

ASH WEDNESDAY



A Clean Heart Create For Me, GOD;
Renew Within Me A Steadfast Spirit.

Psalm 51:12



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NORTH AMERICAN MARTYRS • ST. SUSANNA

WE HELP ONE ANOTHER MOVE AT THE SPEED OF GOD



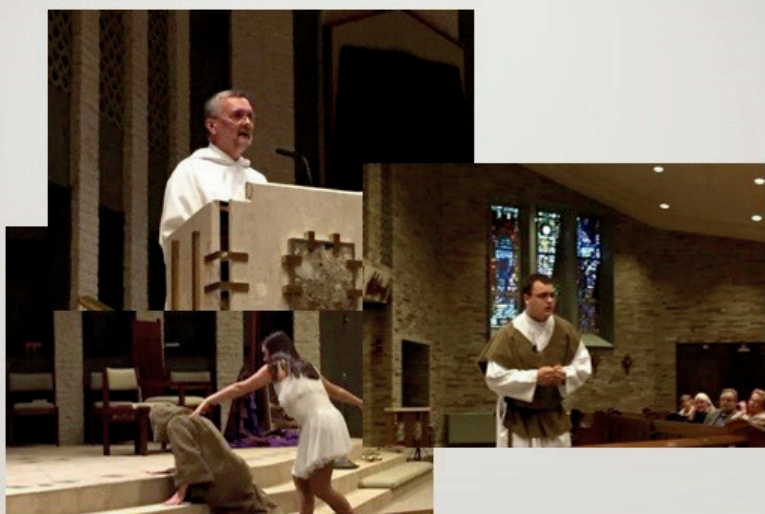
Lent 2019

Lent tells us of Jesus entering the desert while still under the influence of the Holy Spirit from His Baptism in the Jordan River, so that He may pray and fast. His experience eventually ends up with Jesus having to deal with 'the devil.' Lent is like a desert experience for each of us, a time to fast and pray, and give alms as we do battle with evils or 'devils' in our lives. Jesus was hungry after the 40 days of fasting and praying, and so the devil tempts Jesus, saying, 'If you are the Son of God command this stone to become bread.' But Jesus responds with "it is written 'One does not live on bread alone.' " There are 2 other temptations presented by the devil to Jesus, but HE relies on the grace of God and readies Himself for the tough road ahead when Jesus will face not only the devil, but the

evils of other human beings. During this 'desert experience' of Lent, hopefully each one of us will turn away from sin and believe in the Good News of the Gospels. With grace of God, and sincerity on our parts, we will be able to complete this Lent with acts of prayer, fasting, and almsgiving, sacrifices, doing more, giving up, and giving to. This Lent let us take some time to pray every day, either personal prayer, read a verse from the Bible, a prayer book, pray the Rosary, or pray the Stations of the Cross. We will all need to pick up our crosses and endure them for the Lord. If we do, we will arrive at the end of Lent at the time of the Resurrection, Easter Sunday joyful, holy, and thankful for the Lord's love for us, and we will share that love with others.

Jesus Remembers: An Evening of Reflection

Journey with Jesus as He remembers His triumphant entrance into Jerusalem through His death on the Cross!



During this contemporary Good Friday evening service, we use many artistic methods to beautifully and sorrowfully express how Jesus and others may have felt during those last days. To appreciate each, one should listen to the message not only with your ears, but with your eyes and your heart. Each artistic style is presented with the highest reverence, honor and respect for Jesus, Mary, and others involved during those last days. Each is designed to convey a message or feeling so that everyone may have an opportunity to understand or feel the pain or emotion that each person experienced during Jesus' crucifixion and death. We use scripture, music, readings, reflections, song and dance to present those feelings. The Contemporary Choir provides the music along with the use of guitars, keyboard, bass, drums and percussion. This service is contemporary in nature and affords individuals a very different Good Friday experience.

