

OFFICES AND MAILING ADDRESS 510 Manley Street • Navasota, TX 77868

Phone: 936-825-3920 • Fax: 936-825-7612 Religious Education: 936-825-1869 After hour emergencies: 936-825-3920

PASTORAL STAFF Pastor Rev. Elias Lopéz Grant Holt, Permanent Deacon Garry Janota, Permanent Deacon Russell Pasket, Permanent Deacon

Gregory Jelinek, MD, Permanent Deacon (Retired)

ADMINISTRATION & BOOKKEEPER Nelda Kurten

COORDINATOR OF RELIGIOUS EDUCATION Carolyn Katkoski

DIRECTOR OF LITURGY AND MUSIC Susan Russell

SACRISTAN Samuel Pry

PASTORAL LEADERSHIP TEAM

Michael Culver (Chairperson), Teresa Morales, Jason Katkoski, Laura Quirino, and Sam Pry

FINANCE COUNCIL

Teresa Morales, Carolynn Katkoski, Jose Coronilla

DISASTER RECOVERY PLAN

Deacon Grant Holt, Jason Katkoski, Bill Heathcott, Gregorio Gonzalez

RE BOARD

President: Brandi Tejeda, Vice President: Jessica Herrera Secretary: Teresa Morales, Board Members: Lucy Coronilla, Jason Katkoski, Allyson Sweeney, Den Grant Holt

BUILDING COMMITTEE

Deacon Grant Holt, Danny Clark, Richard Krolczyk, and Joe Rangel

YOUTH MINISTER COORDINATOR

Jessica Herrera

PARISH OFFICE HOURS Monday-Thursday

9:15am - noon & 1:00pm - 5:00pm Friday 9:15am-noon Other times by appointment

Website: www.christourlight.org

SUNDAY EUCHARIST

Saturday Vigil: 6:00pm Sunday: (English) 8:00am Sunday: (Spanish) 1:00pm

WEEKDAY EUCHARIST

First Saturday 9am Wednesday, Thursday & Friday 8:30am Tuesday 6:00pm (English)

Thursday 6:00pm (Spanish)

ROSARY PRAYED IN COMMON

Tuesday & Thursday: 5:40pm Wednesday & Friday: 8:10am Saturday: 5:15pm

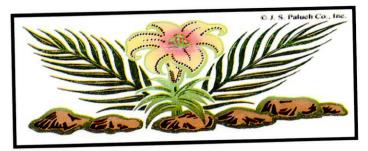
Sunday: 7:15am & 12:15pm

RECONCILIATION/CONFESSION Tuesday, Thursday and 2nd & 4th Saturdays 5:00-5:45pm

and by appointment 936-825-3920

RECONCILIACION/CONFESIONES

Los Martes, jueves y el segundo y cuarto sábado a las 5:00-5:45pm y por cita 936-825-3920



BIRTHDAYS AND ANNIVERSARIES

Every 1st weekend of the month (Saturday Vigil and Sunday Masses) blessing of all who have a birth-day or Wedding Anniversary during the month.



PLEASE PRAY FOR VOCA-TIONS

to the Priesthood and Religious Life especially in our

MEMORIALIZING THE SANCTUARY CANDLE

If you are interested in memorializing the Sanctuary candle, in memory of, in personal reverence and petition or Special Intention for the week, stop by the parish office for more information.

ParishSOFT Giving

SIGN UP NOW

Sign Up for Christ Our Light Online Giving Now

Christ Our Light now accepts online giving. Parish Soft is out parish's online giving program. Enroll at the link the below. It is secure and easy to use. You will be able to use Parish Soft for normal tithing and special collections throughout the year. Apps are available, so your cell phones/tablets can be used for online giving.

https://giving.parishsoft.com/dl?uid=chri510191

LA SOCIEDAD DE SAN VICENTE DE PAÙL CRISTO EL BUEN PASTOR NAVASOTA/ANDERSON

Somos una organización religiosa, sin ánimo de lucro, que presta servicios sociales a personas necesitadas. Nuestro numero de teléfono es

936-873-5002

Palm Sunday of the Passion of the Lord April10, 2022

The Lord GOD is my help, therefore I am not disgraced.

—Isaiah 50:7a

MONTHLY REFRESHMENTS AFTER MASSES

Refreshment will be served after Masses the first Sunday of each month. The refreshments and service will be provided by the following:

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Altar Society—January and July
Pastoral Council—February and October
Finance Council—March and September
R.E. Board—April and August
Stewardship—May and November
Choir—June and December

STEWARDSHIP REFLECTIONS

Palm Sunday — "...I tell you, Peter, before the cock crow 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 God or our Catholic faith? How did you react? Do you remain quiet not to cause a disturbance? Or, because you don't want people to think negatively about you? Or, because you don't think you know enough about the Catholic Faith? Pray for the courage to speak up and enter into a respectful dialogue when the opportunity arises. Joyfully share your faith others.

