

PASTOR’S COLUMN

LENT IS AN ATTITUDE

Lent is an attitude of repentant preparation. It is an entrance into the desert. It affords us entry into prayerful solitude. A Lenten attitude should be more of a “giving to” rather than a “giving up.” It involves giving ourselves to God and allowing God to continue giving divinity to us. In essence, Lent means plumbing the depths of personhood. It means discovering our best self, our true self. Lent invites an attitude of intention, that we engage creatively in the process of touching our poverty, embracing freedom, relishing interdependence, and yielding aimless wandering to purposeful pilgrimage. Lent is an attitude of believing, trusting, and loving.

from *Awakening to God*, Season of Lent

The Catholic Exponent highlighted the general rules for Catholics regarding fasting and abstaining during the Season of Lent. **Abstinence:** In the United States, Catholics who are 14 and older are to abstain from eating meat on Ash Wednesday and all Fridays during the Season of Lent. Those who are between the ages of 18 & 59 are to fast on Ash Wednesday and Good Friday. **Fasting:** The law of fast prescribes that only one full meal a day may be taken. Two lighter meals are permitted. Eating between meals is not

permitted, but liquids, including milk and fruit juices, are permitted. In keeping with the penitential nature of the season, voluntary fasting on the other weekdays of Lent is encouraged.

ANNUAL BISHOP’S APPEAL

Last weekend our parish joined with parishes throughout the Diocese in making a commitment to the **2016 Bishop’s Appeal for Catholic Charities and Church**. During this Year of Mercy, we are asked to look beyond ourselves and recognize the needs of others. As always, please be merciful and generous in your giving.

DIVORCE & BEYOND

When a marriage ends it is more than a separation of two people. It is a death of an important part of your life. Recent changes to the annulment process invites divorced Catholics to return to the Church, to no longer feel separated from the Church and their faith due to the divorce. If you are interested in the Divorce & Beyond program, call the parish office with your name & contact information **by March 15**. We would like to form a session in late Spring, and would offer the series with at least 10 interested participants.

MASSES FOR THE WEEK

Sunday, February 14

- 9:00 a.m. Angie M. DeNunzio (Red Hatters)
- 11:30 a.m. Terrilyn K. Petrick (Stanley Petrick);
All Parishioners Living & Deceased

Monday, February 15

No Mass or Communion Service

Tuesday, February 16

- 8:30 a.m. George & Rose Kocis (Family)
- 11:15 a.m. Shepherd
Constance Ciolli (Kathleen and Gail Pavick)
- 5:30 p.m. Anna Pack (Don & Melissa Pack)

Wednesday, February 17

- 8:30 a.m. Louise Mandala (Dave & Nancy Mack)

Thursday, February 18

- 8:30 a.m. Joseph Carillio (Michelle Elkin, Toni McFadden, Kathy Mariani)

Friday, February 19

- 8:30 a.m. Communion Service

Saturday, February 20

- 4:00 p.m. Angie M. DeNunzio (David Pishotti Family)

Sunday, February 21

- 9:00 a.m. Special Intentions (Dom & Bernie Marino);
All Parishioners Living & Deceased
- 11:30 a.m. Mario Fiore (March Family)

NEW PARISHIONER REGISTRATION

Families interested in registering for our parish can do so after Masses next weekend Feb. 20/21, in the gathering space, with our Welcoming Committee members...

- 4pm Jean Lemaster
- 9am Kathy Brown
- 11:30am Rocky & Renee Maiorca

SCRIPTURE READINGS FOR NEXT SUNDAY

Gn 15: 5-12,17-18 / Phil 3: 17--4:1 / Lk 9: 28b-36

IN MEMORIAM

Please pray for the repose of the soul of **Barbara Reese**, aunt of Mary Beth Brutz. May she rest in peace.

VOCATIONS

“The word is near you, on your lips and in your heart.” Jesus the Eternal Word continues to call many to lives of holiness as priests, deacons, and in the consecrated life. Could you be one of them? Contact Fr. Call Christopher Luoni to discuss vocations, 330-744-8451, or email: cluoni@youngstowndiocese.org.

COME & SEE WEEKENDS ...

