for a full listing. Here's one of the groups:

Stations of the Cross & Small Group Faith Sharing

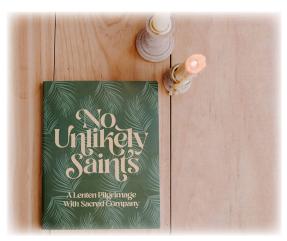
Wednesdays, 7pm – 8:30pm, via Zoom

Stations 7pm – 7:30pm

Faith Sharing 7:30pm - 8:30pm

Wednesdays in Lent, Adult Faith Formation will host the Stations of the Cross 7:00-7:30 PM via zoom with the option to the join the Lenten Small Group Faith Sharing 7:30-8:30 PM.

The Faith Sharing Group will be using the book, *No Unlikely Saints - A Lenten Pilgrimage with Sacred Company*, written by St. Joseph parishioner Cameron Bellm. There are copies available through the parish center at a discounted rate of \$10-\$15, do not hesitate to ask for scholarship as needed. For the Zoom link, or to schedule how to pick up the book, please contact theresal@stjosephparish.org.



Parish Life

Seniors Rosary & Lenten Faith Sharing

Tuesdays 2pm - 3pm, via Zoom

During Lent, we will continue to say the rosary, and those who wish to stay on can engage in a Lenten Faith Sharing using a book by Fr. Richard Rohr, entitled *Wondrous Encounters*, from 2:30-3:00. All are welcome to join. For the Zoom link contact Stevew@stjosephparish.org.

St. Francis House is Open!

St. Francis House opened on March 2nd for donations at their Immaculate Conception location at **820 18th Avenue** (accessed from the parking lot). At this time, they are only able to accept clean, gently worn, or new clothing for men, women, and children; shoes; travel sized toiletries and grocery gift card donations.

They are open Tuesdays, Wednesdays, and Thursdays from 9 a.m. - 12 p.m. for donations.

Young Adult Happenings

Pre-Mass Neighborhood Walk

Sunday, March 7th, 4:30pm-5:30pm In Person (Meet at St. Joes Parking Lot)

Take a walk with the St. Joes Young Adult Community and take in the beauty of the Capitol Hill neighborhood before 5:30PM mass on Sunday, March 7th.

We will meet at the St. Joseph's parking lot at 4:30 PM and head out from there on an approximately an hour-long stroll through the neighborhood. Stick around for the celebration of Mass!

Trail Hike

Sunday, March 20th, 10am

Join the Young Adult group for a distanced adventure up to Poo-Poo Point, just outside of Issaquah, on Saturday, March 20th. The plan is to start hiking around 10am up the 4.8 Mile Chirico Trail and take-in the beautiful Washington outdoors. Please reach out to Charlie Stiens at Cstiens326@gmail.com if you have any questions, or if you're interested in joining to receive further information, directions, and a packing list.

CHILDREN'S FAITH FORMATION

Lenten Family Service Activities

Pope Francis has called on all of us during the Lenten season, "to confront the poverty of our brothers and sisters, to touch it, to make it our own and to take practical steps to alleviate it." St. Joseph Family Service Working Group has organized several activities for families to participate in this Lenten season.

Families are welcome to choose from one or more of the following activities, depending upon the age or interest of their children:

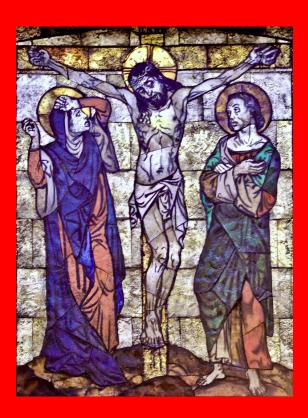


- Prepare Easter cards for elderly St. Joseph Parishioners
- Create Hygiene Kits for residents of Jubilee Women's Center
- Plant vegetables starts for Nurturing Roots
- Make wind chimes for Nurturing Roots and wind chime kits for L'Arche

For more information about these activities and to sign up, <u>click here.</u> If you have any questions, please contact Claire: <u>Claireh@stjosephparish.org</u>



Stations of the Cross this Lent



Fridays @ 12:15 are in-person at the church while being live streamed on our YouTube Channel.

