

Lent 2016 – Week of March 14

Ways to deepen your faith and prepare your heart for the greatest feast of the year.

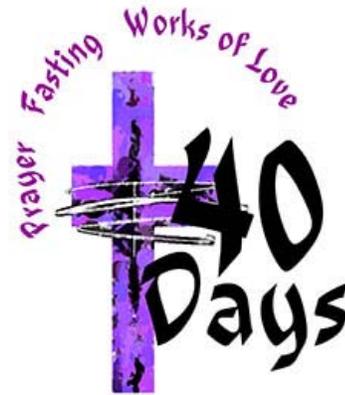
1. Attend morning Mass.
Wednesday, Thursday, Friday at 8:30.

Pray the Rosary before Mass at 8
on Wednesday and Friday.

Participate in Morning Prayer at 8:15 on
Thursday.
2. Attend the Chrism Mass, Tuesday evening, March 15 at 7 pm.
Holy Rosary Cathedral, Bishop Albert Thevenot, Prince Albert presiding.
3. Individual reconciliation Saturday, March 19, 11 am – Noon.
4. Reflect on the Stations of the Cross.
Friday, March 18, 6:30 – 7 pm.
Led by students of St. Francis school.
5. Pick up a **#ShareJesus** card in the Welcoming Area.
There is a new one each week.

A **#ShareJesus** video will be shown during Mass. Ways to put the weekly message into action will be on the card. Carry it with you to help **Make Lent Awesome**.

To receive more of the **#ShareJesus** message, sign up for a daily email at redeemedonline.com



6. Sacred Heart Community School would like to celebrate Palm Sunday with the St. Cecilia Parish Community. Sacred Heart staff and students would like to give back during Lent. To do this they have baked pretzels and the younger grades decorated prayer cards for parishioners. The pretzel being symbolic of prayer and penance is a small but powerful instrument in bringing families and communities to God during Lent. They hope you can join them on Palm Sunday.



The pretzel has a deep spiritual meaning for Lent. In fact, it was the ancient Christian Lenten bread as far back as the fourth century. In the old Roman Empire, the faithful kept a very strict fast all through Lent: no milk, no butter, no cheese, no eggs, no cream and no meat. They made small breads of water, flour and salt, to remind themselves that Lent was a time of prayer. They shaped these breads in the form of crossed arms for in those days they crossed their arms over the breast while praying.

Therefore they called the breads "little arms" (bracellae). From this Latin word, the Germanic people later coined the term "pretzel."



Thus the pretzel is the most appropriate food symbol in Lent. It still shows the form of arms crossed in prayer, reminding us that Lent is a time of prayer. It consists only of water and flour, thus proclaiming Lent as a time of fasting.

That many people eat pretzels today all through the year and that they take them together with beer in taverns and restaurants, is only an accidental habit. In many places of Europe, pretzels are served only from Ash Wednesday to Easter, thus keeping the ancient symbolism alive.