

## Our Lady of Sorrows

5020 Rhodes Avenue  
St. Louis, MO 63109  
[www.olsorrows.org](http://www.olsorrows.org)

### Business Hours

Monday - Friday  
8:00 a.m. - 4:00 p.m.  
Phone (314) 351-1600  
Fax (314) 351-1602

### Pastor

*Fr. Sebastian Mundackal*



## Mass Schedule

### Daily

Monday—Friday 6:30 a.m.

### Holy Days

8:00 a.m., 7:00 p.m.

Rectory closed on all Holy Days

### Sunday

Saturday 5:00 p.m.

Sunday 8:00 a.m., 10:00 a.m.

### Confessions

Tuesday 6:15—6:30 a.m.; Saturday 4:00—4:45 p.m.

By appointment anytime

## PARISH STAFF

**Rev. Sebastian Mundackal**, Pastor  
[sebastianosb@yahoo.com](mailto:sebastianosb@yahoo.com)

**Rev. Andrew Sigmund**, Retired  
[asigmund@sbcglobal.net](mailto:asigmund@sbcglobal.net)

**Deacon Dan Skillman**, Pastoral Associate  
[skillmand@olsorrows.org](mailto:skillmand@olsorrows.org)

**Mrs. Cathy Newhouse**, Business Manager  
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## SOUTH CITY CATHOLIC ACADEMY

**Mrs. Laura Hirschman**, Principal  
[lhirschman@sccastl.org](mailto:lhirschman@sccastl.org)

5821 Pernod Ave  
St. Louis, MO 63139  
314-752-4171  
[www.stlsouthcitycatholicacademy.org](http://www.stlsouthcitycatholicacademy.org)

## OTHER HELPFUL NUMBERS

**Corinne Bardgett**, Parish Council 481-0335  
**Prayer Chain** 330-9275

**Parish Helpers** 351-4673  
**Medical Equipment Needs** 752-4660  
**Martha Ministry** (funeral luncheons) 351-4673  
**St. Vincent de Paul** (assistance line) 289-6101  
mailbox 1123

**Eucharistic Adoration:** The Adoration Chapel, located in the South Sacristy, is open on weekdays; call the rectory for specific hours. Please come & spend some time in prayer before the Blessed Sacrament.

### **Sacramental Policies:**

For details on sacramental policies for infant baptism, adult initiation, anointing of the sick, Christian marriage, or religious vocations, stop by the rectory or visit our website: [www.olsorrows.org](http://www.olsorrows.org).

### **Bulletin Articles:**

Should be submitted by 9am Tuesday morning prior to the weekend the article is to run. Articles may be emailed to [bulletin@olsorrows.org](mailto:bulletin@olsorrows.org), faxed to 314.351.1602, or dropped off at the Rectory office.

## From the Pastor's Desk

The Church celebrates this sixth Sunday of Lent as both Palm Sunday and Passion Sunday. This is the time of year we stop to remember and relive the events which brought about our redemption and salvation. What we commemorate and relive during this week is not just Jesus' dying and rising, but our own dying and rising in him, which will result in our healing, reconciliation, and redemption. Attentive participation in the Holy Week liturgy will deepen our relationship with God, increase our Faith and strengthen our lives as disciples of Jesus. Today's liturgy combines contrasting moments, one of glory, the other of suffering: the royal welcome of Jesus in Jerusalem and the drama of the trial, culminating in crucifixion, death and burial for the Christ.

**Scripture lessons summarized:** Today's **first reading**, the third of Isaiah's four Servant Songs, like the other three, foreshadows Jesus' own life and mission. The Refrain for today's **Responsorial Psalm** (Ps 22), "My God, My God, why have You abandoned Me?" plunges us into the heart of Christ's Passion. The **second reading**, taken from Paul's letter to the Philippians, is an ancient Christian hymn representing a very early Christian understanding of who Jesus is, and of how his mission saves us from sin and death. The first part of today's **Gospel** describes the royal reception Jesus received from his admirers, who paraded with him for a distance of two miles: from the Mount of Olives to the city of Jerusalem. In the second part of today's Gospel, we listen to/participate in a reading of the Passion of Christ according to Matthew. We are challenged to examine our own lives in the light of some of the characters in the Passion story – like Peter who denied Jesus, Judas who betrayed Jesus, Herod who ridiculed Jesus, Pilate who acted against his conscience as he condemned Jesus to death on the cross, and the

leaders of the people who preserved their position by getting rid of Jesus.