Good Friday Evening, April 19, 2019 at 7:00pm

Parish Happenings

Stations of the Cross

March 8, 2019

St. Bartholomew – 7 PM
St. Bernadette – 2 PM (School)*, 4 PM and 7 PM
St. Gerard – 7 PM
North American Martyrs – 7 PM (NAM) and 4 PM (St. Michael)
St. Susanna – 7 PM

March 15, 2019

St. Bartholomew – 7 PM
St. Bernadette – 2 PM (School)*, 4 PM
St. Gerard – 4 PM
North American Martyrs – 7 PM (NAM) and 4 PM (St. Michael)
St. Susanna – 7 PM

March 22, 2019

St. Bartholomew – 4 PM
St. Bernadette – 2 PM (School)*, 7 PM
St. Gerard – 7 PM
North American Martyrs – 4 PM (NAM) and 7 PM (St. Michael)
St. Susanna – 4 PM

March 29, 2019

St. Bartholomew – 7 PM
St. Bernadette – 2 PM (School)*, 4 PM
St. Gerard – 4 PM
North American Martyrs – 7 PM (NAM) and 4 PM (St. Michael)
St. Susanna – 4 PM

April 5, 2019

St. Bartholomew – 4 PM
St. Bernadette – 2 PM (School)*, 7 PM
St. Gerard – 7 PM
North American Martyrs – 4 PM (NAM) and 7 PM (St. Michael)
St. Susanna – 4 PM

April 12, 2019

St. Bartholomew – 7 PM
St. Bernadette – 2 PM (School)*, 4 PM
St. Gerard – 4 PM
North American Martyrs – 7 PM (NAM) and 4 PM (St. Michael)
St. Susanna – 7 PM

*St. Bernadette Stations for the school are open to all to attend

Adoration

"The greatest love story of all time is contained in a tiny white host." -
Bishop Fulton J. Sheen

"In that little Host is the solution to all the problems of the world." - *Pope*
St. John Paul II

**Join us on Mondays before Jesus in the Monstrance from 10:00 am to
7:00 pm at St. Bernadette Church**

Living Stations of the Cross

Join students from
the parish CCD
program at St.
Susanna Church as
they present the
Living Stations of the
Cross. Friday, April
12 at 7:00 PM.



The Road to the Cross

Tenebrae Service

The word "tenebrae" comes from the Latin meaning "darkness." The Tenebrae is an ancient Christian Good Friday service that makes use of gradually diminishing light through the extinguishing of candles to symbolize the events of from Palm Sunday through Jesus' death. This increasing darkness symbolizes the approaching darkness of Jesus' death and of hopelessness in the world without God.

**Join us for a special Tenebrae Service on Good Friday,
April 19, 2019 at 7:00pm at North American Martyrs
Church**

The Light is on for You—April 10, 2019

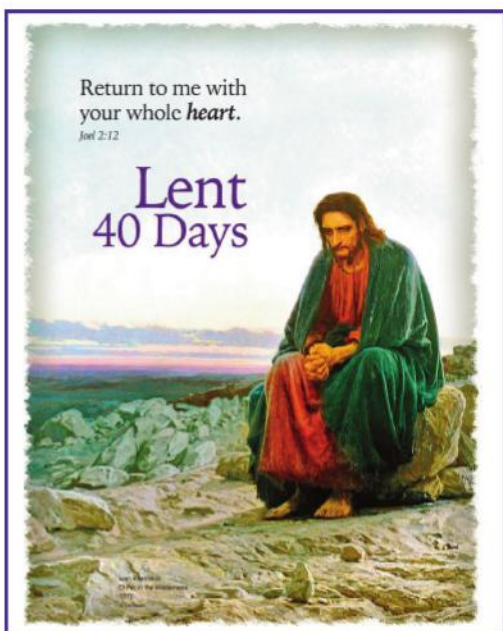


This Lent on the evening of April 10, 2019, from 6:00 p.m. - 9:00 p.m., rediscover the healing power of God's love in the Sacrament of Reconciliation at North American Martyrs Church and St. Susanna Church. If you've been away for a long time, don't worry. The Light Is On For You!