"REFLEXIONES DEL BOLETIN DE CORRES-PONSABILIDAD

Domingo de Ramos — "...Te digo, Pedro antes de que el gallo cante hoy, me negarás tres veces". Lucas 22-34 ¿Cuántas veces ha escuchado a alguien hacer un comentario despectivo acerca de Dios o de nuestra fe Católica? ¿Cómo fue su reacción? ¿Used permaneció tranquillo para no causar molestias? ¿O porque no quería que la gente pensará negativamente de usted? ¿O, porque piensa que no sabe lo suficiente acerca de su fe Católica? Rece para tener el valor para hablar e involucrarse en un dialogo respetuoso cuando se presente la oportunidad. Comparta con alegría si fe con los demás.

THE SOCIETY OF ST. VINCENT DE PAUL CHRIST THE GHOOD SHEPHERD NAVASOTA/ANDERSON

We are a non-profit, faith-based organization providing social services to people in need. We can be reached at 936-873-5002.

IGNITE

Ignite Parish Goal \$208,632.00 Gifts Amount Received \$75,785.00 39 Donors

2022 DIOCESAN SERVICE FUND

MARY
A BIBLICAL WALK with the
BLESSED MOTHER

An 8 week Study Through the biblical Narrative of Mary's life. You will be introduced to the Blessed Mother on a personal level and will see how Scripture, History, and Jewish culture reveal the sorrows, anxieties, and joys Mary would have held in her heart.

Narrated by Dr. Edward Sri and filmed in the Holy Land

Classes begin:
Monday, April 25th 2022 and continue until Monday, June 20, 2022
6:00 pm – 8:00pm
St. Patrick's Hall at 510 Manley Street

To register please contact Helen Kimball at helen.kimball@outlook.com or call 832-771-3001. Helen will order the study guides, cost is \$27.00.



The Spring start of the men's program called That Man is you! (TMIY) Session 14-26 has started. Weekly meeting are held on Friday Mornings 5:30 AM to 7:00 AM. In St. Patrick Hall, 510 Manley Street Christ Our Light. That Man is You is an interactive men's program that combines the latest findings of modern science with the teaching of the Church and the wisdom of the saints to develop authentic male leaders capable of transforming themselves, their families and greater society. Join us for food,

fellowship, and faith Fridays at 5:30 am. We will be done by 7:00 am. All men are welcome. Learn more at tmiy.org or call/text Mike Kimball at 281-923-8314.

We need volunteers for the following ministries: Parish Council, Finance Council, and English Baptism Coordinator. Please pray and consider offering your time, talent and treasure to serve our

parishioners. Thank you for all you do.

Please contact Fr. Eli or Nelda Kurten at the parish office.

Palm Sunday of the Lord's Passion

Is 50:4-7 | Phil 2:6-11 | Lk 22:14-23:56 or Lk 23:1-49

GROW AS A DISCIPLE | PRAY, STUDY, ENGAGE, SERVE

Palm Sunday can seem like a study in contrasts. We hear the jubilant account of Jesus riding triumphantly into Jerusalem. Then we listen to the Passion narrative, reminded that Jesus' kingship bears little resemblance to royalty as we perceive it. He will suffer and he will die. As Paul describes it, "He humbled himself, becoming obedient to the point of death, even death on a cross. Because of this, God greatly exalted him." Jesus tries to explain this to the disciples, who don't fully grasp the events about to take place, instead quarreling over who would be the greatest. Yet even in this chaos of misunderstanding, Jesus continues to teach them, promising that those who stand by him in his trials will join him in the kingdom of heaven. There are certainly times when we fail to fully perceive and understand all that the Lord is teaching us, or why we are undergoing certain trials and difficulties. As we enter into Holy Week, we can ask Jesus to help us understand the meaning of the cross in our own lives, using this time to reflect on the meaning of his sacrifice for each of us.

GO EVANGELIZE

PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

As we listen to the Passion narrative, we hear Peter betray Jesus, the soldiers jeer at him, and a passer-by being told to carry Christ's cross. Only Luke's account describes the two criminals, one of whom demanded that Jesus "save yourself and us." The second criminal rebukes him, asking Jesus to "remember me when you come into your kingdom." After Jesus dies, the centurion glorifies God, a good man takes him down from the cross, the women prepare his body for burial. As we enter Holy Week, we will have time to reflect on Jesus' last days, but also on the individuals in the crowd the day he died. How did they react? How would we have reacted? What can we learn from the women who stayed beside Jesus, the criminal who looked beyond his own pain and sin to see Jesus as Messiah, and even Peter in his initial betrayal? During the week ahead, we can also make an effort to attend each liturgy of the Triduum, using this time to deepen our faith as we prepare for Easter.