### Life messages:

#### We need to answer 5 questions today:

**#1 Does Jesus weep over my sinful soul as he wept over Jerusalem at the beginning of his Palm Sunday procession?**

**#2 Am I a barren fig tree?** God expects me to produce fruits of holiness, purity, justice, humility, obedience, charity, and forgiveness. Do I? Or worse, do I continue to produce bitter fruits of impurity, injustice, pride, hatred, jealousy and selfishness?

**#3 Will Jesus need to cleanse my heart with his whip?** Jesus cannot tolerate the desecration of the temple of the Holy Spirit in me by my addiction to uncharitable, unjust and impure thoughts words and deeds; neither does Jesus praise my business mentality or calculation of loss and gain in my relationship with God, my Heavenly Father.

**#4 Do I welcome Jesus into my heart?** Am I ready to surrender my life to him during this Holy Week and welcome him into all areas of my life as my Lord and Savior? Let us remember that we are sinners who have crucified Jesus by our sins, and we are able to turn to Jesus again and ask for his mercy in the Sacrament of Reconciliation. It is through the Passion of Jesus we receive forgiveness, "through his wounds we are healed." (Isa 53:5).

**#5 Are we like the humble donkey that carried Jesus, bringing Jesus' universal love, unconditional forgiveness and sacrificial service to our families, places of work and communities by the way we live our lives?**

### PLEASE NOTE...

As we go through this period of time where the gathering for Mass has been suspended, we wanted to let our parishioners know what is available to them:

- ♦ **Adoration Chapel** will be open Monday through Friday from 9am-5pm.
- ♦ **Church** will be open Good Friday, Holy Saturday and Easter Sunday from 9am-5pm for personal prayer (opening time will vary on Sunday due to live streaming of 9am Mass). Please enter through the door on the Rhodes side of Church.

In consideration of others and out of an abundance of caution, if you are experiencing any signs/symptoms of illness, please stay home.

### WE WILL BE LIVE STREAMING MASS AS FOLLOWS:

**HOLY THURSDAY AT 7PM**

**GOOD FRIDAY AT 7PM**

**HOLY SATURDAY AT 8PM**

**EASTER SUNDAY AT 9AM**

GO TO OUR WEBSITE [olsorrows.org](https://olsorrows.org) AND THERE WILL BE A LINK TO CLICK ON





# This Week @ OLS

SUN 3/22			
MON 3/23			
TUE 3/24			
WED 3/25			
THU 3/26			
FRI 3/27			
SAT			
SUN 3/29			

## Monday, April 6 Monday off Holy Week

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

6:30 a.m. †Mary Jane Mahoney

## Tuesday, April 7 Tuesday of Holy Week

Readings: *Is 49:1-6; Ps 71:1-6, 15, 17; Jn 13:21-33, 36-38*

6:30 a.m. †Richard & Virginia Luebke

## Wednesday, April 8 Wednesday of Holy Week

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

6:30 a.m. †Varghese (George) Mundackal

## Thursday, April 9 Holy Thursday

Readings: *Chrism Mass: Is 61:1-3a, 6a, 8b-9;*

*Ps 89:21-22, 25, 27; Rv 1:5-8; Lk 4:16-21*

*Lord's Supper: Ex 12:1-8, 11-14; Ps 116:12-13, 15-16bc, 17-18; 1 Cor 11:23-26; Jn 13:1-15*

6:30 a.m. †

## Friday, April 10 Good Friday

Readings: *Is 52:13 — 53:12; Ps 31:2, 6, 12-13, 15-17, 25; Heb 4:14-16; 5:7-9; Jn 18:1 — 19:42*

6:30 a.m. †

## Saturday, April 11 Holy Saturday

Readings: *a) Gn 1:1 — 2:2 [1:1, 26-31a]; Ps 104:1-2, 5-6, 10, 12, 13-14, 24, 35; or Ps 33:4-7, 12-13, 20-22; b) Gn 22:1-18 [1-2, 9a, 10-13, 15-18]; Ps 16: 5, 8-11; c) Ex 14:15 — 15:1; Ex 15:1-6, 17-18; d) Is 54:5-14; Ps 30:2, 4-6, 11-13; e) Is 55:1-11; Is 12:2-6; f) Bar 3:9-15, 32 — 4:4; Ps 19:8-11; g) Ez 36:16-17a, 18-28; Ps 42:3, 5; 43:3-4 or Is 12:2-3, 4bcd, 5-6 or Ps 51:12-15, 18-19; h) Rom 6:3-11; i) Ps 118:1-2, 16-17, 22-23; Mt 28:1-10*