Journey to the Foot of the Cross - 10 Things to Remember For Lent

Remember the formula. The Church does a good job capturing certain truths with easy-to-remember lists and formulas: 10 Commandments, 7 sacraments, 3 persons in the Trinity. For Lent, the Church gives us almost a slogan—Prayer, Fasting and Almsgiving—as the three things we need to work on during the season. It’s a time of prayer. Lent is essentially an act of prayer spread out over 40 days. As we pray, we go on a journey, one that hopefully brings us closer to Christ and leaves us changed by the encounter with him. It’s a time to fast. With the fasts of Ash Wednesday and Good Friday, meatless Fridays, and our personal disciplines interspersed, Lent is the only time many Catholics these days actually fast. And maybe that’s why it gets all the attention. “What are you giving up for Lent? Hotdogs? Beer? Jelly beans?” It’s almost a game for some of us, but fasting is actually a form of penance, which helps us turn away from sin and toward Christ. It’s a time to work on discipline. The 40 days of Lent are also a good, set time to work on personal discipline in general. Instead of giving something up, it can be doing something positive. “I’m going to exercise more. I’m going to pray more. I’m going to be nicer to my family, friends and coworkers.” It’s about dying to yourself. The more serious side of Lenten discipline is that it’s about more than self-control – it’s about finding aspects of yourself that are less than Christ-like and letting them die. The suffering and death of Christ are foremost on our minds during Lent, and we join in these mysteries by suffering, dying with Christ and being resurrected in a purified form. Don’t do too much. It’s tempting to make Lent some ambitious period of personal reinvention, but it’s best to keep it simple and focused. There’s a reason the Church works on these mysteries year after year. We spend our entire lives growing closer to God. Don’t try to cram it all in one Lent. That’s a recipe for failure. Lent reminds us of our weakness. Of course, even when we set simple goals for ourselves during Lent, we still have trouble keeping them. When we fast, we realize we’re all just one meal away from hunger. In both cases, Lent shows us our weakness. This can be painful, but recognizing how helpless we are makes us seek God’s help with renewed urgency and sincerity. Be patient with yourself. When we’re confronted with our own weakness during Lent, the temptation is to get angry and frustrated. “What a bad person I am!” But that’s the wrong lesson. God is calling us to be patient and to see ourselves as he does, with unconditional love. Reach out in charity. As we experience weakness and suffering during Lent, we should be renewed in our compassion for those who are hungry, suffering or otherwise in need. The third part of the Lenten formula is almsgiving. It’s about more than throwing a few extra dollars in the collection plate; it’s about reaching out to others and helping them without question as a way of sharing the experience of God’s unconditional love. Learn to love like Christ. Giving of ourselves in the midst of our suffering and self-denial brings us closer to loving like Christ, who suffered and poured himself out unconditionally on cross for all of us. Lent is a journey through the desert to the foot of the cross on Good Friday, as we seek him out, ask his help, join in his suffering, and learn to love like him.

From USCCB—Bishop David L. Ricken of Green Bay, Wisconsin, former chairman of the Committee on Evangelization and Catechesis, offers “10 Things to Remember for Lent”



March 6th – April 14th

You can protect mothers and children by joining this worldwide mobilization to pray and fast for an end to abortion!

With God’s help, through prayer and fasting, peaceful vigils and community outreach:

- **15,256 lives have been spared** from abortion
- **186 abortion workers converted**
- **99 abortion facilities have closed!**

Here’s how to take part in 40 Days for Life in our community:

- **Vigil location:** Outside Planned Parenthood, 933 Liberty Ave. Pittsburgh
- **Vigil hours:** 7 am to 7 pm daily
- **Local contact:** Nikki Bruni, 412-926-9413, nbruni@40daysforlifepgh.com.

Learn more...get involved...and sign up for prayer times by visiting our campaign at 40daysforlifepittsburgh.com or 40daysforlife.com/pittsburgh.

Questions and Answers about Lent and Lenten Practices

Q. Why do we say that there are forty days of Lent? When you count all the days from Ash Wednesday through Holy Saturday, there are 46.

A. It might be more accurate to say that there is the "forty day fast within Lent." Historically, Lent has varied from a week to three weeks to the present configuration of 46 days. The forty day fast, however, has been more stable. The Sundays of Lent are certainly part of the Time of Lent, but they are not prescribed days of fast and abstinence.

Q. So does that mean that when we give something up for Lent, such as candy, we can have it on Sundays?

A. Apart from the prescribed days of fast and abstinence on Ash Wednesday and Good Friday, and the days of abstinence every Friday of Lent, Catholics have traditionally chosen additional penitential practices for the whole Time of Lent. These practices are disciplinary in nature and often more effective if they are continuous, i.e., kept on Sundays as well. That being said, such practices are not regulated by the Church, but by individual conscience.

Q. I understand that all the Fridays of Lent are days of abstinence from meat, but I'm not sure what is classified as meat. Does meat include chicken and dairy products?