Mt. St. Mary’s Seminary, Cincinnati, Mar 4-5
Pontifical College Josephinum, Columbus, Mar 10-12

ANOINTING OF THE SICK

The sacrament of the anointing of the sick will be available immediately following the 4pm Mass on Saturday, Feb 27. Those who wish to be anointed should move to the area near the piano after Mass ends. Loved ones are encouraged to sit behind those to be anointed, joining in prayer as Father lays hands on the sick person. This sacrament is primarily a sacrament of physical healing and spiritual strengthening. Anointing of the Sick is available after mass the fourth Saturday of each month throughout the year.

**PLEASE REMEMBER IN PRAYER
ALL THOSE ON OUR PRAYER CHAIN**

Baptismal Preparation Session -- March 13, 1pm

If you are expecting a child or if you wish to have a child baptized, please call the parish office to RSVP for the March session. We do not celebrate baptisms during the Lenten season. Please keep that in mind when considering when to have your child baptized.

THE WEEK AHEAD**Sunday, February 14**

- 10:15 a.m. Musician Rehearsal (Library)
 10:15 a.m. Catholic Charities' Speaker (HFH)
 11:30 a.m. RCIA Rite of Sending (Church)
 1:30 p.m. RCIA Rite of Election (St. Columba Cathedral)

Monday, February 15 Parish Offices Closed

- 7:00 a.m. Men's Prayer Breakfast (Panera)
 10:30 a.m. AA Meeting (Providence Center)

Tuesday, February 16

- 8:30 a.m. Morning Mass with JFKCS-LC (Church)
 5:30 p.m. Mass (Church)
 6:00 p.m. Lenten Soup Supper (RH)
 6:30 p.m. Boy Scout Troop 101 (RH)
 7:00 p.m. RCIA (HFH)
 7:00 p.m. Prayer & Lenten Offering (Chapel/HFH)
 8:00 p.m. AA Meeting (Providence Center)

Wednesday, February 17

- 1:30 p.m. Women's Journey of Grace (Chapel)
 5:30 p.m. Zumba (RH) *1st time free!!
 7:00 p.m. Women's Journey of Grace (HFH)
 7:00 p.m. Finance Council mtg (Rm 103)
 7:00 p.m. Theology on Tap (The Federal)

Thursday, February 18

- 7:00 a.m. JFKCS-LC Gr. 5 Science Fair (HFH)
 11:30 a.m. SVdP Society at Soup Kitchen (Niles)
 1:00 p.m. Respect Life meeting (Library)
 5:30 p.m. Zumba (RH)
 6:30 p.m. Pasta Cook-Off Planning mtg (Rm 103)
 7:00 p.m. Kairos meeting (HFH)
 7:00 p.m. Choir Rehearsal (Parish Library)
 7:00 p.m. Cub Scouts mtg (RH)

Friday, February 19

- 2:30 p.m. Jr. Troop 116 mtg (Providence Center)
 7:00 p.m. Teen-led Stations of the Cross (Church)
 8:00 p.m. WACT Bowling & Pizza (Cortland Lanes)

Saturday, February 20

- 9:00 a.m. Family Soup Kitchen (SVdP Dining Hall)
 9:00 a.m. AA Meeting (Providence Center)
 10:00 a.m. Eucharistic Bread Baking (Covelli Kitchen)
 11:00 a.m. AA Meeting (Providence Center)
 5:30 p.m. Family Movie & Pizza Night (Reagan Hall)

Sunday, February 21

- 10:15 a.m. Faith Formation Sessions (JFKCS rooms)
 10:15 a.m. First Eucharist Parent mtg (Chapel)
 10:15 a.m. Musician Rehearsal (Library)
 6:00 p.m. Confirmation Session (Campus wide)

PARISH OFFICES CLOSED FOR HOLIDAY

Blessed Sacrament Parish offices will be closed Monday, February 15 in observance of the Presidents' Day holiday. There will be no morning Mass or Communion Service. Morning Mass will be celebrated Tuesday, February 16 at 8:30am. Office hours resume Tuesday as well, at 8:30am.

LENTEN SOUP SUPPERS**BEGIN TUESDAY FEB. 16!**

Sign up in the gathering space to bring a crock of soup for our Lenten Soup Suppers! Families who have joined our parish from Mar of 2015 thru now are invited to our New Parishioner welcome on Tuesday, Feb 16! RSVP to the parish office with Name, & Number of family members attending!