8:00 p.m. Special Intention (JLD)

servers:

lectors:

## Sunday, April 12 Easter Sunday of the Resurrection of the Lord

Readings: *Acts 10:34a, 37-43; Ps 118:1-2, 16-17, 22-23; Col 3:1-4 or 1 Cor 5:6b-8; Jn 20:1-9 or Mt 28:1-10 or (at an afternoon or evening Mass) Lk 24:13-35*

9:00 a.m. †Dan Reinerman

servers:

lectors:

Sharing our Faith in Jesus,  
Caring for our Community, Building on Tradition

## Early Bulletin Deadline

Due to the printer's schedule, all articles for the **April 12th bulletin** are due **Tuesday, March 31st**.

Thank you for your cooperation!



[www.facebook.com/olsorrows](https://www.facebook.com/olsorrows)

**Parish Mission Statement:** We, the Catholic community of Our Lady of Sorrows, are disciples of Jesus Christ through our Baptism. Nourished by Word and Sacrament we seek to form adults, teens, and children in the ways of the Gospel, while welcoming new members to our parish and our Catholic faith. As a Eucharistic people, guided by the Holy Spirit, we minister to all, especially the ill, elderly, and those in need, through works of fellowship, charity and justice. We strive to continue the mission of our parish begun a century ago through the prayerful intercession of Mary, Our Mother.

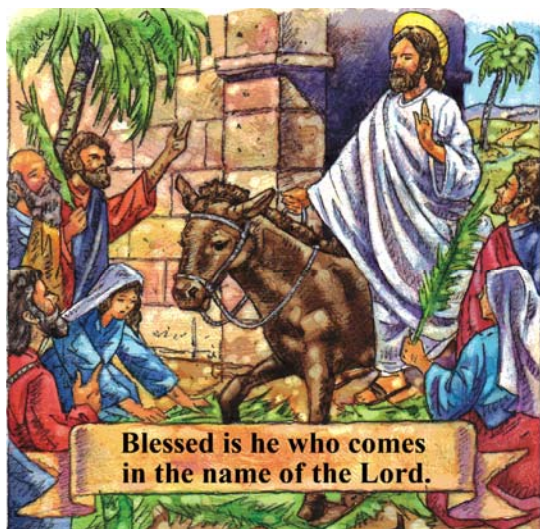
## Welcome!

We welcome our devoted and faithful parishioners, neighbors who come regularly to support our mission, all St. Louisans of all faiths, and our visitors. Serving you in this beautiful church of Our Lady of Sorrows is a great privilege.

- Fr. Sebastian Mundackal, pastor
- Fr. Andrew Sigmund, retired in residence
- Deacon Dan Skillman, permanent deacon

## Baptismal Preparation

The next Baptismal Preparation Evening is **MONDAY, APRIL 13** from 7:00-8:00 p.m. in the Rectory. If you need to have your child (under 7) baptized, please call 351-1600, to sign up for our next preparation opportunity.



## Online Giving

Sign up for Online Giving by visiting our parish website at [www.olsorrows.org](http://www.olsorrows.org) and selecting the online giving link. If you need technical support, you can contact Our Sunday Visitor at 1-800-348-2886, option 4, or contact Cathy Newhouse in the rectory: 351-1600.



## Contributions

In lieu of dropping your contribution envelopes in the collection basket at Sunday mass, you can mail them to the rectory, drop them in the mail slot located on the interior rectory door, or set up Online Giving. If you need technical support to set up Online Giving, you can contact Our Sunday Visitor at 1-800-348-2886 option 4.

Thank you for your continued generosity, prayers, and patience as we all navigate through these unprecedented times together.

