



Fraternity of Fatherhood

A Spiritual Fraternity for All Men

Volume 9

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LENTEN MESSAGE

Fr. Santan Pinto SOLT

LENT



... "If you take the "antiphons" for each mass during Lent, it gives you a run of the various themes present. It is like an overview of what is happening in the heart of God the Father. Jesus calls us to walk with Him and share with Him the victories that He won during His 40 days of fasting in the desert. The people of Israel were punished for 40 years because of their stubbornness of heart and refusing to trust in the Lord. They disobeyed the Lord and did not enter the Promised Land because they were afraid of what they saw. They were terrified by the flesh and failed to see that with the help of the Lord they could overcome any foe.

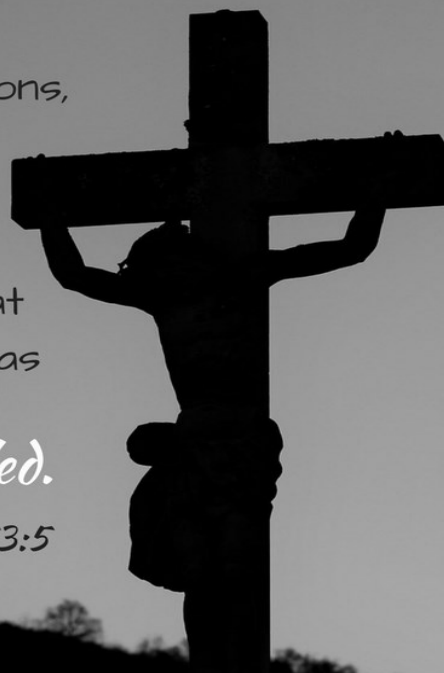
Remember, when you fast from something – please feast on something positive. This way you will consider fasting as a means to an end. Now during the season of Lent, you must fast in those areas where you struggle with the most. If food is your problem, then fast from "thinking" about food. Eat the foods that you dislike or tend to avoid. However you must read the Bible – this way you will be able to feast on the Word of God. Keep in mind the words of Jesus, "Man does not live on bread alone, but on every word that comes from the mouth of God!" If you worry than fast from worrying about those that you love. Feast on "trusting the Lord" by often repeating the words: "Jesus I trust in You!"

May this season of Lent fill you with joy, so that in carrying your cross daily you will prove to your Master that you are worthy to be His disciple! With Mary our Mother journey with Jesus, as you ponder these mysteries in your heart. With My Priestly Blessings."
(Teaching excerpt from 2004)

But he was *pierced*
for our transgressions,
he was *crushed* for
our iniquities;

the *punishment* that
brought us *peace* was
upon him, and by his
wounds we are *healed*.

Isaiah 53:5



The 12th Station



*Jesus Dies on the
Cross ...*

*We Adore You oh
Christ and We
Praise thee.*

*Because by Thy
Holy Cross You
have Redeemed
the World.*

10 Things to Remember for Lent

Bishop David Ricken

Bishop David L. Ricken of Green Bay, Wisconsin, former chairman of the Committee on Evangelization and Catechesis, offers "10 Things to Remember for Lent":

1. **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.
2. **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.
3. **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.
4. **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."
5. **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.
6. **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.
7. **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.
8. **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.
9. **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.
10. **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.



LENTEN PRAYER For FATHERS

God our Father,
we give you thanks and praise
for fathers young and old.
We pray for young fathers,
embracing their vocation;
may they find courage
and perseverance
to balance work, family and
faith in joy and sacrifice.
We pray for fathers around the world
whose children are lost
or suffering;
may they know that the
God of compassion
walks with them in their sorrow.
We pray for men who are not fathers
but still mentor and guide us
with fatherly love and advice.
We remember fathers, grandfather,
and great grandfathers
who are no longer with us
but who live forever in our memory
and nourish us with their love. Amen

LENTEN Q & A by The Franciscans

Q: Why are Sundays excluded from the reckoning of the forty days?

A: Because Sunday is the day on which Christ arose, making it an inappropriate day to fast and mourn our sins. On Sunday we must celebrate Christ's resurrection for our salvation. It is Friday on which we commemorate his death for our sins. The Sundays of the year are days of celebration and the Fridays of the year are days of penance.

Q: Where did the law about not eating meat on Fridays originate? When was this changed to Ash Wednesday and the Fridays of Lent?

A: Already in the fourth century, there was a Church law about abstinence (not eating meat on certain days). Wednesdays, Fridays and Saturdays were once days of abstinence in the Western Church. By the 12th century, this was required only on Ash Wednesday and on Fridays—to remind Christians that Jesus died on this day. (Later, abstinence was added in connection with a few feasts.)

The U.S. bishops decided in 1966 to require fasting and abstinence only on Ash Wednesday, the Fridays of Lent and on Good Friday. Earlier that year, Pope Paul VI allowed conferences of bishops to select days of fast and abstinence.

