APRIL 14, 2019 BEEHIVE



# Ways to Prepare Your Soul for Easter

Bunnies and baskets began gracing supermarket shelves weeks ago. Every third commercial on television is for Cadbury eggs; people on Facebook are wishing you a happy Easter, and signs of spring abound. Easter is about more than bunnies and baskets. But it's not Easter yet! It's still Lent, and liturgical Christians around the world continue to restrain their joy (and their alleluias) until the Easter Vigil. The celebration of Christ's resurrection takes on even greater meaning when we are rightly prepared. If you have not been observing Lent, or even if you have, here are some ways to make Holy Week a time to quietly and repentantly reflect upon the most important event in the history of the world. Here's how you can transcend the commercial, and spend more time reverently preparing for Easter Sunday.

#### 1. Surround Yourself With Some Inspiring Media

Nothing sets the proper mood like music. A couple of years ago I wrote this suggested listening list for Holy Week. This music will help frame your mind and soul accordingly. https://thefederalist.com/2015/04/02/try-some-of-the-worlds-best-music-for-holy-week/ If you are more visual than audio, check out the list of thought provoking religiously themed movies prepared by Fr. Robert Wotypka. You can find those listed at https://www.facebook.com/pg/stambroseparish/posts

#### 2. Read Your Way Through Holy Week

The Lectionary has appointed readings for each day of Holy Week. [They are listed on page 6 of this bulletin, or you can access them online at http://usccb.org/bible/readings/041419.cfm.] You might choose to spend the week reading one or all of the four Gospels. (Luke leads naturally into Acts, which would be great to read during the season of Easter).

#### 3. Attend The Services Of Holy Week

Holy Week is framed by Palm Sunday and Easter Sunday, but what happens between is what makes these Sundays make sense.

The *Triduum*, or Three Days, includes the liturgies of Holy Thursday, Good Friday and Easter Vigil. Holy Thursday commemorates Christ's Last Supper with the apostles, Good Friday marks His crucifixion and death, and the Easter Vigil, traditionally beginning at sundown on Holy Saturday, provides a bridge between Lent and Easter by moving from dark and quiet reverence to bells, alleluias, and joyful celebration of the Resurrection.

This can be a particularly good way of teaching children about the meaning of Holy Week, as the visual and aural changes in a short span of time are quite striking. In a matter of days, the sanctuary moves from palms and hosannas to an

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#### Prepare Your Soul for Easter

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altar that is first stripped, a crucifix dramatically unveiled, then resplendent with lilies and paraments of white and gold.

#### 4. Do A Mini-Lenten Observance

Maybe you thought about participating in a Lenten discipline but didn't quite get around to doing so. Believe me, you're not alone. But it's not too late! Beginning Palm Sunday and carrying through to Easter Sunday, consider engaging in an act of sacrifice or devotion. Give up sweets or swearing. Alternatively, or additionally, commit to a daily activity designed to help focus your mind on the business at hand. Consider a Scripture reading plan for the week. Or if you aren't already in the habit, commit to regular daily prayer. Pray when you wake up, at breakfast, lunch, supper, and before bed. If you aren't sure how or what to pray, you can't go wrong with The Lord's Prayer. Or, since the Book of Psalms is also known as the Bible's prayer book, you could choose a psalm to read at each prayer time.

#### 5. Take Part In A Mini-Fast

Consider a full or modified fast starting from Good Friday noon through sundown on Saturday (biblically speaking, sundown is equivalent to the start of the next day, which is why the Vigil is considered to be an Easter service).

You don't have to give up all sustenance to reap the spiritual benefit of fasting. You might simply eat less, eat more simply, or skip supper Friday, eat a light breakfast Saturday, and then have a meal after the Easter Vigil. The point of fasting is not to prove anything, make yourself suffer, or earn God's approval. It is to help focus one's mind and spirit, and as such is an extremely personal thing. If you typically can't get through the day without chain-drinking coffee or diet Dr. Pepper – going without for six hours might be sufficient.