PRAYER Take time to read the Passion narrative at home.
Invite Jesus into your heart. If you've fallen a little behind on your
Lenten commitments, Holy Week is a great time to hit refresh.



Sunday Connection



God speaks to us in many ways, including through the Sunday Scripture readings. The Sunday Connection provides useful background and activities to better understand the upcoming Sunday's Scripture readings, helping you to connect the Scripture to daily life in a meaningful way.

Palm Sunday of the Lord's Passion, Cycle C

Sunday, April 10, 2022

Background on the Gospel Reading

This Sunday, called Palm or Passion Sunday, is the first day of Holy Week. Holy Thursday, Good Friday, and the Easter Vigil on Holy Saturday are called the Triduum, three days that are the highlight of the Church year. There are two Gospels proclaimed at today's Mass. The first Gospel, proclaimed before the procession with palms, tells of Jesus' triumphant entrance into Jerusalem. Riding on a borrowed colt, Jesus was hailed by the crowds as they shouted blessings and praise to God. This event is reported in each of the four Gospels.

Luke's Gospel is the only one to report the exchange between Jesus and the Pharisees as Jesus enters Jerusalem. Jesus' response shows that this event, and those yet to come, are part of a divine plan. We hear this echoed again in Luke's description of the Last Supper when Jesus speaks of Judas' betrayal, saying that the Son of Man "goes as has been determined."

At the Liturgy of the Word on this Sunday, the events of Jesus' passion are proclaimed in their entirety. In Lectionary Cycle C, we read the passion of Jesus as found in the Gospel of Luke. We will hear these events proclaimed again during the Triduum when we read the passion of Jesus from the Gospel of John.

Throughout Luke's Gospel we see that Jesus' words and actions proclaim the Kingdom of God. This motif continues throughout Luke's passion narrative. Jesus appears to be in total command of events at the Passover meal as he hands over the kingdom to his disciples. He welcomes them to the Passover meal announcing that this will be his last until the Kingdom of God is fulfilled.

As throughout Luke's Gospel, however, the disciples show little understanding of this kingdom that Jesus often announces. Following the meal, the disciples argue about who is the greatest. Jesus takes the opportunity to distinguish the meaning of leadership in the Kingdom of God from the forms of leadership seen in the world.

Jesus initiates a conversation with Simon and predicts his denial. Jesus then instructs his disciples to prepare themselves for the events that will follow. His words reveal an

awareness of the challenges that all of them will face in the days ahead. As the disciples and Jesus enter the Mount of Olives, Jesus indicates the importance of the disciples' time in prayer, telling them that through prayer they will be able to face the challenges ahead.

As he prays, Jesus is tested. In the garden, an angel is sent to strengthen him and to prepare him for the events ahead. After this moment, Jesus is again in charge of the events and circumstances.

In Luke's Gospel, Jesus is portrayed as active and vocal throughout his passion. When one of the disciples strikes the high priest's servant, Jesus heals the man, an event reported only in the Gospel of Luke. Jesus stops the disciples' protest against his arrest by noting that this is the "time for the power of darkness." Jesus engages and responds when brought before the Sanhedrin; his words speak about the "power of God" that will bring about the reign of the Son of Man. When questioned by Pilate, Jesus responds with just one phrase; yet before Herod, Jesus refuses to speak.

When Luke describes the Way of the Cross and Jesus' crucifixion, he calls to our attention many events that are not reported in the other Gospels. Throughout his Gospel, Luke has paid heed to the women who accompanied Jesus. Now, on the road to Calvary, Jesus speaks to the women who walk with him. Only Luke reports Jesus' words of forgiveness spoken from the cross. And only Luke reports the dialogue between Jesus and the good thief. Finally, in contrast with the Gospels of Mark and Matthew, Luke reports no words of abandonment spoken by Jesus on the cross. Instead, Jesus, in full command until his death, commends his spirit to his Father and takes his final breath.

Throughout Holy Week, we will continue to reflect on the events of Jesus' passion and death. As we meditate on the cross, we ask again and anew what it means to make the statement of faith that Jesus, in his obedient suffering and dying, revealed himself to us as God's Son and brought to fulfillment the Kingdom of God.



A BIBLICAL WALK with the BLESSED MOTHER

An 8 Week Study through the biblical narrative of Mary's life.