A. Abstinence laws consider that meat comes only from animals such as chickens, cows, sheep or pigs --- all of which live on land. Birds are also considered meat. Abstinence does not include meat juices and liquid foods made from meat. Thus, such foods as chicken broth, consomme, soups cooked or flavored with meat, meat gravies or sauces, as well as seasonings or condiments made from animal fat are technically not forbidden. However, moral theologians have traditionally taught that we should abstain from all animal-derived products (except foods such as gelatin, butter, cheese and eggs, which do not have any meat taste). Fish are a different category of animal. Salt and freshwater species of fish, amphibians, reptiles, (cold-blooded animals) and shellfish are permitted.

Q. I've noticed that restaurants and grocery stores advertise specials on expensive types of fish and seafood on Fridays during Lent. Some of my Catholic friends take advantage of these deals, but somehow I don't feel right treating myself to the lobster special on Fridays during Lent.

A. While fish, lobster and other shellfish are not considered meat and can be consumed on days of abstinence, indulging in the lavish buffet at your favorite seafood place sort of misses the point. Abstaining from meat and other indulgences during Lent is a penitential practice. On the Fridays of Lent, we remember the sacrifice of Christ on Good Friday and unite ourselves with that sacrifice through abstinence and prayer.

Q. I understand that Catholics ages 18 to 59 should fast on Ash Wednesday and on Good Friday, but what exactly are the rules for these fasts?

A. Fasting on these days means we can have only one full, meatless meal. Some food can be taken at the other regular meal times if necessary, but combined they should be less than a full meal. Liquids are allowed at any time, but no solid food should be consumed between meals.

Q. Are there exemptions other than for age from the requirement to fast on Ash Wednesday and Good Friday?

A. Those that are excused from fast and abstinence outside the age limits include the physically or mentally ill including individuals suffering from chronic illnesses such as diabetes. Also excluded are pregnant or nursing women. In all cases, common sense should prevail, and ill persons should not further jeopardize their health by fasting.

From USCCB—to read more visit www.usccb.org

2019 St. Bernadette Parish Fish Fry

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**Our 2019 Fish Fry will take place in the Lourdes Center Dining Hall
from 4:30 p.m. until 7:00 p.m. on the following dates:**

Friday, March 8

Friday, March 15

Friday, March 22

Friday, March 29

Friday, April 5

Friday, April 12

Call 412-843-0668 for take-out orders beginning at 3:30 p.m.

or come dine-in with us at our Parish hall:

St. Bernadette Catholic Church • 245 Azalea Drive, Monroeville, PA 15146



Sacrament of Reconciliation

The Regular Confession Schedule for our grouping is:

St. Susanna: Sat. 9:30-10:15AM

St. Gerard Majella: - Sat. 10:00-10:45AM

St. Bernadette: Mon. 6:00-6:45PM, Sat. 3:45-4:30PM

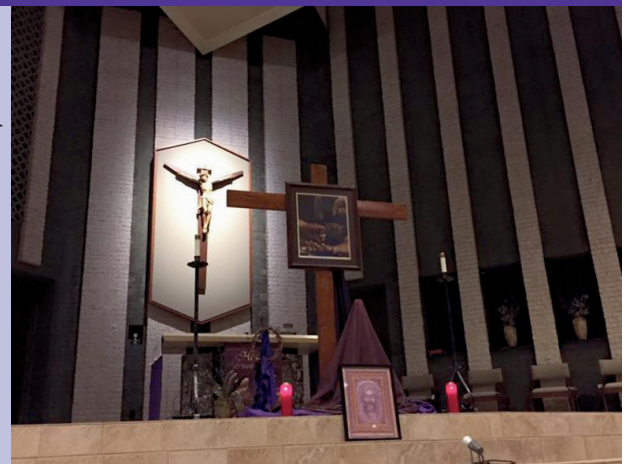
St. Bartholomew: Sat. 3:00-3:45PM

North American Martyrs: Sat. 3:00-3:45PM

St. Michael: Second Sat of mo. 12:00-1:00PM

Lenten Taizé Service at St. Bernadette

Taizé is a small village in the eastern part of France. Since 1940 it has been the home of an ecumenical community of brothers where prayer, three times a day, is the center of life. Part of that prayer time is spent in singing short repetitive refrains or ostinatos. Thousands of people from around the world visit Taizé every year. Our Taizé Services borrow from the tradition of Taizé as we offer our prayers and meditations around the cross. Join us Wednesday, March 20, 2019 at 7:00 pm in the church.



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