



WHAT'S The Word?

A Newsletter for Catholic Youth

St. Mary's
Our Lady of the Lake

31 Elm Street
Cooperstown, NY. 13326

February 2021

Mass Times
4:30 pm Sat.
9:00 am Sun.

Ash Wednesday

Ash Wednesday is the first day of the 40 days of lent. When we go to church on Ash Wednesday, the priest or administrator usually marks a cross on our foreheads with ashes. This year the ashes will be administered by being sprinkled over the crown of our head. When giving out the ashes the priest will say, "Repent and believe in the Gospel," or

"Remember, you are dust and to dust you shall return."

The ashes reminds us that during lent we want to be especially sorry for our sins and grow closer to God. We can do this through the three pillars of lent:

Fasting – Giving up

Almsgiving – Giving to others

Prayer—Individual or Family



Mass times for Ash Wednesday
8 am 12:10 pm 6pm

Gospel - First Sunday of Lent

"The Spirit drove Jesus out into the desert, and he remained in the desert for forty days, tempted by Satan. He was among wild beasts, and the angels ministered to him.

After John had been arrested, Jesus came to Galilee proclaiming the gospel of God:

"This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel." (Mark 1:12-15)

To be tempted would be to consider doing something we know we shouldn't. To choose to do something even though we know it is wrong would be a sin. Temptation is a part of all

of our lives. Being faithful to God, listening to God and trusting in God will help us persevere in doing what is right.

During Lent, Jesus knocks at the door to our hearts so that we may learn to live and love like him...will you let him in?

What if I'm Asked about Lent?

Lent is a time of preparation for the celebration of Easter. It begins on Ash Wednesday and extends to Holy Thursday. Lent is like a retreat. It is a time of prayer, fasting, and almsgiving (which means sharing what we have with the poor). When you hear the word Lent, what picture comes to mind? Penance, purple, fish, ashes, fasting, sacrifice, giving up movies? These are the images many Catholics

associate with Lent. But your idea of Lent will be closer to the Church's meaning of the season if the first thing that comes to your mind is an image of new life—of Baptism. Baptism provides the key to Lent. We have seen that in the fourth and fifth centuries, the Church developed liturgies to assist people who wanted to become Christians. The final forty days of this faith journey, the final "forty-day retreat" be-

fore Baptism, became what we now call Lent. Lent is the time for catechumens to continue their preparation for Baptism, Confirmation, and Eucharist. It is a time for those of us who are already baptized to reaffirm what this sacrament means in our lives today.

"We Live Our Faith"
—Sadlier Religion —

Family Discussion Conversation Starters

What will we eat on Ash Wednesday and Fridays (meatless) during lent— at school/at home?

What are you giving up for lent?

How can we give to or help others?

What is a good time to pray as a family?

Prayers

Act of Contrition

My God,
I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.
Amen.