TUESDAY 5:30 P.M. MASSES DURING LENT

If you are a Lector, Extraordinary Minister of Holy Communion or an Altar Server (adult or student) and would be interested in serving in your ministry on one of the Tuesdays of Lent at the 5:30 p.m. Mass, please offer your services on the Ministry Scheduler, or contact Pat Campbell at the parish office to offer your help. To date, the Feb 16 and Feb 23 Tuesdays are open for scheduling on the ministry scheduler. *March Tuesdays will be open when the new schedule is up...by Feb 24.*

Reaching Out for the Year of Mercy

The diocesan theme for February in this Jubilee Year of Mercy is...
Shelter the Homeless and Care for the Less Fortunate

Help Blessed Sacrament join the Youngstown Diocese to increase our focus on service in February, by sheltering the homeless and caring for our less fortunate brothers and sisters. We are collecting goods for Dorothy Day House in Youngtown and homeless in the area Mahoning Valley. **Bring any of the following to the church during February...place in box in gathering space:**

Sleeping bags Tents Coffee
 Knit hats Scarves Gloves

Men's socks, t-shirts and underwear (M, L and XL)
 Bath towels & wash cloths Monetary donations

We welcome Mr. Terry Vicars of **CATHOLIC CHARITIES** of the Diocese of Youngstown, on **Sunday Feb. 14, 10:10am in Holy Family Hall**. Mr. Vicars will speak to us about our special efforts to reach out and help the homeless during the month of February. All are welcome! *Worship & Spiritual Growth*

LENTEN JOURNEY RESOURCES AVAILABLE THROUGH NEXT WEEKEND

The season of Lent is considered by many to be a time to make a change and turn back to God. It always begins not too long after the New Year's resolutions have faded. The Church directs us to "turn away from sin and be faithful to the Gospel." Perhaps you will find a Lenten resource that can strengthen your resolve to make this Lent a new beginning. Stop by the table in the gathering space and select the right resource for you / your family!

Stewardship Thought for the Week

"I have now brought you the first fruits of the products of the soil which you, O Lord, have given to me." Deut 26:10

This live from the Old Testament offers two challenges. First, do you give to God from your "first fruits", the best that you have to offer, or do you give from what is leftover? Second, do you remember that everything you have has been given to you by God? Ask God for a grateful and generous heart, every day.

Parish Sacrificial Giving Summary

In gratitude for the gifts we have received from God, parishioners and visitors made a joyful return to the Lord of \$14,423.34 in the Offertory for the weekend of February 6 & 7, 2016.

Fiscal Year-to-date Information (7/5/15—6/26/16):

Goal for Fiscal Year-to-date:	\$ 488,992.00
Amount Collected:	\$ 492,112.70
Amount above needed goal:	\$ 3,120.70
Children's Stewardship:	\$ 32.00

Thank you for Giving First Fruits & Taking a Step!!

SPECIAL MINISTERS' SCHEDULE

Saturday, February 13 4:00 pm
Readers: K. Sauer, K. Thompson
E.M.H.C.: A. Hostetter, D. Bokone, T. D'Amico, A. Klotz,
 R. Fenstermaker, K. Mariani, P. Mangiarelli
Altar Servers: W. Thompson, M. Seikel, A. Thompson
Greeters: R. & M. Wilson

Sunday, February 14 9:00 am
Readers: E. Hlad, P. Rossi
E.M.H.C.: M. Lytle, S. & K. Bungo, R. Green, D. & J. Falcione,
 J. Gabele
Altar Servers: T. Klaben, I. Soplata, A. Lytle
Greeters: Goffos Family
C.L.O.W.: A. Birmingham

11:30 am
Readers: J. Bedich, S. McGee
E.M.H.C.: P. Orsinelli, L. & L. D'Amore, G. Flynn, C. Kloboves,
 M. Schaefer, A. Kemble
Altar Servers: S. Brown, C. Delliquadri, C. Delliquadri
Greeters: Maiorca Family
C.L.O.W.: L. Fowler