#### 6. Unplug For The Week

Turn off the TV, shut down the computer and cell phone, and sign off social media. Doing one or more of these things could be part of your Holy Week discipline – or it could be an addition to it. It would have the effect of helping you stay tuned in to the amazing story that is being played out before you in Scripture and in the Liturgy. Total media junkies might opt to substitute only the media suggested in idea number one of this list.

#### 7. Use Social Media Posts to Direct Others to Holy Week

If you decide to stay plugged in, use your social media to proclaim the events of the week. Instead of posting political rants, pictures of your food, or updates about your activities, post Bible passages and links to great works of art that point to the most important social act of all time: how God in His great mercy kept His promise, given to Adam and Eve, to redeem His creation.

#### 8. Prepare an Easter Basket for Blessing

There is a centuries old custom which has Christians preparing an Easter basket with a variety of foods that will break the Lenten Fast on Easter morning. This is an excellent way of involving youngsters in a deeper appreciation of the gifts of food. There is a lot of creativity in preparing baskets, but if you need some ideas check out https://www.thespruceeats.com/easter-food-baskets-blessing-tradition-1136995

The list above is not meant to be a burden but a blessing. If your life is such that waking up, putting two feet on the floor and getting out of bed takes great effort, skip all of the above. It's okay. Go to church on Easter and hear of God's love for you. He isn't keeping score.

Adapted from an 2017 article by Cheryl Magness, the managing editor of Reporter, the official web magazine of The Lutheran Church – Missouri Synod.

# Lenten Observances

- Lent is the liturgical season which runs from Ash Wednesday until the Mass of the Lord's Supper on Holy Thursday.
- •Good Friday is a day of total fast and abstinence from meat.
- The **Law of Abstinence** from meat binds persons from the completion of their 14<sup>th</sup> year from the day after their 14<sup>th</sup> birthday, throughout life.
- The **Law of Abstinence** forbids the use of meat, but not eggs, milk or products or condiments made of animal fat. Permissible are soups flavored with meat, meat gravy and sauces.
- The **Law of Fasting** binds persons from the completion of their 18<sup>th</sup> year to the beginning of their 60<sup>th</sup> year, i.e., from the day after their 59<sup>th</sup> birthday.
- The Law of Fasting allows only one full meal a day, but does not prohibit taking some food in the morning and evening, observing as far as quantity and quality are concerned approved local custom. The order of meals is optional; i.e. the full meal may be taken in the evening instead of at midday. Also: (1) the quantity of food taken at the two lighter meals should not exceed the quantity taken at the full meal. (2) the drinking of ordinary liquids does not break the fast.
- In keeping with the spirit and meaning of the Lenten fast, Catholics are encouraged to observe the Good Friday fast through Holy Saturday and until after the celebration of the Easter Vigil.

# All Chings Considered

We're entering into the last days of Lent – Holy Week. If you have not yet managed to get your personal discipline of Lent out of first gear, now's the time to do so. A late start is better than no start at all.

Unfortunately for many Catholic households, Holy Week translates into "vacation" rather than spiritual enrichment. The liturgies of Holy Week, which start today, are the taproot of our faith. Miss these days, and not much else in the Church's calendar makes sense. If you are traveling, you need to attend Holy Week services in the Catholic community where you are visiting.

Holy Week services challenge our expectations of what we should see and hear normally at church. The mood can be scary. The sanctuary looks different. The music is different. People in the Scripture readings are lying, fighting, and crying. We hear about the doubt the disciples struggled with, and are asked to acknowledge our own doubts as well. But, all this reminds us that our savior is fully God and fully human – that he shared our struggles and that we will share in his victory. This is the point of Holy Week. It's also the great revelation of Easter.

I know it isn't practical for everyone to attend four liturgies in seven days. (If you do, it will be an experience not soon forgotten.) But if you ever had a moment when you felt like a part of the story was missing, I encourage you to investigate it and attend two of the mid-week services this year. When we see Holy Week for all that it is, shouting "Alleluia!" on Easter Day seems like exactly the right thing to do.