Our Lady of Sorrows, Pray for Us

## Pray for the Sick

Please remember the following people in your prayers:

Carl Brown	Kenny Mehring	Jack Reilly
Mike Cebulski	Richard Messmer	Audrey Sambo
Mary Ann Chibnall	Julia Michalka	Robert Seeber
Yolanda Downey	John Moran	Pat Taylor
Gary Harbstreet	Bob Reichelt	

Join us in praying for the deceased members of our parish community:

Mary Asinger  
Jean Feldmeier

To all who mourn their loss, we extend our deepest sympathy and prayers during this difficult time. We call on Mary, Our Lady of Sorrows, to comfort you in your grief.



## E-mail Account for Bulletin Submissions

If you wish to submit content to the bulletin via e-mail, please use the new address: [bulletin@olsorrows.org](mailto:bulletin@olsorrows.org). This account will strictly be for bulletin articles. Please direct all other inquiries for the parish staff to [rectory@olsorrows.org](mailto:rectory@olsorrows.org) or [olscan@sbcglobal.net](mailto:olscan@sbcglobal.net).

## Help for seniors or the disabled

Seniors or the disabled (that are residents of the City of St. Louis) that need meals or a ride to a grocery store, please call the St. Louis Area Agency on Aging at 314-657-1681 for assistance.



Palms will be available after 10am on Palm Sunday during the hours that Church is open (please enter on the Rhodes Ave. side) as well as in the Adoration Chapel.

Please feel free to pick up your palms to take home.

## Invitation to Adoration of the Blessed Sacrament on Holy Thursday night (REVISED)

Dear Parishioners,

What a time for turning to our Lord we are experiencing! God is using this time to bring us closer to Him. There could be no better timing than to join our suffering, worries, anxieties, and thanksgiving to Jesus than on Holy Thursday when we commemorate Jesus' agony in the garden.

We are going to have Adoration on Holy Thursday after the Mass is live streamed. The Adoration will be on a private basis only. The idea to have our parish organizations participate as groups has been cancelled.

The hours for the private Adoration will be 8:30 p.m. – midnight. The Rhodes Avenue door will be the only entrance/exit available.

We invite you to participate as individuals, families, couples.

May the Holy Spirit look with favor on Our Lady of Sorrows parish and its parishioners.



**Connie Stoffel**  
**Liturgy Committee**

### *Pray as a Community*

Our Church doors may be closed, but Christ is present, alive and active in our midst. To recognize him, we have to pray personally and also as a community.



### St. Vincent DePaul Society

As we as a Parish continue to fight to get through the COVID-19 Virus, many of us are beginning to feel its effects on our families and our economy. Our **SVDP Neighbors in Need** are also struggling and need our help even more than ever to get through this difficult time. But during this time when our public Masses have been suspended and we as a Parish cannot come together for the Sunday Masses, we are not receiving our normal collection of food items and toiletries for our SVDP food pantry, and we would like to continue to keep our food pantry in operation. Our SVDP members are still operating during this crisis to provide our neighbors with much needed food items and toiletries, so we continue to **need your help!**

Please, when you come to the Eucharistic Adoration Chapel during the week, consider bringing food items/toiletries with you. We have placed a SVDP basket in the Chapel in which you can place your items. When you come to the Church for prayer time on Saturdays and Sundays between the hours of 9 AM and 5 PM, please consider bringing your food items/toiletries and placing them in the food basket located inside the Rhodes Avenue vestibule. This will greatly help us meet our current and future demands.

Thank you and God Bless you for all that you have contributed in the past and will continue to contribute in the weeks ahead.





## Introduction to Holy Week

Today begins the most holy week of the Christian year. The final week begins with Palm Sunday of the Passion of the Lord and concludes with the Triduum. The church all over the world in silence and deep prayer begins the Journey to Jerusalem together with Jesus. The foremost character of this week is deep contemplation and silence—I would say THE SACRED SILENCE. Many times this week we kneel down, bow, and even prostrate in silence to understand the mysteries of the Holy Week. I earnestly request all of you to enter into these mysteries with deep prayer, silence, and contemplation. (Please note: Due to recent changes in the way we are celebrating Mass at this time, there may be some modifications to the following rituals.) Please do make an extra effort to join together to worship as a parish family by watching the Masses via live stream.

