



Monthly Newsletter

March: Ready for Spring!

At this point in the year, I am more than ready for spring. I have shoveled enough snow and had my "monster illness" of the winter - I am in need of both the warmth and colors of spring!

Another reason to appreciate the season of Lent as we move from the barrenness of the desert to the fullness of the resurrection.

We begin with our best laid plans for a simple and fruitful Lent. We pick up our small crosses to follow Jesus, slowly overcoming temptations, knowing we are heading toward something wonderful even if it doesn't necessarily feel good at times.

Then before we know it, it's Holy Week culminating in the Easter Triduum. Three days long but one liturgical celebration that leads us to the joy of Easter Sunday.

I am excited for this week all year because we finally come out of the barrenness of Lent, of winter really, into the beauty of Easter, of spring!

Sitting in the church at the Easter Vigil with all the flowers and light, I am always filled with the warmth and love of both God and my Church family!

Be sure to visit the Word of Life pages here:
<https://www.stmatthewlimerick.org/childrens-ministry>
<https://stthereseparishmaine.org/childrens-ministry>

Important Dates:
Adult Session - St. Matthew <i>Splendor of Life</i> March 1, 9am
Family Session - St. Thomas March 3, 5pm
Family Session - St. Matthew March 8, 9am
Family Session - St. Thomas March 9, 5pm
Adult Session - St. Matthew <i>Splendor of Life</i> March 15, 9am
Family Session - St. Thomas March 15, 11:15am
Adult Session - St. Therese <i>Splendor of Life</i> March 22, 11am
Family Session - St. Matthew March 28, 4pm
Palm Sunday March 29

St. Therese of Lisieux
MEN'S LENTEN RETREAT
BEING A GODLY MAN, IN AN UNGODLY WORLD
Tuesday nights
February 17 - March 24
After 6p Mass ~ Approx. 6:30p

WOMEN'S SMALL GROUP BIBLE STUDY
WHO DO YOU SAY THAT I AM?
LIMERICK 5:30PM MONDAYS
SANFORD 7:30PM MONDAYS
TO JOIN ONE OF OUR GROUPS - EMAIL SMSTOLFAITHFORMATION@PORTLANDDIOCESE.ORG

Splendor of Life
A Revisit of our Faith Journey
St. Therese Parish Office after the 10am Mass February 22nd & March 22nd
St. Matthew Church after the 8am Mass March 1st & 15th
A time of spiritual renewal.
Lent provides us an opportunity to strengthen our faith.
Join Deacon Gianni for this Lenten Series. A discussion on where we've been and where we are as we journey forward to Easter Sunday.
We welcome you to grow closer to our Lord, Jesus this Lent

March Family Activities

Learn, grow and have fun together with our March Family Activities!

- Write in a prayer journal or create a new one to start using. What we know about Saints Perpetua and Felicity are because of a journal kept by St. Perpetua.
- Make cards for the fathers in your life in honor of St. Joseph. He was a wonderful husband and father whose feast day is March 19th.
- March is a perfect time to plan a backyard garden or start a cooler weather crop. Even a small garden helps children feel close to God through His creation.



Recipe of the Month

Mudrica (St. Joseph's "sawdust")
(<https://catholiccuisine.blogspot.com>)

On St. Joseph's feast day in Italy, many honor this carpenter saint by sprinkling a flavor filled breadcrumb "sawdust" over pasta. This commemorates the relief St. Joseph provided the people during a famine in Sicily.

Ingredients:

- 1/2 cup breadcrumbs
- 2 T. olive oil
- 3 tbsp. grated parmesan
- 2 tbsp. toasted pine nuts
- 2 tbsp. dried currants
- 1/2 tsp. crushed red pepper
- 1/4 tsp. ground cinnamon
- pinch fresh chopped oregano leaves
- pinch of salt

Directions:

Put all the ingredients in food processor.

Pulse 4 or 5 times or until the mixture is well combined.

Sprinkle over buttered pasta of choice.



March Saints

Learn more about these amazing saints we honor in the month of February!

- March 1 - St. David, bishop & patron of Wales
- March 4 - St. Casimir
- March 7 - St. Perpetua & St. Felicity
- March 9 - St. Frances of Rome
- March 11 - St. Eulogius, priest & martyr
- March 14 - St. Matilda
- March 15 - St. Loginus
- March 19 - St. Joseph
- March 21 - St. Cuthbert, bishop
- March 24 - St. Catherine of Sweden
- March 26 - St. Margaret of Clitherow
- March 31 - St. Benjamin, martyr & deacon