Each year we re-enact Christ's passion not just for the reason of recalling events – which is a worthy thing to do – but we re-enter the sacred actions of our Savior and walk with him in the eternal time of sacramental mystery, which some authors have labeled as the "eternal now."

When we celebrate the sacraments and liturgies of the Church we are not just saying pious words and performing ritual actions – we are immersed in the very mystery of those events which happened to Jesus and which we re-enter liturgically in a special way during these days. These are times – as is every Mass we celebrate – when the past, the present and the future are one.

What a unique privilege to be so close to our Savior as he walks again the road of suffering for our sake and the sake of the whole world. What a privilege to gather as his body, the Church, to welcome new members to our fold as we remember these great victories he has won on the cross and through his rising from the dead – thus defeating sin and death forever!

If it has been a while since you have attended Holy Week services, I encourage you to take the opportunity this year. Give yourself and your family a real experience of walking with Jesus in this extraordinary way.

#### XXX

The last of our 2019 Lenten Buffet Dinners takes place this week. There are no more serious injunctions that the modern Church has on fast and abstinence than are levied on Good Friday. So, in keeping with the somber mood of the day, we forgo desserts and alcohol from our menu on this day. Jesus hung on a cross for three hours for us – the least we can do is give up a glass of Chablis or a Pale Ale in his name!

Try to arrange your dinner hour around the liturgies of Good Friday. If you attend the Mass of the Presanctified at 1:30 p.m., that will leave you with about an hour of private prayer before you can catch dinner at 4:00. If you elect to undertake Stations in the Street this Friday, which start at 4:00 on the ARK Plaza, you'll end up back at our Plaza a little over an hour later, You can then partake in a Good Friday meal in the ARK. In both cases, you will be drawing the bonds of reconciliation and reunification among God's people. And in the end, isn't that why Christ sacrificed himself for us - to bring us back to God and to each other?

It's time to sum up our three missionary projects this Lent that have an impact in Messo America, Africa and South America.

Folders asking for a sacrifice of a quarter for each of Lent's 40 days can be brought back and dropped into the collection basket any time now. These contributions will go to the *La-Sante* Medical Mission in Haiti supported by **Bishop Gumbleton**.

Joe Looney, an Attorney/Ambrosian who has spent decades working as a member of Maryknoll Missionaries' Lay Ministry Program, asked us for hearing aids that could be refurbished and used for children with hearing losses in Peru. An amazing number of these costly instruments have been donated. Do you have another that would give a kid the gift of hearing?

Deacon Anthony Kote-Witah and his brother Emmanuel have been busy transporting children's educational and inspirational books to the shipper who will send these materials to their native Nigeria. Here's the last call to cull your bookshelves for some quality items so as to put them in the hands of youngsters who will consider even a used book a treasure.

#### XXX

Our Deacon Anthony Kote-Witah, has been called to Sacred Orders. His ordination to the priesthood will take place the Saturday following Easter, April 27th at 2:00 p.m. at St. Clare of Montefalco Parish in Chicago. His first mass will be at St. Ambrose Parish in Chicago on Sunday morning, April 28th. If you wish join his ordination ceremony give us a call or email the rectory. We'll be driving the parish van down to Chicago on Friday the 26th and returning on Saturday after the Ordination. Want to ride share?

If you cannot make the trip to our doppelgänger parishes in Illinois, Deacon Anthony will offer a Mass of Thanksgiving here at St. Ambrose on the following Saturday, May 4th at 4:00 p.m. This will be followed by a dinner in the ARK for our parishioners and the family and guests of Deacon Anthony, some of whom will be coming from Nigeria for the event.

TRP

#### **Stewardship Moment**

In the prelude to today's great Passion Narrative, Saint Paul reminds us that we find our hope in the "emptiness" and "humility" of Christ Jesus; a life that led to the cross – but through the cross, to glory and exaltation. The way is not easy. Good stewards know that it requires a willingness to lay aside all rights of personal privilege; emptying ourselves in the service of others; embracing values different from the values of the world. It requires an understanding that to be "in Christ" means to be a servant because Christ came into the world, not as Lord but as servant. What crosses are we willing to carry? What worldly values are we willing to forego in order to share Christ's glory?