Saturday, February 20 4:00 pm
Readers: J. Weston, D. Elston
E.M.H.C.: J. & L. Sanders, R. Fenstermaker, R. Green,
 A. Klotz, K. Mariani, S. Campbell
Altar Servers: D. Carey, P. Orsinelli
Greeters: M. Desport, P. Pierce

Sunday, February 21 9:00 am
Readers: J. Sylvester, K. Lattanzi
E.M.H.C.: T. D'Amico, J. Gabele, R. Malanga, R. Green,
 L. Stirling, S. Letson, D. Lazor
Altar Servers: C. Faulk, B. Faulk, M. Menci
Greeters: G. & D. Woolensack
C.L.O.W.: L. Amadei

11:30 am
Readers: M. Schellhorn, J. Hamilton
E.M.H.C.: M. Schaefer, D. Timko, J. Sabat, R. Green,
 A. Kemble, C. Kloboves, G. Flynn
Altar Servers: N. McGee, A. Campbell, M. Schaefer
Greeters: J. DeSalvo, J. Radish
C.L.O.W.: T. Elisco

MEN'S PRAYER BREAKFAST ... Join Fr. Eisweirth and other men of the parish each Monday of Lent for Men's Prayer Breakfast, 7am, at Panera Bread on Elm Road.

A JOURNEY OF GRACE ... Please come to the Lenten gatherings of Blessed Sacrament Women's Prayer and Reflection group, "A Journey of Grace" on each of the Wednesdays of Lent - 1:30pm in the chapel, 7pm in Holy Family Hall.

STATIONS OF THE CROSS

Each Friday during Lent the Stations of the Cross are prayed in the church at 7 p.m. This devotional prayer is led by one of our commissioned Lay Leaders of Prayer or by our Permanent Deacon. Our Stations are located outside – between the church and the parking lot on the south side of the church. These few minutes can be very helpful on the Lenten journey – a few moments to enter more deeply into the Paschal mystery, reflecting on our Lord's Passion, death and resurrection. We will be using four different settings of Stations of the Cross during the season:

- February 19 The Way of the Cross (led by the Youth)**
- February 26 Stations of the Cross for Peace**
- March 4 Stations of the Cross: A Journey of Life**
- March 11 The Biblical Way of the Cross**
- March 18 Stations of the Cross: A Journey of Life**

PLEASE NOTE: We will not pray the Stations of the Cross on Good Friday (March 25).

RICE BOWLS -- HUNGERING FOR OPPORTUNITY

Our journey with CRS Rice Bowl begins in Colombia, where coffee beans are changing lives! What actions can we take this Lent to change lives -- at home and around the world? Join us and nearly 14,000 Catholic communities across the U.S. in a life-changing Lenten journey with CRS Rice Bowl. Visit crsricebowl.org for more information. Don't forget to download the CRS Rice Bowl app! *Rice Bowls are available in gathering space, at also at Tuesday soup suppers.*

Mar/Apr/May 2016 Ministry Schedule
Ready via our new "Ministry Scheduler Pro"

If you use e-mail and have been to our Ministry Scheduler web-site to register, please be sure to go to your information page to let us know of any special scheduling needs for the upcoming (March, April and May 2016) schedule. Problems? Contact Pat Campbell as soon as you can. . **YOU NEED TO DO THIS BEFORE FEBRUARY 21.**

If you do not have internet access or do not use e-mail, be sure to contact our ministry coordinator (or Pat) to make us aware of your scheduling needs. Tony D'Amico, Mary Lou Lazor or John Bokone will pass along any needs to Pat Campbell for the schedule. **YOU NEED TO DO THIS BEFORE FEBRUARY 21.**

If you have questions or need assistance, please contact Pat Campbell at the parish office as soon as possible...330-372-2215 X106 or pcampbell@bspcc.org. Thank you!!

EUCCHARISTIC BREAD BAKING

An Opportunity to Reflect on the Gift of the Eucharist

Those Preparing for Their First Communion in the Spring Encouraged to Bring a Parent & Join in This Special Work!

Everyone is welcome to join in the Eucharistic Bread Baking process during Lent! Meet in Covelli Kitchen at 10am on the Saturdays of Lent to prep, shape & score, & bake the dough that we will use for weekend Mass. Usually this takes one hour. Bread will also be baked for the Holy Thursday liturgy, on Wednesday March 23 at 5pm. Join us Feb 20 & 27; Mar 5, 12 & 19; and Mar 23.