### Palm Sunday

We will celebrate Palm Sunday with blessings of the palm and a small procession into the church, which reminds us of Jesus' solemn entry into the Jerusalem temple to begin his passion. The narration of the passion of Jesus will call us to focus our attention to him alone this week. Let us make our journey with Jesus carrying our own pains, disappointments, and deaths with us to the Triduum. For some, the pain is personal. For others, a loved one may be suffering, even dying. For others, the year has brought personal and professional disappointments. Some may have experienced all sorts of deaths—from the loss of a loved one to the death of a marriage or dream. Carry all that to the Lord. It's your passion.

### Holy Thursday

*"For as often as you eat this bread and drink the cup, you proclaim the Lord's death until He comes" 1 Cor 11:26*



In this holy day, we celebrate three important gifts from Jesus. They are the commandment of love and service, the Eucharist, and gift of priesthood. Today's Mass is also called the Mass of the Lord's supper. Why is this Mass different from every other Mass

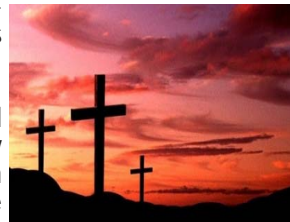
this week? The tabernacle is empty; the oils brought from the chrism Mass at the Cathedral will be presented; the washing of the feet; there is a procession of the Blessed Sacrament (however, due to the changes in the way we are celebrating Mass at this time, there will be no procession) and the stripping of the altar to remind us of the passion. Please do find some time to spend in silent prayer in front of the Eucharistic Lord. The

altar of reposition is a reminder of Gethsemane where Jesus called his disciples to pray with him.

### Good Friday

*"He was wounded for our transgressions, crushed for our iniquities, upon him was the punishment that made us whole, and by his bruises we are healed" Is 53:5*

According to the church's ancient tradition, the sacraments are not celebrated today or tomorrow. The altar is kept bare, without cloths, candles, and flowers or cross. Today's liturgy consists of three parts: passion readings, veneration of the cross, and the communion service. We continue our Triduum journey. Yesterday's liturgy concluded in silence, and today we pick up where we left off in silence. Today's celebration proclaims the passion and the victory. We do not venerate solely the cross itself but also what it means to us.



### Holy Saturday

*"Come let us return to the Lord, for it is he who has rent us, but he will heal us, he has struck us, but he will bind our wounds. He will revive us after two days; on the third day he will raise us up to live in his presence" (Hos 6:1-2)*

On Holy Saturday, the church waits at the Lord's Tomb, meditating on his suffering and death. The altar is left bare, the sacrifice of the Mass is not celebrated. Only after the solemn vigil during the night, held in anticipation of the resurrection, does the Easter celebration begin, with a spirit of joy that overflows into the following period of fifty days.

### Easter Vigil

This vigil is called the mother of all vigils. The great Easter vigil has four parts: the service of light, liturgy of the word, liturgy of baptism, and the liturgy of the Eucharist. This celebration is overflowing with word, symbol, and ceremony.



I hope and pray that each and every one of us will experience a spiritual renewal and joy in this most holy time of the year. I assure you all of my love and prayers in this Holy Week in every Easter Mass.

### Easter Sunday

*"This is the day that the Lord has made. Let us rejoice and be glad"*

The Gloria and the Alleluia we sing today are reminding us that Good Friday is not the end, but that Easter Sunday is the ultimate reality in the life of every Christian. So, dear ones, rejoice in the Lord, share this new life with all, because the Lord is truly risen, Alleluia!



## HOLY WEEK REFLECTION

PLEASE DO FIND SCRIPTURE READING FROM YOUR PERSONAL BIBLE. Reference given in each day below

### April 6 Monday: Jn 12:1-11:1

The Gospel summarizes two attitudes: Mary's and Judas'. Mary expressed her love for Jesus and her gratitude to God by an extravagant action. Before all the Apostles, she anointed Jesus' feet with nard (a very costly perfume worth the wages of a laborer for 300 days), then wiped them with her hair. Her lovely deed shows the extravagance of love. Judas on the other hand criticized Mary for spending so much on perfume, suggesting that the money could have been used to help the poor. Mary's action was extravagant, but her motive justified it. However, Judas' motive in suggesting the good action of helping the poor was selfish and impure, spoiling the action. 1) We need to express our love and gratitude to Jesus during this Holy Week for what he did for us centuries ago and for what he continues to do for us now: a) He poured out his Blood for us and for our salvation; b) He anointed us with his Holy Spirit and made us the Temple of his Spirit; and c) He continues to nourish us with his Body and Blood through the Holy Eucharist. 2) We can express our love and gratitude to our Savior Jesus during Holy Week: a) by spending more time in prayer and adoration, especially by participating in the liturgical celebrations; b) by doing acts of penance for our past sins; and c) by actively engaging in acts of loving and humble service.