#### **Tax Strategies**

Parishioners of St. Ambrose may soon be sitting down to calculate their Federal taxes for 2018. It may do you some good to consider these two ways to lower your tax bill.

The first is through a gift of **Appreciated Securities.** This would include a tax deduction and avoidance of tax on capital gains if the donor sells highly appreciated securities. Through a gift of appreciated securities to St. Ambrose Parish, donors may receive an income tax deduction up to the full market value of the securities and can also avoid capital gains tax. You save twice – on income tax and capital gains tax.

The second is through an IRA Rollover - Qualified Charitable Distribution. A QCD provides a way for donors 701/2 and older to receive a tax benefit because the OCD will not be included in adjusted gross income and is therefore not subject to tax. This is now more beneficial in view of the increased standard deduction under the new tax law. A donor can make a QCD of up to \$100,000 annually to a charity, and as an added benefit, the QCD satisfies the donor's required minimum distribution. Consult with your tax preparer or an accountant for details of making such arrangements. We can help direct you to qualified and reputable individuals should you need such direction.

#### **Religious Education Station**

"Hosanna! Blessed is he who comes in the name of the Lord!" – John 12:13

What an amazing week we have to celebrate. Holy Week dramatically unveils the events leading to Easter. From Passion Sunday to the Easter Vigil on Saturday night – the Church invites us to reflect upon and share in Christ's paschal mystery. This Saturday, April 13<sup>th</sup>, before it all begins, St. Ambrose families joined together for a Super Saturday of storytelling, faith-sharing and prayer as we explored the mystery and message of Holy Week. We learned how being attentive to the details can bring us blessings of faith, hope and love. Thanks to all who came to support our program!

#### PALM SUNDAY:

On Palm Sunday we celebrate Jesus' triumphal entry into the city of Jerusalem. Palms are blessed and distributed in Church. They remind us of the palms that the people waved as they shouted their "Hosannas" as Jesus passed. To the Semitic person, the palm tree has always been a tree of honor; it marks the place where one can find water for one's flock. Even today palms are placed on graves to symbolize eternal life. Palm Sunday marks the beginning of Holy Week. As is the tradition at St. Ambrose, our entire faith formation program will take part in a ceremonial procession led by Fr. Tim and our First Communicants carrying red flags from our classes at Merit Academy over to Church for the 11:15 am Mass. During the Palm Sunday liturgy children will hear the story of Christ's crucifixion and death, which is the Gospel story for that day. During the course of Holy Week, retell the story in your own words and have children tell the parts they remember.

#### **HOLY THURSDAY:**

The night before Christ died, he gathered his friends together to celebrate the Jewish feast of Passover; it was the last meal he was to share with them. During the Last Supper, Jesus changed the bread and wine into his body and blood. He also ordained the Apostles his first priests. This is a good time to break bread and have a family meal together; bring out a family photo album to look at communion pictures and talk about your family's own faith story. Our First Communicants will be participating in this special liturgy and receiving the Eucharist for this first time.

#### **GOOD FRIDAY:**

The solemn remembrance of Christ's crucifixion and death on Calvary takes place during the Good Friday liturgy. This special liturgy is not a Mass. It is a three-part service: The Liturgy of the Word, Veneration of the Cross, and Holy Communion. Older children will understand this service better than younger ones. For younger children the story of Jesus' death can be easily told through the Stations of the Cross. Many of our classes prayed the Stations during Lent.

#### **HOLY SATURDAY:**

On Holy Saturday night, the Church celebrates the Easter Vigil. The liturgy begins with the Service of Light, which is the blessing of the new fire and the lighting of the Paschal, or Easter, Candle. The new baptismal water is also blessed. Those who have been preparing for baptism are baptized at this Mass. For younger children, who probably will not be present at this Easter Vigil service, make sure they get to see the Easter Candle that is prominently displayed throughout the Easter season.