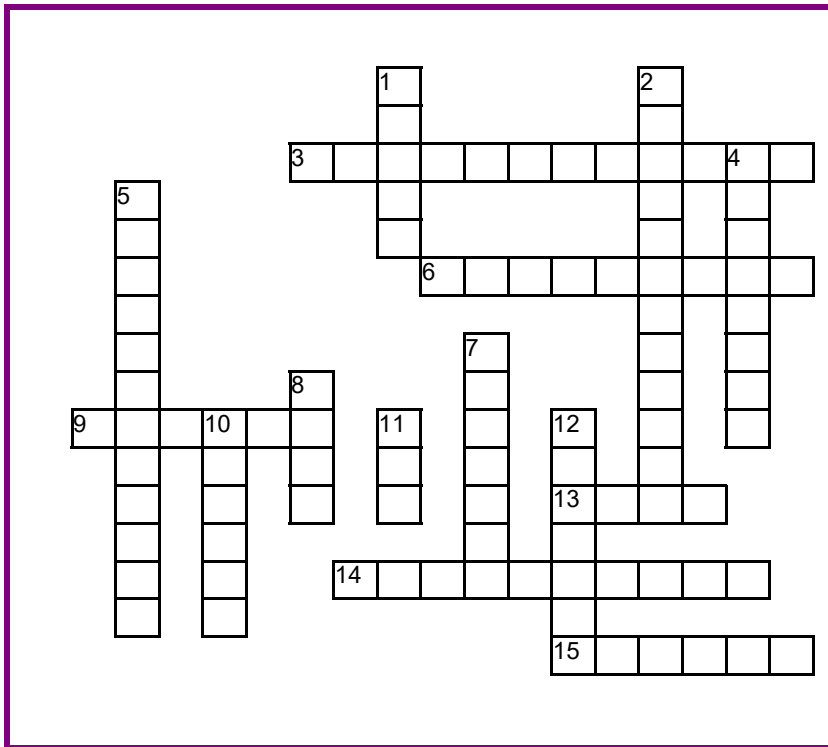
Grace Before Meals

Bless us, O Lord, and these your gifts which we are about to receive from your goodness. Through Christ our Lord. Amen.

The Lord's Prayer

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come,
thy will be done on earth as it is in heaven. Give us this day our daily bread;
and forgive us our trespasses as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil.
Amen.

Cross "WORD" Puzzle The Season of Lent



Across

3. Lent begins on _____
6. The Last Supper (Holy Thursday) is also the First _____
9. The liturgical color for lent is _____
13. Jesus died for our _____
14. Sharing with or giving to the poor
15. "Repent, and believe in the _____"

Down

1. _____ are placed on our foreheads on the first day of Lent
2. Lent is the time that we prepare for Jesus' Death and _____
4. The 12 _____
5. Lent continues until _____
7. Day of the week that eating meat is not permitted (during lent)
8. The forty days leading up to Holy Thursday is called _____
10. The Pillar of Lent that focuses on speaking with God
11. There are _____ weeks of Lent to prepare for Easter
12. The Pillar of Lent that involves going with-

Saint of the Month — St. Blaise



Feast Day—February 3rd
Patron Saint of sufferers of throat disease

St. Blaise was a doctor before he was ordained a priest. He later became a Bishop and a martyr. A legend says he cured a

Boy who had a bone stuck in his throat.

Some priests celebrate the Blessing of Throats on, February 3rd, by using two blessed white candles. The candles are held in an x shape and held up to the throat of the person receiving the blessing.

"WORD" Search

ON THE ROAD TO EASTER WORD SEARCH



Ash	Holy Week	Palm Branch
Wednesday	Holy Thursday	Forty Days
Sacrifice	Good Friday	Jesus
Almsgiving	Holy Saturday	Passover
Prayer	Easter	Foot Washing
Fasting	Palm Sunday	Resurrection
Lent	Purple	Love



I Remember When...



I remember when I was a young girl, my family and I would prepare for Lent together. I can remember one year in particular, when I was about 10 years old (1955). It was the Tuesday night before Ash Wednesday. We were all sitting at the dinner table: Mom, Dad, (my brothers) Bobby (12), Johnny Boy (8) and myself. My parents were discussing the beginning of Lent which would begin the next day, Ash Wednesday. Mom and Dad were discussing the importance of lent, prayer, sacrifice and showing Jesus how much we love Him.

After that discussion my mom asked each of us, "What are you giving up for Lent this year?" The three of us thought we were very clever. We tried to pick things that wouldn't actually be a sacrifice. I went first and said, "I would like to give up pork chops (my mom rarely made pork chops)." My mom told me it would be better if I gave up CANDY. Next was Johnny Boy, He stated that he would be giving up peas! My mom said, "Johnny, I just love what a good boy you are but you know what's funny? Every time I do the laundry I find a sock with squished peas in it. I think it would

better if you give up candy too." Last was Bobby, and with a big candy eating grin on his face he quickly said, "Gum, bubble and chewing gum, Mom." Mom said, "That's wonderful Bobby, I'm proud of you giving up gum AND candy. This is going to be a great Lent. Our gifts of sacrifice will make our Lord very happy. Not to mention how happy you will be on Easter Morning when you get your Easter baskets."

So, all three of us gave up Candy, again.

-Patricia Hatch-