Narrated by Edward Sri And Filmed in the Holy Land

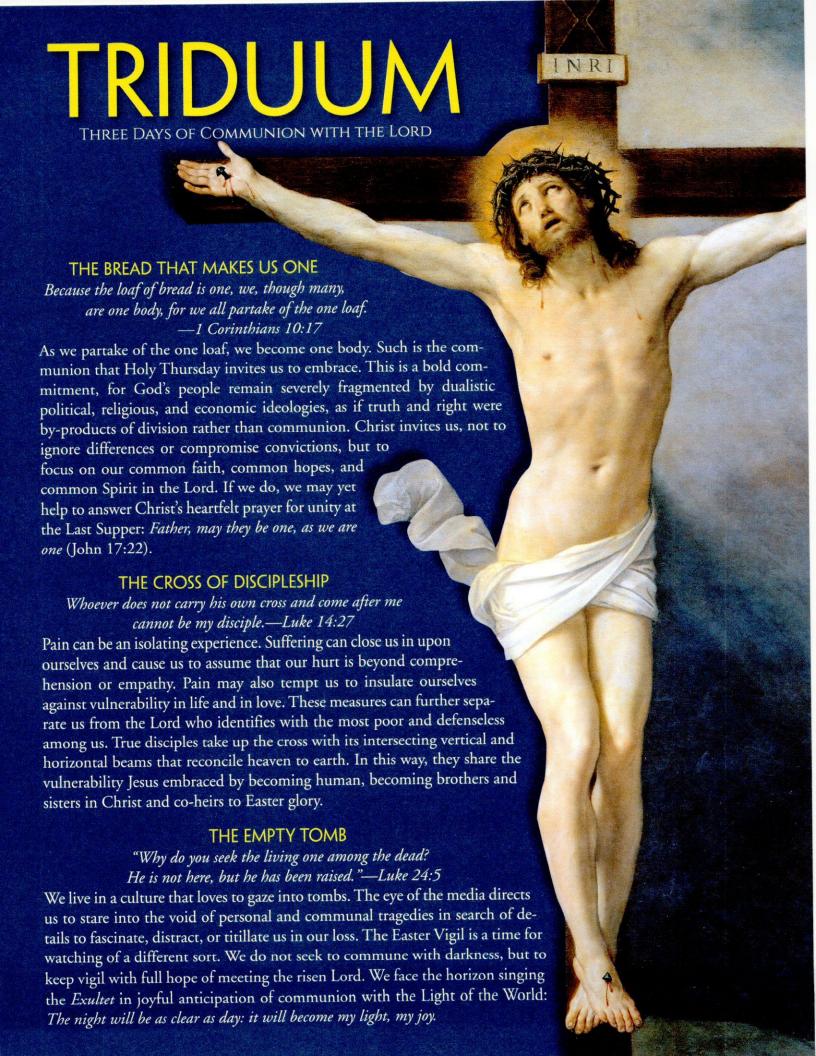
Mary: A Biblical Walk with the Blessed Mother is an extraordinary pilgrimage that reveals Mary's unique role in God's kingdom and in our lives. You will learn how she works in our lives today, drawing us ever closer to her divine Son. Seeing Mary in this way will change you forever. Mary will become a part of your daily life, and in your daily life, you will become more like Christ.

Classes begin:
Mondays, April 25th, 2022 and continue until June 20. 2022
6:00 pm – 8:00pm
St. Patrick's Hall
510 Manley Street, Navasota TX

To register and reserve your study guide, please contact Helen Kimball at helen.kimball@outlook.com or call 832-771-3001.

Helen will order a limited supply of study guides. They will be available for pick up the first class night. Commit early to reserve yours. The cost for the study guide, and one year of online access to the course videos is \$27.00. (Cash or check, no credit cards)

MARY



Celebrating THE TRIDUUM

AT CHURCH AND AT HOME

Many parishes have Adoration of the Blessed Sacrament as part of their **Holy Thursday** celebration. Spend some extra time in silent prayer before the Eucharist.

Stations of the Cross are particularly appropriate on **Good Friday**. By calling to mind the steps in our Savior's journey to Calvary, we can better appreciate what he did for us. Group or individual recitation of the Sorrowful Mysteries of the rosary is another powerful way to call to mind Jesus' sacrifice.

Good Friday is also a day of fast and abstinence: Those 14 and older are to abstain from eating meat, and those aged 18-59 are to fast by taking only one full meal with two smaller meals (no snacks in between).

Holy Saturday features no morning liturgy but some parishes might gather on Holy Saturday morning for Morning Prayer from the Liturgy of the Hours. This is a good day to schedule at least one period of prayer in silence.