14th Annual PASTA COOK-OFF & WINE TASTE ... SUNDAY, FEBRUARY 28, 12:30 pm COVELLI GYMNASIUM.

Tickets are on sale now at the parish office, M-F, or in the gathering space after weekend Masses!

Join us for this great family and community afternoon!

Proceeds benefit the American Heart Assn Heart Walk.

See today's insert for details!

SAVE THE DATE!! BLESSED SACRAMENT PARISH CATHOLIC COMMUNITY'S CASINO NIGHT & TEXAS HOLD 'EM SATURDAY, MARCH 5 5:30pm COVELLI GYMNASIUM
Register NOW in the parish office...great incentives with registration by Thursday, March 3!!!

FAITH FORMATION

THERE WILL BE A PARENT MEETING
for First Eucharist Parents, Sunday 2/21
at 10:10am in the Chapel

FIRST RECONCILIATION 2016 ... Congratulations to the 27 children who received the Sacrament of Reconciliation for the first time on February 1!! We are proud of you and the way you conducted yourselves and participated in the service and the sacrament!! May you always remember the love and forgiveness which God offers to you as you continue to grow in your faith!! A thank you to the catechists, families, staff members, and the six priests who helped the children receive this very important sacrament! We also thank the parishioners who served at the reception and helped with the other details that go into sacramental preparation and reception. It was a beautiful evening for all!

FAMILY MOVIE NIGHT ... Join us in Reagan Hall **this Saturday at 5:30pm** for Pizza, the movie, "Letters to God", and a craft. Family Movie Nights have been popular over the past few years, and we welcome families to experience this time of fun and fellowship! Please call the parish office to RSVP by TH 2/18, and plan to bring the kids, bring a friend, too!

CHILD PROTECTION WORKSHOP: TREASURED GIFTS OF GOD ... *Attention All Adults working with children...* Blessed Sacrament Parish & JFKCS must stay in compliance for the Diocesan Child Protection Policy by adult volunteers attending this FREE workshop. This is for adults over 18 years of age who work with children in ANY capacity. This workshop does NOT need to be repeated if you have already taken it. The next local workshop is:

TH Feb 25, 10am-12pm at St. Rose Parish, Girard

Please call St. Rose Parish to register 330.545.4351

Find other opportunities throughout the diocese at doy.org. Look at the right side of the web page in the purple box, and click on Child Protection link.



FAMILY SOUP KITCHEN

Help prepare and serve a meal at the St. Vincent de Paul dining hall, Niles Road, Warren, this **Saturday, February 20**. Share your gifts of hospitality & service: meal preparation

9am, shared lunch with the guests who come to us hungry that day, then clean up. *Any provision of baked goods that will complete the Saturday meal is greatly appreciated...please bring your dessert item to the parish office by 1pm Friday!*

If you can help make a difference on the 3rd Saturday of every month, September-May, contact Dan Goffos Sr., 330.372.6147.

2016 DIOCESAN YOUTH CHOIR FESTIVAL

DOY Youth Choir Festival will be held SAT 4/30 at St. Columba Cathedral, starts 12pm. The festival will culminate with the Youth Choir singing at the 4:30pm Vigil Mass. Mr. Dennis Roden of Little Flower Parish will direct for the festival, assisted by Dr. Daniel Laginya and Mary Ann Bilas Bush, and members of the Cecelia Project. A choral prelude will begin at 4:15pm.

This opportunity is open to all students in diocesan schools & parishes, grades 3-12. Students must register by 4/15. Contact Mrs. Barb Zorn 330.503.3880 or zornbarb@aol.com for info. FREE to participate, to attend. Repertoire may be viewed at holyfamilypoland.org/2016-Youth-Choir-Festival.

YOUTH MINISTRY / E.P.I.C. TEENS

CONFIRMATION CANDIDATES ... THANK YOU FOR YOUR SUPPORT OF OUR PANCAKE BREAKFAST, & SOUPER BOWL OF CARING COLLECTION! ALL PROCEEDS BENEFIT OUR ST. VINCENT DE PAUL SOCIETY! Many thanks to our donors who provided key ingredients for the event, to our patrons who enjoyed breakfast with us, and to all who volunteered to help at the event!