#### **PROGRAM NOTE:**

Personal Easter Eggs: The religious education students in grades five, six, and seven assembled the Easter eggs which will be passed out next weekend. They included special prayers inside. Additionally, they prayed over the eggs and blessed them. We hope that all who receive them truly experience the joy of Easter!

#### **Journey of Hope**

It shall come to pass. I will pour out my spirit upon all flesh. Your sons and daughters will prophesy, your old men will dream dreams, your young men will see visions. Even upon your male and female servants, in those days, I will pour out my spirit

— (Joel 2: 1-2a)

On this Lenten pilgrimage, we have prepared ourselves to be empowered by the gifts of the Holy Spirit. At Creation, God breathed His Spirit upon Adam and he became a living being. The Spirit is our strength. The Spirit sustains us daily. He is the promise of God and the anchor of our hope. On Good Friday, Jesus, our sacrificial lamb, delivered over his Spirit on the Cross in order to redeem us. Recall that Jesus also said to the Apostles – if I do not go, the comforter, (Holy Spirit) would not come (Jn 16. 7). The Bible also assures: the Spirit is the fulfillment of God's promises of hope because hope does not disappoint (Rom 5:5).

Even if our journey is full of trials, one thing is for sure: hope does not disappoint! Without Good Friday there would be no Easter. Easter led to the promised gift of the Holy Spirit. Without the outpouring of the Spirit, it is impossible to let go of our egoism, our selfishness. But with the Spirit we able to embrace the Christian journey of faith, trust and hope. The Spirit helps us to see with the eyes of faith, hope, love and freedom. We see with the eyes of Christ.

Welcoming the Holy Spirit means embracing the wellspring of his grace. He fills us with his gifts, and sharing these gifts with others is what ministry is. St. Paul says, "There are different kinds of spiritual gifts but the same Spirit; there are different forms of service but the same Lord; there are different workings but the same God who produces all of them in everyone. To each individual the manifestation of the Spirit is given for some benefit" (1Cor 12: 4-7). This is so true because where the Spirit of the Lord dwells there is always freedom.

We are uniquely designed by the Holy Spirit as a distinctive gift of God. Vatican II reminds us: "For the Lord Jesus was with His apostles as He had promised (see Matt. 28:20) and sent them the advocate (Spirit) who would lead them into the fullness of truth (see John 16:13)" (Dei Verbum, 20). These gifts transform and engage us ourselves in the mission. Through the Holy Spirit in us, faith grows into the fullness of Christ's truth in our lives. Led by the Spirit we carry and share Christ whom we have encountered. Let us be patient and use our sufferings suitably like Jesus because we are the living presence of Christ among God's people. And so let us continue to trust – in order to allow the Holy Spirit to pour his graces upon us.

Dn. Anthony Kote-Witah, OFM Cap.

# LENTEN BUFFET Continues through Good Friday, from 4 to 8 pm. \$17.95 per adult · \$10 for children aged 6 to 10 Children 5 and under eat free. Carry-out service available . (313) 423-6284.

# 2 0 CSA1 9 Box Scores

Number of Families 900
Returns in 2018 262
Returns to date 1
Average Gift ('18)\$463
Quota for the Archdiocese\$85,267
Property/Liability Insurance \$52,000
Parish '19 Target\$137,267
Received as of 4/2/2019 \$10,000

- The 38<sup>th</sup> Annual Catholic Services Appeal is now underway. We opened the campaign with a remarkable advance gift which sets the bar high!
- Remember that once our quota for the Archdiocese is met, all gifts to the CSA are exempt from the regular 7% Archdiocesan tax. It's a great time to help your parish. All overages go to paying our property and liability insurances...