The Easter Vigil is a richly symbolic celebration of our belief in the Resurrection and the history of our salvation. Many parishes schedule baptisms for the Easter Vigil liturgy as a concrete representation of salvation through Christ.

Easter Sunday is the preeminent Sunday, reminding us of why we celebrate Mass and worship the Lord throughout the year. "Alleluia" is the word for the day. Sing or repeat it to yourself often as you go through the day's festivities.

THE HISTORY OF THE TRIDUUM

By the second century, Christians celebrated the great Easter Vigil, an event which began the night of Holy Saturday, continuing until dawn on Easter morning. During this vigil, Christians commemorated salvation history, awaited the return of Jesus, and celebrated the resurrection of Jesus at dawn on Easter Sunday. At the vigil, catechumens, after a three year period of catechesis, were baptized and received first communion. At the time, the Easter Vigil was the most important celebration of the liturgical year.

Eventually Christians expanded this celebration to a three-day commemoration of Jesus' passion, death and resurrection, with the Easter Vigil being the high point of the three day commemoration know as the *Triduum* (Latin for "three days"). Over time, as the liturgical year expanded, the Easter Vigil lost its preeminence, although the three days commemorating Jesus' passion still held an important place in the Church year. However, since the reforms of the Second Vatican Council, the Easter Vigil, and the Triduum, have regained their position of prominence in the Western Catholic liturgical calendar.

DID YOU KNOW...

- Lent is officially over with the beginning the Mass of the Lord's Supper on Holy Thursday evening.
- The Paschal Triduum is actually a single liturgical event with three distinct parts: the Mass of the Lord's Supper, Good Friday service and the Easter Vigil.
 - The Solemnity of Easter is celebrated not only on Easter Sunday, but on the next seven days as well.
- Holy Saturday is the only day of the liturgical year on which there is neither a celebration of Holy Mass nor a distribution of Holy Communion (except for those critically ill).
- Receiving Holy Communion during the Easter season is required of all Catholics. In the United States, this obligation may be fulfilled anytime from the first Sunday of Lent to Trinity Sunday.

READINGS FOR TRIDUUM 2022

Holy Thursday

Exodus 12:1-8, 11-14 • 1 Corinthians 11:23-26 • John 13:1-15

Good Friday

Isaiah 52:13—53:12 • Hebrews 4:14-16; 5:7-9 • John 18:1—19:42

Easter Vigil

Genesis 1:1—2:2 • Genesis 22:1-18 • Exodus 14:15—15:1 • Isaiah 54:5-14 Isaiah 55:1-11 • Baruch 3:9-15, 32—4:4 • Ezekiel 36:16-28 • Romans 6:3-11 • Lk 24:1-12 Discovering hope and joy in the Catholic faith.

April 2022

Christ Our Light Catholic Church and St. Stanislaus Church Rev. Elias Lopez, Pastor

One Minute Meditations

Healthy worship

Recent medical studies
revealed that people who
attend church at least
weekly have longer life
expectancies and fewer
complications from illnesses or
surgeries than non-churchgoers.
Going to church may not
protect us from health crises,
but it does help us cope with
them.

Empty and fill

There are times in our lives when we have to empty our minds of negativity so God can replace it with peace and joy. Each day, take time to rid yourself of anger, fear, self-pity, jealousy, and bitterness. Then look for God's gifts of peace, wisdom, friendship, forgiveness, and love.

Speak the truth

Do you have the courage to speak out against injustice or sin? Yes, when you do, you may be called "intolerant" for sharing Gospel truths, but tolerance doesn't render truth untrue. In fact, saying nothing can be worse. Christ is clear: "When your brother sins, rebuke him and when he repents, forgive him" (Luke 17:3).

Give Sundays to God

God intended Sundays as days for worship, rest, and charity for His people. In today's world,

however, it can be challenging to "keep holy the Lord's Day." Try these suggestions to recapture your Sundays for God:

Worship:

Mass is a direct encounter with God. Make it the

center and highlight of your day.
Prepare yourself to receive Jesus in the Eucharist by going to Confession regularly and staying aware of your conscience so as to avoid sin. One of the best ways to honor Him is respond to His love with your own.

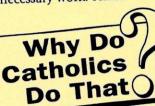
Rest: Make Sunday different from the rest of the week. Avoid unnecessary work. Finish errands and chores by sundown on Saturday. Serve leftovers or casseroles on paper plates to minimize washing up. Limit screen time, social media, and online

shopping.

Joy: God rested on the Seventh Day and delighted in His creation (Genesis 1:31-2:2). Find time today to do something that brings you joy. Spend time with

loved ones, take a nature walk, indulge in a hobby, read a good book.