TEEN STATIONS & BOWLING ♦ 7-12TH GRADE Students ♦ FEB. 19 ... Join us in church at 7pm on 2/19 for our Annual Teen Stations of the Cross. We will need parent drivers to follow us to Cortland Lanes where we will have pizza, & bowl 1-2 games. Please call Brooke in the parish office to sign up or volunteer.

EASTER EGG HUNT ♦ MAR 19 ... Teens, please help us plan to get ready and decorate in March. Please call Sandra Green at 330-219-1450 if you are interested in volunteering again this year. Please drop off any plastic eggs or chocolate or Easter candy to the parish office by Mar 14 if you would like to make a donation.

Young Adult Ministry ♦ Theology on Tap Theology on Tap is a program that reaches out to young adults who want to explore the role of faith in their daily lives. You'll hear straight talk and honest answers to your deepest questions about faith, religion, love, work and other real life experiences. Theology on Tap provides an opportunity to not only learn about the Catholic faith but also meet like-minded people and make new friends. We *generally* meet on the 3rd Wed. of the month. Join us **THE FEDERAL** in downtown Youngstown this **WED. 2/17 at 7pm**. **Our speaker is Bishop George Murry!** To register or inquire about carpooling, please contact Brooke by **TUES. 2/16** bsteines@bspcc.org or by calling 330-372-2215 x104.

RESPECT ALL LIFE ... FORTY DAYS FOR LIFE

TAKE A STAND FOR LIFE ... From Feb 10 - Mar 20, all are welcome to take part in 40 Days for Life ... a groundbreaking, coordinated international mobilization. A few devotionals are in the gathering space! Visit 40daysforlife.com and click on 'devotionals' to pray through the 40-day period. Other action ideas are available on the website for you to consider. Every action you take will make a difference!

COME AS A PILGRIM to WARREN ST. MARY PARISH DURING THIS YEAR OF MERCY

Bishop Murry has designated Trumbull County's St. Mary Parish as a Pilgrim Church for this Year of Mercy. During this year, a pilgrim can visit designated churches for prayer and meditation to gain a plenary indulgence and obtain graces and forgiveness.

St. Mary's will offer the following services during Lent:

Mondays: 12:05pm Holy Mass; Novena to Our Lady of the Miraculous Medal and the Rosary follow.

Tuesdays: No Mass.

Wednesdays: beginning 2/17, 11:30am Chaplet of Divine Mercy; Holy Mass, and Rosary after Mass.

Thursdays: 7:30am Mass only.

Fridays: 11:30am Stations of the Cross; Holy Mass, and Rosary after Mass.

Reconciliation: SAT 2:45pm.

LITURGY CORNER

Our “Liturgy Corner” takes a break from the *General Instruction of the Roman Missal* as we take a closer look at the Communion Rite during Mass

We continue with “The Blessed Sacrament and Blessed Sacrament Parish” compiled by Pat Campbell. Today we continue our look at “The Blessed Sacrament and Blessed Sacrament Parish.” We continue, in this new year, to look at the way we share in the Lord’s Body and Blood each week. Today’s column continues the remarks about receiving the Precious Blood...

How do you think of drinking from the cup? You’ll also read a good explanation of why we do not use separate little cups for each communicant. This is a question brought up often when flu season is upon us.

Our sense of unease at drinking from a common cup, from *this* common cup, teaches us something significant but not what we would expect. Different researchers say that “germs” are or are not present in communion cups. And they speculate about the risks of catching a cold, even though no one has ever proven that anything besides communion has been passed on by people drinking from a common chalice. Of course we need to be careful and not cavalier; that’s why those of us with colds or communicable illnesses pass by the cup out of respect for others. But it’s more than illness that we fear. We hesitate to drink from the cup because we know that this act of taking, drinking and sharing a common cup of the blood of Christ is dangerous. Not because it will make us sick but because it will make us fit: fit to suffer and fit to celebrate. Fit for communion with each other and for union with a God who not only changes wine into blood but also sorrow into joy, orphans into offspring, strangers into sisters and brothers. How? Why?