### April 7 Tuesday: Jn 13: 21-33, 36-38

In today's Gospel, we hear Jesus' loving appeal to two of his chosen Apostles, Judas and Peter, who represent hard-heartedness and repentance respectively. Judas was a perfect actor and an accomplished hypocrite who could hide his motives from all except Jesus. He deliberately betrayed Jesus for money. Peter on the other hand was simple at heart, a deeply emotional disciple who really loved Jesus. 1) Judas – a model of hard-heartedness. Jesus showed his last act of love for Judas: a) by allowing him to sit at His left so that Jesus could rest His head on his chest during the Last Supper; b) by giving him the first piece of bread from Jesus' plate, as a sign of honor; and c) by making Judas the treasurer of the group and the keeper of money received as an offering to the rabbi from the people, thus giving everyone a sign of his trust and confidence in Judas. But Jesus could not save Judas from his hard-heartedness and greed for money. Judas probably expected the triumphant Messiah in Jesus and hoped to rule Israel with him as his finance minister. If so, he must have been totally disillusioned when Jesus predicted his suffering and shameful death. This might have prompted him to betray Jesus. We, too, can become hard-hearted like Judas when we have become addicted to evil habits, and we can refuse Jesus' call for repentance and conversion even during Holy Week. 2) Peter – a model of true repentance. Peter showed good will and generosity in repenting of his sin – denying Jesus out of weakness – by weeping bitterly and finally by suffering a martyr's death for his Faith in Jesus: a) Let us imitate Peter by repenting of our choices against Jesus and his ideals in our day-to-day lives; b) Let us also ask God to liberate us from our evil habits and addictions before they make us hard-hearted; and c) Just as Jesus considered death on the cross as his glory, let us consider humble, committed and sacrificial service for others as our glory and learn to love others as Jesus loves us.

### April 8 Wednesday: Mt 26:14-25

Today is traditionally known as "Spy Wednesday," and was called by Christians as early as A.D. 250 the "the day of betrayal." Today's Gospel describes how Judas secretly planned to betray Jesus for thirty silver pieces (the price of a slave), and how he was seeking an opportunity to betray his master. We also learn how Jesus had his plans for celebrating his last Passover supper with his disciples carried out in a house prearranged by him. In Jesus' time, the Passover supper was celebrated on the first day of the week of Unleavened Bread. During the meal, Jesus dramatically declared that one of the disciples was planning to betray Him and hinted that it was Judas. 1) We, too, can betray Jesus and his ideals for money, for power and influence or for selfish pleasure. 2) Holy Week is the time to assess our life, examine our conscience, do penance for our infidelity and make practical resolutions to reform our lives with God's help.

### April 9 Holy Thursday

On Holy Thursday we remember three great gifts:

- the gift of the Holy Eucharist
- the gift of ministerial priesthood
- the commandment of love and service

1) A challenge for humble service. Our celebration of the Eucharist requires that we wash one another's feet; i.e., serve one another, and revere Christ's presence in other persons. In practical terms, that means we are to consider their needs to be as important as our own and to serve their needs, without expecting any reward. 2) A loving invitation for sacrificial sharing and self-giving love. Let us imitate the self-giving model of Jesus who shares with us his own body and blood and who enriches us with his real presence in the Holy Eucharist. It is by sharing our blessings – our talents, time, health, and wealth - with others that we become true disciples of Christ and obey his new commandment: "Love one another as I have loved you." 3) An invitation to become Christ-bearers and Christ-conveyers: "Go forth, the Mass is ended," really means, "Go in peace to love and serve one another." We are to carry Jesus to our homes and places of work, conveying to others around us the love, mercy, forgiveness and spirit of humble service of Christ whom we carry with us.