Charity: Traditionally, charitable works are performed on the Lord's Day. Consider putting money in the poor box at church, donating food or clothes to a shelter, or visiting a lonely neighbor. Don't forget, praying for others and treating them with kindness is a much-needed act of charity.



Why do Catholics believe Jesus "descended into hell"?

In the Apostles Creed, we profess that Jesus "descended into hell" – Hades in Greek or Sheol in Hebrew. Used here, it means "the realm of the dead," not necessarily the place of punishment. Human sin closed the gates of heaven even to righteous souls,

until Christ's coming. After
accomplishing our
redemption on the Cross,
Jesus descended to the
underworld, bringing
news of their salvation
to the righteous souls
who were waiting to enter
heaven (Catechism of the
Catholic Church, #633).

Keeping Easter joy alive throughout the year

Easter Sunday celebrates Jesus' victory over death, sin, and Satan. In fact, it is the most important event in human history. This joy Easter inspires can't be contained to just one day; the Church gives us a whole season to celebrate. Try these ideas to prolong the joy of Easter:

Keep a Lenten practice that helped you grow closer to God - a small sacrifice to honor His sacrifice. For example, attend an extra Mass during the week, or perform an act of charity to share God's love.

Decorate the house. Celebrate the victory Christ won for you. Display an image of the Risen Christ in your home. Decorate crosses and statues with white sashes. Put out bouquets of flowers (real or silk) for the garden in which Jesus rose (John 19:41).

Proclaim the Good News. Mary Magdalene was the first to share the news of the Resurrection (John 20:17). Share it, too, by wearing a cross or crucifix, saying grace in public, talking about His grace, imitating His forgiveness.

from cripture

The two Resurrection appearances of Jesus to His disciples in this passage highlight God's merciful love. The first appearance was on Easter Sunday. Jesus could have abandoned His Apostles, just as they had abandoned Him in the Garden of Gethsemane, but He didn't. Instead, Jesus appeared to them and gave

sins in His name. The second visit was for

them His peace, His Spirit,

and the power to forgive

"Doubting" Thomas, who wasn't present for the first appearance. Thomas couldn't believe that Jesus was really risen, despite the accounts of eyewitnesses. He demanded physical proof. Jesus appeared

Luke 15:1-3, 11-32, The Father's heart

in the Upper Room and invited Thomas to investigate. St. Thomas, moved to faith, cried out,

"My Lord and my God!" (John 20:28).

This passage reminds us we can always bring our doubts, fears, and need for forgiveness to God, especially on

the Sunday after Easter — Divine Mercy Sunday. To the disciples who abandoned Him, Jesus extended His peace and

forgiveness. For St. Thomas who had been struggling with doubt, Jesus came in person to strengthen his faith. "Jesus, I trust in You!"

Feasts & * (Celebrations

April 5 - St. Vincent Ferrer (1419). Against his parents' wishes, St. Vincent Ferrer joined the Dominican Order. He preached through much of Europe. He was called the Angel of Judgment because his sermons aimed to prepare his listeners for judgment.

April 8 - St. Julie Billiart (1816). Born in France, St. Mary Rose Julie Billiart was devoted to the care and education of the poor. After receiving a vision of her future religious order, she later founded the Sisters of Notre Dame.

April 24 - Divine Mercy Sunday. In 1931, Jesus appeared to St. Faustina and asked that the Sunday after Easter become the "Feast of Mercy." Jesus promised special graces to those who honor him as the King of Mercy and pray The Chaplet of Divine Mercy.

April 25 - St. Mark (1st century). St. Mark wrote the second Gospel largely based on St. Peter's perspective. He accompanied Saints Paul and Barnabas on their journey through Cyprus and is credited with founding the Church of

Alexandria.



Why do Catholics display crucifixes?

Catholics display the Crucifix because it reminds us of Jesus' sacrifice, His victory, and His love for us.

His sacrifice. Jesus willingly sacrificed Himself for us on the Cross. At every



Mass, the moment of Jesus' sacrifice is made mysteriously present again in the sacrifice of the Eucharist in an unbloody manner. The Crucifix indicates that the sacrifice of the Cross and the Mass are one sacrifice

(CCC #1545).

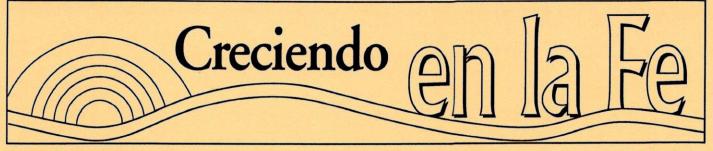
His victory. The Crucifix looks like defeat, but in fact, it's a sign of victory. Jesus' sacrifice reconciled us with God, reopened Heaven to us, and broke the grip of death. Jesus took on death, sin, and evil, and rose again triumph.