The answers lie in the action. What does it mean to take this cup, drink from it and share in it? The common cup is a sign, a source of common destiny: We are in this together. We live in Christ together. We belong to God now, and that belonging is manifested in the commitment that we have to each other. There is no escaping the fundamental reality that we live no longer for ourselves but with and for one another. What happens to you happens to me. And even more so, it happens to us. Taking up and drinking from this cup, we pledge our lives to Christ by pledging our lives to one another. The taking and the drinking and the sharing of the one cup makes us one.

That is why it has never been the Catholic, Lutheran, Anglican or Orthodox practice to give each person a separate cup. We cannot do that because we know that this is about more than (but never less than) “me and Jesus.” This is about Christ and us, Christ and the church. The single loaf is torn to pieces ripped to shreds so that all may eat. And it’s easy—especially when our lack of fervor leads us to the eminently practical but impoverished practice of using hundreds of self-contained miniature wafers – to think that Jesus is mine and I am his, and the rest of you don’t figure into this. But if the fracturing of the loaf allows us to overlook that the bread was one, and that now we are one body, the common cup will not let us forget: We die and we rise in community. Grapes only grow in bunches, and wine was never made from a solitary grape. Suffering is shared by all the members of this body, and your joy, my joy is magnified when it becomes our joy.

There is more. This cup is thanksgiving; this wine, our gratitude. Reborn of water and the Holy Spirit, giving thanks is in our blood; we live to be grateful. How do we practice gratitude? How do we give thanks? By taking up this cup, in faith.

Because God is so gracious, we know that if we must pass this cup up on occasion - because of a cold or because we cannot safely take alcohol – Christ still comes to us whole and entire under the sign of bread alone. But for most us, most often time, we must live true to what the psalmist has us sing: What gift can ever repay God’s gift to me? I raise the cup of freedom as I call on God’s name! I fulfill my vows to you, Lord, standing before your assembly. (Psalm 116: 12 – 14) ¹

We really are nearing the end of this explanation/ exploration of the Communion rite. Stay tuned for some reflections.

¹ David Philpapp, *Saving Sings, Wondrous Words* (Chicago: Liturgy Training Publications, 1996), 52-55.

THE HOLY YEAR OF MERCY CONTINUES

56 Ways to Be Merciful During the Jubilee Year of Mercy
Practicing mercy in our lives actually does take practice!

(Reprinted from *Alteia* by Jeffrey Bruno)

The Pharisees saw this and said to his disciples, “Why does your teacher eat with tax collectors and sinners?” He heard this and said, “Those who are well do not need a physician, but the sick do. Go and learn the meaning of the words, ‘I desire mercy, not sacrifice.’ I did not come to call the righteous but sinners.”

—Matthew 9:11–13

God, who is merciful, desires our mercy. Here are 56 ways to keep to mercy during the Jubilee Year. Try randomly selecting one each week and putting it into practice.

HERE ARE THE NEXT TEN SUGGESTIONS

- 41) Offer to read to someone who is feeling ill or is just feeling blue.
- 42) Ask the Holy Spirit ‘to groan for you’ when you cannot bring yourself to pray for someone who has done you an injury.
- 43) Lead with a kind comment with friends as well as strangers.
- 44) When conversations devolve into “the dark joy” of gossip, help change the subject.
- 45) Can you play the piano, or any instrument? Can you recite poetry? Give free “concerts” to the forgotten people in nursing homes and assisted-living centers.
- 46) Visit the graves of your ancestors, or visit a local cemetery and walk around, praying a rosary for all the souls buried there.
- 47) Go on retreat. It’s a way to be merciful to yourself and the people around you, who know you ‘need’ to go on retreat. If you cannot do that, at least try to make a day, or evening, of recollection.
- 48) Admit your jealousy to yourself and your confessor.
- 49) Offer to pray with someone, even someone you encounter on the street or public transport who looks like they could use it.
- 50) Keep holy cards, short prayers or blessed medals handy and give them out to people you meet as you are inspired as a blessing to others.

INCENSE CONCERNS DURING LENT?

During Lent this year we will use incense at the Preparation of the Gifts (offertory) and, after it is used, the brazier will be removed from the worship space.

Remember that some parishioners have found that a little Chloraseptic “Allergen Block” or a similar product, can keep the charcoals and the incense from stirring up their allergies.

