

MOM TO MOM GROUP

MARCH 2014

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Lent



The Latin name for Lent, Quadragesima, means forty and refers to the forty days Christ spent in the desert.

March Holidays

Ash Wednesday starts us off into our Lenten journey right at the beginning of March, the season of preparation for the resurrection of Jesus Christ on Easter Sunday. The distribution of ashes during Mass reminds us of our own mortality and calls us to repentance. In the early Church, Ash Wednesday was the day on which those who had sinned, and who

The focus of this Season is the Cross and penance, penance as we imitate Christ's forty days of fasting, like Moses before Him, and await the triumph of Easter. We express sorrow and a recognition of mortality, as if the life of spring must call forth its companion shadow from the soul.

We fast, abstain, give alms, and think of charitable works. We turn our thoughts towards the question of—how can I serve God in a reparative

wished to be readmitted to the Church, would begin their public penance. The ashes that we receive are a reminder of our own sinfulness.

St. Patrick's Day is celebrated throughout Ireland and the US with parades and green clothing to remind us of St. Patrick's ancestry. *The Feast of St. Joseph* celebrates the

way? How can I serve others today?

Nowadays the strictness of Lent has largely been relaxed and more emphasis has been placed on using the time to strengthen the inner life through spiritual education or appropriate self-discipline. Once the times of Lent and Advent were used to make pilgrimages or “progresses” to holy places. The word ‘progress’ implies not only the outer journey, but also the inner of the pilgrim, his progress in self-development.

life of the foster father of Jesus Christ.

With *the Annunciation of the Lord* we celebrate the appearance of the angel Gabriel to Mary and her acceptance to be chosen as the Mother of the Lord, to fulfill God's holy plan. The *4th Sunday of Lent* reminds us of the joy of the soon to be risen Christ on Easter Sunday.

UPCOMING HOLIDAYS:

- ◆ Ash Wednesday (5. Mar)
- ◆ St. Patrick's Day (17. March)
- ◆ Feast of St. Joseph (19 March)
- ◆ Annunciation (25. Mar.)
- ◆ 4th Sunday of Lent (30.Mar)

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A Lenten Garden

Materials:

- ◆ A table or shelf
- ◆ White cloth
- ◆ A white candle
- ◆ Bare twigs or branches
- ◆ A small dish of dirt

Prayer of St. Ephraim during the time of Lent. Pray each day.

For more information contact the Cathedral Office or Maggie Kaska at 603.203.8300

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I am a proponent of a seasonal table for children, especially for little ones, where the natural elements from the outside can be reflected inside the house for the child. At the same time it encourages children to go out into the woods or the garden and collect seasonal treasures for their table, while older children can make little crafts to decorate it. It is also a nice addition to our liturgical year, where our table turns into an Advent garden or a Lenten and Easter table.

The Lenten table could have a simple white cloth spread out where some bare branches are put in a vase and a little dish of dirt is added on Ash Wednesday. This little dish will later be turned into a small grass patch for our Easter table. Besides the bare branches/twigs and a dish of dirt, a single white candle can stand on this table.

On Palm Sunday the table slowly changes into our Easter garden, as the grass seeds are planted in the

bowl of dirt and watered well, a little stone cave is erected below the bare branches and maybe a little "pond" in form of a blue cloth is placed before the cave. On Good Friday we make a little caterpillar from modeling clay, wrap it in a small tissue and place it in the cave on Saturday. On Sunday morning the caterpillar is gone and instead a paper tissue butterfly is hanging above the cave entrance. What a beautiful resurrection picture for our little ones!

Lenten Prayer

O Lord and Master of my life, take from me the spirit of sloth, despondency, lust of power, and idle talk;

But grant rather the spirit of chastity, humility, patience, and love to thy servant.

Yea, O Lord and King, grant me to see my own transgressions, and not to judge my brother; for blessed art Thou unto the ages of ages.



Next Months Topic

Our topic for the month of April will be: "How is your Time spent with Mary"

Our guest speaker will be Marie Thibodeau.

Please Note

- Our next Moms Craft Group will meet on the 28th of March at 7pm at Barnes & Noble
- Please feel free to send me pictures from your baptisms, communions

or other religious celebrations with some text so I can add them into our newsletter. If there are any other additions that you would like to see in the newsletter please feel free to mail them to me!