#### The Beehive

is the parish weekly bulletin of the St. Ambrose Catholic Community Detroit/Grosse Pointe Park, Michigan

Pastor: Rev. Timothy R. Pelc
Assistant: Dn. Anthony Kote-Witah, OFM, Cap
Pastoral Minister: Charles Dropiewski
Religious Education: Kelly Anne Woolums
Minister of Music: Dr. Norah Duncan IV
Office Manager: Peggy O'Connor

#### **Sacramental Celebrations**

Masses: On the Lord's Day -

Saturday Vigil - 4:00 p.m.
Sunday - 8:30 and 11:15 a.m. **Baptism:** Arrangements for both adults and infants to be made by contacting the rectory. **Penance:** As announced and by appointment. **Marriage:** Couples should contact the rectory office a minimum of six months in advance of the proposed date to make arrangements. **Funeral:** Normally celebrated within one week after the deceased's passing.

#### **Directory**

Parish Office: 15020 Hampton Grosse Pointe Park, Michigan 48230 Tel: (313) 822-2814 Fax: (313) 822-9838 Email address: stambrose@comcast.net Religious Education: (313) 332-5633 Pastoral Ministry: (313) 332-5631 Ark Scheduling: (313) 822-2814 Parish Website: stambrosechurch.net

# **Liturgy Schedule** for the Coming Week

Monday, April 15

8:30 a.m. - Morning prayer

#### Tuesday, April 16

8:30 a.m.- Mass - John & Anne Blake Maryanne Blake, Brian Blake

#### Wednesday, April 17

8:30 a.m. - Morning prayer 7:00 p.m. - Communal Penance

#### Thursday, April 18

Holy Thursday

7:00 p.m. - Mass of the Lord's Supper

#### Friday, April 19 Good Friday

12:00 - Stations of the Cross

1:30 - Liturgy of the Lord's Passion

4:00 - Stations in the Street

#### Saturday, April 20

Note: There is no 4:00 p.m. mass today 12:00 - Blessing of Easter Food 8:00 p.m. - The Great Easter Vigil Mass

#### Sunday, April 21

Easter Sunday

8:30 a.m. - Mass For All People 11:15 a.m. - Mass For All People



# Scriptures for Holy Week

#### Monday, April 15

- Is 42: 1-7
- Ps 27: 1-3, 13-14
- Jn 12: 1-11

#### Tuesday, April 16

- iS 49: 1-6
- Ps 71: 1-4a, 5-6ab, 15, 17
- Jn 13: 21-33, 36-38

#### Wednesday, April 17

- Is 50: 4-9a
- Ps 69: 8-10, 21-22, 31, 33-34
- Mt 26: 14-25

#### Thursday, April 18

- Ex 12: 1-8, 11-14
- 1 Cor 11: 23-26
- Jn 13: 1-15

#### Friday, April 19

- Is 52: 13-33: 12
- Heb 4: 4-16; 5: 7-9
- Jn 18: 1-19: 42

#### Saturday, April 20

- Ex 14:15: 15:51
- Isaiah 55:1:11
- Romans: 6:3-11
- Luke:24:1-12

#### Sunday, April 21

- Acts 10: 34a, 37-43
- Col 3: 1-4 or Cor 5: 6b
- In 20: 1-9

#### A Breakdown of the CSA Budget

The Catholic Services Appeal funds more than 100 ministries, programs and services in the Archdiocese of Detroit and beyond. No CSA gifts have ever been – or ever will be – used to settle claims of any nature against the Archdiocese, or support projects outside of the Archdiocese. The only exceptions are six specific missionary collections overseen by the United States Conference of Catholic Bishops. Specifics are found at aod.org/csa.

The budget for the 2019 Catholic Services Appeal is \$17,881,028. This is how last year's CSA was distributed:

- 37,58%, or \$6,619,127, went to Sacred Heart Seminary, parishes, schools and national collections.
- 13.25%, or \$2,725,315, went to Seminarian Education and Priestly Vocations
- 11.41%, or \$2,009,924, went to Catholic Schools, Evangilization, Youth and Minority Ministries.
- 7.27%, or \$1,280,464, went to Communications, Social and Digital Media
- 10.74%, or \$1,891,995, went to Stewardship and Development Programs
- 4.28%, or \$754,347, went to the Metropolitan Marriage Tribunal