His love. "Greater love has no man than this, that a man lay down his life for his friends" (John 15:13). The Crucifix reveals how precious we are to God. Jesus taught us that true love seeks the good of the other. Jesus put our good first. He endured the crucifixion so we can be with Him forever in Heaven.

Our Mission

To provide practical ideas that promote faithful Catholic living. Success Publishing & Media, LLC Publishers of Growing in Faith™ and Partners in Faith™ (540)662-7844 (540)662-7847 fax http://www.growinginfaith.com (Unless noted Bible quotes and references are from the Revised Standard Version and the New American Bible)

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Dios pensó los domingos como días de

Descubriendo esperanza y gozo en la fe católica.

Abril de 2022

Christ Our Light Catholic Church and St. Stanislaus Church Rev. Elias Lopez, Pastor

Meditaciones breves

El culto y la salud

Unos estudios médicos recientes han revelado que las personas que acuden a la iglesia al menos semanalmente tienen expectativas de vida más larga y menos complicaciones con enfermedades y operaciones que las que no van a la iglesia. Quizá ir a la iglesia no nos proteja de todos los problemas de salud, pero nos ayuda a enfrentarnos a ellos.

Vacío y lleno

Hay ocasiones en nuestras vidas en las que debemos vaciar nuestras mentes de negatividad para que Dios pueda sustituirla con paz y alegría. Tómense un tiempo cada día para liberarse de ira, miedo, autocompasión, celos y amargura. Luego busquen los dones de Dios de paz, sabiduría, amistad, perdón y amor.

Digan la verdad

¿Tienen el valor de pronunciarse contra la injusticia o el pecado? Sí, tal vez cuando lo hagan los llamen "intolerantes" por compartir las verdades del evangelio, pero la tolerancia no hace falsa la verdad. Lo cierto es que no decir nada puede ser peor. Cristo es claro al respecto: "Si tu hermano peca, repréndelo, y si se arrepiente, perdónalo" (Lucas 17:3).

Den los domingos a Dios

adoración, descanso y caridad para su pueblo. En el mundo de hoy, sin embargo, "santificar el Día del Señor" puede ser un auténtico reto.
Pongan en práctica estas sugerencias para

sugerencias para recuperar los domingos para Dios:

Adoración: La misa es un encuentro directo con Dios.

Conviértanla en el centro y en lo más relevante de su día. Prepárense para recibir a Jesús en la Eucaristía confesando con regularidad y prestando atención a su conciencia para evitar el pecado. Una de las mejores formas de honrarlo es corresponder a su amor con el de ustedes.

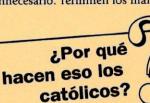
Descanso: Distingan el domingo del resto de la semana. Eviten el trabajo innecesario. Terminen los mandados y las

tareas con la puesta del sol del sábado. Sirvan restos o guisados en platos de papel para reducir el lavado. Limiten el tiempo frente a las pantallas, las redes sociales, las compras en la red.

Alegría: Dios descansó el séptimo día y se regocijó en su creación (Génesis 1:31-2:2). Hallen tiempo hoy para hacer algo que les proporcione alegría. Pasen tiempo con sus seres

queridos, den un paseo por la naturaleza, disfruten de un pasatiempo, lean un buen libro.

Caridad: Tradicionalmente, el Día del Señor se hacen obras de caridad. Pueden en depositar dinero en la alcancía del templo, donar alimentos o ropa a un hospicio o visitar a un vecino solitario. No se olviden de que rezar por los demás y tratarlos con amabilidad es una necesaria obra de caridad.



¿Por qué creen los católicos que Jesús "descendió a los infiernos"?

En el Credo de los Apóstoles profesamos que Jesús "descendió a los infiernos", hades en griego y sheol en hebreo. En este uso significa "la morada de los muertos", no necesariamente un lugar de castigo. El pecado humano había cerrado las puertas del cielo incluso a las

almas de los justos hasta la llegada de Cristo. Tras conseguir nuestra redención en la Cruz, Jesús descendió al inframundo, llevando la nueva de la salvación a las almas de los justos que esperaban para entrar al cielo.

(Catecismo de la Iglesia Católica, #633).