**REFLECTION (continued)**

**April 10 Good Friday**

PLEASE KEEP READY IN YOUR LIVING ROOM THAT THE WHOLE FAMILY CAN SEE—OBSERVE SACRED SILENCE  
CHALLENGE TO CARRY OUR CROSSES:

1) The cross and the crucifix are meaningful symbols, as the dove symbolizes peace and the heart symbolizes love. The crucifix and the cross are the symbols of the loving and sacrificial offering of self for others. 2) The Cross always means pain. But the pain I suffer for myself is not Christ's cross. The true cross of Christ is the pain I suffer for others. It is the sanctifying pain involved in sharing our blessings sacrificially with others. It is the pain involved in controlling our evil tendencies in an attempt to attain a higher degree of holiness. It is the pain involved in standing with Jesus his ideas and ideals and gladly following him even if that means scorn and humiliation from the rest of the world. 3) We have our crosses mainly from four sources. Some of our crosses, like diseases, natural disasters and death, are given by Mother Nature. We face some other crosses when we do our duties faithfully. Our friends and enemies supply a few of our crosses. Finally, we ourselves create many of our crosses by careless living and evil addictions. 4) On Good Friday we should ask the question: why should we carry our crosses? First, cross-bearing is a condition for Christian discipleship. Jesus said: "Whoever wishes to come after me must deny himself, take up his cross, and follow me." Second, it is by carrying our crosses that we make reparation for our sins and for the sins of others related to us. That is why St. Paul said that he was suffering in his body what is "lacking" in Christ's suffering. Third, it is by carrying our crosses that we become imitators of Christ in his suffering for us. St. Paul explains it thus: "I have been crucified with Christ; yet I live, no longer I, but Christ lives in me." (Gal 2: 19-20).

1) We should carry our crosses with the right motives. We should carry our crosses like a loving wife who nurses her paralyzed husband or sick child, with sacrificial love and dedicated commitment. The carrying of our crosses becomes easier when we compare our light crosses with the heavy crosses of terminally ill patients or patients in emergency wards. We need to draw strength and inspiration from Jesus who walks ahead of us carrying his heavier cross while supporting us in carrying our crosses. 2) We should plant the cross of Christ in our daily lives: We need to begin every day with a sign of the cross, asking the blessing and protection of the crucified Lord in our lives that day. A loving, prayerful touch on the cross we wear on our body will encourage us to serve others selflessly with real commitment. Such prayer will also open our hearts to receive immunity from a lot of temptations and an increase of Divine strength to fight and defeat stronger temptations. 3) We should heal our inner wounds through the cross of Christ. An area where it is very important for us to apply the cross of Christ in our life concerns the area of inner healing.

**April 11 Holy Saturday**

1) A day to remember the burial of Jesus. The early Church commemorated the death of Jesus on Good Friday, the burial of Jesus on Holy Saturday and the Resurrection of Jesus on Easter Sunday. 2) Good Friday and Holy Saturday were days of full fasting in the early Church. 3) A day for Baptism. After A.D. 313 when the Church got freedom of religious practice from Emperor Constantine, Holy Saturday was the day to receive the catechumens into the Church, after their three years of preparation. The Sacrament of Baptism was celebrated by immersion of the catechumens in a body of water or in the Baptismal pool. This ceremony reminded them that they had died to their former Gentile life by their immersion – had "drowned" so to speak -- and that they had emerged into a new life in Jesus Christ by rising up from the water. 4) A day for blessing Baptismal water. The catechumens returned the Book of Creed (catechism book) to the Bishop in a morning ceremony. In the evening the Bishop blessed the Baptismal water. 5) A day for lighting the Easter candle. The Bishop re-ignited the fire extinguished on Holy Thursday and lit the Easter candle to represent Jesus as the "Light of the world." Imitating the Jewish custom of the ceremonial lighting of Sabbath lamps on Friday evenings, the early Christians lighted and displayed lamps on Saturday evenings to honor Jesus as the "Light of the world". 6) A day for reading I Peter 2:9 reminding the people of their worth and dignity – as "the chosen people of God", sanctified, appropriated by God, and honored with the royal priesthood. 7) A day for renewing the Baptismal promises. The people were asked to repeat their Baptismal promises by rejecting Satan and his empty promises, by accepting Jesus as the Lord and Savior and revesting with the "new man" after removing the vestments of the "old man."

Message of expectation, change of heart and new life.

We need to lead a new life with the Risen Lord by dying to sinful life.

We need to live a new life recognizing the nobility of Christians as children of God.





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