## Your Envelope Speaks . . . the Inside Story

To operate, each week our parish requires a <i>minimum</i> of\$10,100.0	0
On Sunday, April 7, 2019	
in envelopes we received \$6,10.0	0
in the loose collection \$463.0	00
in other donations\$1,390.0	0
for a total of	0
<u>Under</u> budget for the week	0
Number of envelopes mailed90	0
Number of envelopes used	7

"I tell you, Peter, before the cock crows this day, you will deny three times that you know me." (Luke 22:34)

How many times have you heard someone make a disparaging comment about Jesus or our Catholic faith? How did you react? Do you remain quiet not to cause a disturbance? Or, do you remain quiet because you believe people will think negatively about you? Pray for the courage to speak up and enter into a respectful dialogue when the opportunity arises.

#### **Our Sick**

Please pray for those who are seriously ill or who are hospitalized: Pat Blake, Karen Culver, Ann Sullivan Kay, Donald Miriani, Bonnie McKenna, Jeanne Noto, David Schumacker, Matthew Elias, George Bucec, Emilie Kasper, Darby O'Toole, Anna Noto Billings, Vilma Rivers, Vilma Marone, Eileen O'Brien, Martha Luna, Dina Engels, Liz Linne, Donna Barnes, Betty Greenia, Alexandra Cullen, Charmaine Kaptur, Frank Gregory, Alex Billiu, Gladys Bogos, Wayne Wallrich, Lupe Davila and Fr. Phil Naessens.

#### **Easter Baskets**

In many Eastern European countries it's a tradition to have a basket of food blessed on Holy Saturday which breaks the Lenten fast. The roots of this tradition date back to the 12<sup>th</sup> century early history of Poland/Slovakia, and is now observed by many expatriates.

What goes into a food basket depends on the region one is from and family's preferences. Centuries ago, Roman Catholics and Orthodox Christians strictly fasted during Lent, none of the blessed food is eaten until after Mass on Easter Sunday. This then becomes the traditional Easter breakfast. Generally, each member of the family eats a sample of everything that is in the basket.

While customs vary by region and family, the basket usually contains smoked meats, sausage, butter, cheese, bread, salt and decorated, colored *pysanky* eggs.

A white candle symbolizing Jesus, the light of the world, is often placed in the basket so it can be lit during the blessing. The candle and foods that have a place of honor on the festive Easter table are the decorated hard boiled eggs, which are broken and shared by all, and a lamb molded of butter or pastry, representing Christ as the "Lamb of God." There are special prayers for some of the foods in the basket such as meats, eggs, cakes and breads.

### Holy Week & Easter

WEDNESDAY, APRIL 17 Penance Service - 7:00 p.m.

Thursday, April 18 — Holy Thursday Mass of the Lord's Supper - 7:00 p.m.

Private adoration of the Blessed Sacrament in the church until midnight

FRIDAY, APRIL 19 — GOOD FRIDAY

Stations of the Cross - 12:00 noon in the church Liturgy of the Lord's Passion and Death - 1:30 p.m. Ecumenical Stations in the Street - 4:00 p.m. beginning on the ARK plaza Lenten Dinner in the ARK - 4:00 p.m. to 8:00 p.m.

SATURDAY, APRIL 20 — HOLY SATURDAY Blessing of Easter Food - 12:00 noon THE GREAT EASTER VIGIL MASS - 8:00 p.m.

SUNDAY, APRIL 21 — EASTER SUNDAY Mass at 8:30 a.m. - Hospitality after both Masses in the ARK Mass at 11:15 a.m.

On Good Friday, we commemorate the suffering and death of Jesus, which continue in the suffering of his people poverty, crime, violence, budget cuts, burned out neighborhoods, pollution, drug and alcohol abuse.

Join us as we walk as a united people, pausing to pray for healing and hope in our community.

Good Friday, April 19, 2019, 4:00 p.m.
Our journey begins at the foot of the cross at the St. Ambrose ARK Plaza on Hampton Street, one block east of Alter Road and one block north of Jefferson.