Wednesdays @ 7:00-7:30 PM are on Zoom for the Zoom link email theresal@stjosephparish.org

After the stations, starting at 7:30, there will be Faith Sharing using the book, No Unlikely Saints: A Lenten Pilgrimage With Sacred Company, by Cameron Bellm. If you wish to only stay for the stations that is perfectly acceptable. If you wish to only do the faith sharing, please sign on at 7:30 PM.

THE MAGIS FAMILY FORMATION PROJECT

March 2021

The Magis is a family faith sharing guide with a "menu" of options for parents and children to pick readings and/or activities to do together, especially during Covid-19. March's theme is **Preparing for Jesus' Resurrection**, corresponding with Lent and our anticipation of Easter.

In this issue you'll see different ways your family can engage with the CRS Rice Bowl

program, which is an at-home Catholic Family Project of education, prayer, fasting, and charitable giving for Lent. During the 40 days of Lent, CRS invites us to reflect on how hunger and malnutrition affect our human family, and on the need to take action to end this global injustice. Visit crsricebowl.org to earn more! Rice Bows are available in the church, which is open from noon-3pm on weekdays and noon-4pm on weekends.



LENTEN FAMILY REFLECTIONS

March 7: Third Sunday of Lent. Gospel: John 2:13-25

¹Jesus drives out the moneychangers from the Temple and says that he will destroy the temple and raise it up again.

- What are some places that we believe are holy? (churches, shrines, altars, the tabernacle)
- What makes a place holy? (A place is holy because we experience God's presence there.)
- What do we do at holy places? (pray, reflect, meditate)
- Talk about places and times when you have experienced God's presence. After his Resurrection, Jesus' disciples understood that Jesus was present with them as they gathered to pray and especially when they gathered to share a meal. Jesus teaches us in today's Gospel that he is God's presence with us. Thank God for Jesus' presence with us, especially in the Sacrament of the Eucharist







Each Friday of Lent, Catholics abstain from eating meat as a way to experience a little of the hunger that many experience daily. Journey with us around the world to see stories of hope and incorporate Lenten recipes into your meatless Fridays. Give the money you saved each week by not eating meat—about \$3 per person per meal—to your <u>CRS Rice Bowl</u> to feed those in need around the world. Pictured here is a crispy pancake recipe from Vietnam. Yum!

¹ Sunday Connections, Loyola Press Online

CRS LENTEN STORIES OF HOPE

Friday, March 5

- Watch: A Story of Hope from Madagascar
- Make a meal from Madagascar(https://www.crsricebowl.org/recipe)

Friday March 12

- Watch: A Story of Hope from El Salvador
- Make a meal from El Salvador: (https://www.crsricebowl.org/recipe)

Friday March 19

- Watch: A Story of Hope from Timor-Leste
- Make a meal from Timor-Leste (https://www.crsricebowl.org/recipe)

Friday March 26

- Watch: The Fruit of our Lenten Sacrifice
- Chose any meal: https://www.crsricebowl.org/recipe



LENTEN PRETZELS

https://young-catholics.com/861/lenten-activities-make-pretzels/

LENTEN FAMILY SERVICE PROJECTS

Lent is a time for good works. Here are some ideas for you and your family:

- -- Make lunches or homemade cards for guests of St. Joseph's shelter.
- -- Invite your family to do something kind for someone else every day of Lent. Talk about what you did at the end of each day.
- -- Make a Prayer Chain: List 40 intentions or people on 40 slips of paper. Link them together into a chain. Rip one off each morning of Lent and pray for that intention.
- -- Watch your email or the St. Joseph's Facebook page for opportunities St.

Joseph LENTEN FAMILY SERVICE!

MEDIA CORNER

- Book: Bring Lent to Life: Activities and Reflections for Your Family by Kathleen Basi
- Book: Make Room: A Child's Guide to Lent and Easter by Laura Alary
- Book: Patrick: Patron Saint of Ireland by Tomie dePaola
- Book: The Legend of the Sand Dollar by By Chris Auer
- Movie: The Greatest Story Ever Told
- Movie: Jesus of Nazareth
- Movie: The Prince of Egypt