Vivan la alegría de la Pascua a lo largo del año

Cada domingo celebra la victoria de Jesús sobre la muerte, el pecado y Satanás. Es el acontecimiento más importante de la historia de la humanidad. Este gozo que inspira la Pascua no puede contenerse en un solo día; la Iglesia nos da todo un tiempo litúrgico para celebrarlo. Pongan en práctica estas ideas para prolongar la alegría de la Pascua:

Observen prácticas cuaresmales que les acerquen a Dios, un pequeño sacrificio para honrar su sacrificio. Por ejemplo, asistan a una misa extra durante la semana o hagan una obra de caridad para compartir el amor de Dios.

Decoren su hogar. Celebren la victoria que Cristo logró para ustedes. Exhiban una imagen de Cristo

Resucitado en su hogar. Decoren cruces y estatuas con cintas blancas. Coloquen ramos de flores (naturales o de seda) en honor del jardín en el que resucitó Jesús (Juan 19:41).

Proclamen la Buena Nueva. María Magdalena fue la primera en compartir la nueva de la Resurrección (Juan 20:17). Compártanla también ustedes poniéndose un crucifico, bendiciendo la mesa en público, hablando de su gracia, imitando su perdón.

de las scrituras

Juan 20:19-31, "Jesús, en ti confío"

Las dos apariciones de Jesús a sus discípulos tras la Resurrección en este pasaje ponen de relieve el amor misericordioso de Dios. La primera aparición fue el Domingo de Pascua. Jesús podría haber abandonado a sus apóstoles como ellos lo habían abandonado a él en el huerto de Getsemaní, pero no lo hizo. En cambio, Jesús se les apareció y les dio su paz, su espíritu y el poder de perdonar los pecados en su nombre.

La segunda visita fue para
Tomás "el incrédulo", que no estaba
presente en la primera aparición. Tomás no
se creía que Jesús había resucitado, a pesar
de los relatos de los testigos. Exigió una
prueba física. Jesús se apareció en la casa

donde estaban reunidos e invitóa Tomás a que investigara. Santo

Tomás, creyó y exclamó: "¡Señor mío y Dios mío!" (Juan 20:28).

Este pasaje nos recuerda que siempre podemos presentar a Dios nuestras dudas, miedos y nuestra necesidad de perdón, especialmente el

domingo después de Pascua, el Domingo de la Divina Misericordia. Jesús otorgó su paz y su perdón a los discípulos que lo habían abandonado. Jesús acudió en persona en beneficio de santo Tomás, que había forcejeado con la duda, para fortalecer su fe. "¡Jesús, en ti confío!"



¿Por qué exhiben crucifijos los católicos?

Los católicos exhibimos el crucifijo porque nos recuerda el sacrificio de Jesús, su victoria y su amor por nosotros.

Su sacrificio. Jesús se sacrificó voluntariamente por nosotros en la Cruz.



En cada misa, el sacrificio de Jesús misteriosamente se hace presente de nuevo en el sacrificio de la Eucaristía de forma incruenta. El crucifijo indica que el sacrificio de la Cruz y la misa son un solo sacrificio (CIC, #1545).

Su victoria. El crucifijo parece una derrota cuando, en realidad, es un signo de victoria. El sacrificio de Jesús nos reconcilió con Dios, volvió a abrirnos el cielo y destruyó las cadenas de la muerte. Jesús se enfrentó con la muerte, el pecado y el mal y resucitó nuevamente triunfante.

Su amor. "No hay amor más grande que dar la vida por los amigos" (Juan 15:13). El crucifijo revela lo valiosos que somos para Dios. Jesús nos enseñó que el verdadero amor busca el bien del otro. Jesús dio prioridad a nuestro bien. Sufrió la crucifixión para que estemos con él para siempre en el cielo.

Fiestas y * © celebraciones

5 de abril – San Vicente Ferrer (1419). San Vicente Ferrer ingresó en los Dominicos en contra de los deseos de sus padres. Predicó por gran parte de Europa. Se le llamó el Ángel del Juicio porque sus sermones intentaban preparar para el juicio final a sus oyentes.

8 de abril – Santa Julia Billiart (1816). Nacida en Francia, santa María Rosa Julia Billiart se dedicó al cuidado y la educación de los pobres. Tras una visión sobre su futura orden religiosa, fundó las Hermanas de Nuestra Señora.

24 de abril - Domingo de la Divina Misericordia. En 1931, Jesús se le apareció a santa Faustina y le pidió que el domingo después de Pascua pasara a ser la "Fiesta de la Misericordia". Jesús prometió gracias especiales a quienes lo honraran como Rey de la Misericordia y rezaran la Corona de la Divina Misericordia.

25 de abril- San Marcos (siglo I). San Marcos escribió el segundo evangelio basándose en gran parte en la perspectiva de san Pedro. Acompañó a los santos Pablo y Bernabé en su viaje por Chipre y se le atribuye la fundación de la Iglesia de Alejandría.

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