Why abstain from meat? People like it and notice its absence. Christian fasting regulations once included milk and eggs. Fasting and abstaining show respect for God's creation by using it more sparingly at times.

Q: What determines the date Easter Sunday falls on or when Lent begins?

A: The Council of Nicaea, in 325 A.D., determined that Easter should be celebrated the first Sunday after the first full moon of spring. To determine the beginning of Lent, count back six Sundays before Easter. The Wednesday before the first of these Sundays is Ash Wednesday.

Q: What does the word *Lent* mean?

A: It is from the Anglo-Saxon word *lengten*, which means spring. [From *Modern Catholic Dictionary* by John Hardon, SJ]

Q: What feasts are celebrated during Lent?

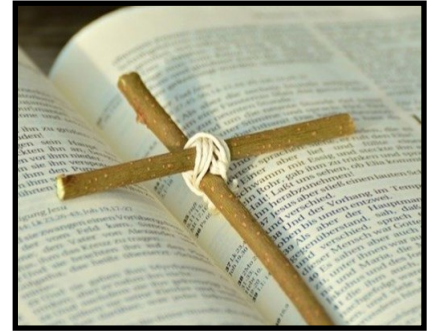
A: Though Lenten liturgies take precedence on most weekdays, the Church celebrates the feasts of Saint Patrick on March 17 and Saint Joseph on March 19.

Pope's Lenten Message 2020

His Holiness Pope Francis

Dear Brothers and Sisters,

This year the Lord grants us, once again, a favourable time to prepare to celebrate with renewed hearts the great mystery of the death and resurrection of Jesus, the cornerstone of our personal and communal Christian life. We must continually return to this mystery in mind and heart, for it will continue to grow within us in the measure that we are open to its spiritual power and respond with freedom and generosity.



1. *The paschal mystery as the basis of conversion*

Christian joy flows from listening to, and accepting, the Good News of the death and resurrection of Jesus. This *kerygma* sums up the mystery of a love "so real, so true, so concrete, that it invites us to a relationship of openness and fruitful dialogue" (*Christus Vivit*, 117). Whoever believes this message rejects the lie that our life is ours to do with as we will. Rather, life is born of the love of God our Father, from his desire to grant us life in abundance (cf. *Jn* 10:10). If we listen instead to the tempting voice of the "father of lies" (*Jn* 8:44), we risk sinking into the abyss of absurdity, and experiencing hell here on earth, as all too many tragic events in the personal and collective human experience sadly bear witness.

In this Lent of 2020, I would like to share with every Christian what I wrote to young people in the Apostolic Exhortation *Christus Vivit*: "Keep your eyes fixed on the outstretched arms of Christ crucified, let yourself be saved over and over again. And when you go to confess your sins, believe firmly in his mercy which frees you of your guilt. Contemplate his blood poured out with such great love, and let yourself be cleansed by it. In this way, you can be reborn ever anew" (No. 123). Jesus' Pasch is not a past event; rather, through the power of the Holy Spirit it is ever present, enabling us to see and touch with faith the flesh of Christ in those who suffer.

2. *The urgency of conversion*

It is good to contemplate more deeply the paschal mystery through which God's mercy has been bestowed upon us. Indeed, the experience of mercy is only possible in a "face to face" relationship with the crucified and risen Lord "who loved me and gave himself for me" (*Gal* 2:20), in a heartfelt dialogue between friends. That is why prayer is so important in Lent. Even more than a duty, prayer is an expression of our need to respond to God's love which always precedes and sustains us. Christians pray in the knowledge that, although unworthy, we are still loved. Prayer can take any number of different forms, but what truly matters in God's eyes is that it penetrates deep within us and chips away at our hardness of heart, in order to convert us ever more fully to God and to his will.

In this favourable season, then, may we allow ourselves to be led like Israel into the desert (cf. *Hos* 2:14), so that we can at last hear our Spouse's voice and allow it to resound ever more deeply within us. The more fully we are engaged with his word, the more we will experience the mercy he freely gives us. May we not let this time of grace pass in vain, in the foolish illusion that we can control the times and means of our conversion to him.

3. *God's passionate will to dialogue with his children*

The fact that the Lord once again offers us a favourable time for our conversion should never be taken for granted. This new opportunity ought to awaken in us a sense of gratitude and stir us from our sloth. Despite the sometimes tragic presence of evil in our lives, and in the life of the Church and the world, this opportunity to change our course expresses God's unwavering will not to interrupt his dialogue of salvation with us. In the crucified Jesus, who knew no sin, yet for our sake was made to be sin (cf. *2 Cor* 5:21), this saving will led the Father to burden his Son with the weight of our sins, thus, in the expression of [Pope Benedict XVI](#), "turning of God against himself" (*Deus Caritas Est*, 12). For God also loves his enemies (cf. *Mt* 5:43-48).

.....continued on page 5

Triduum

US Catholic Bishops

The summit of the Liturgical Year is the Easter Triduum—from the evening of Holy Thursday to the evening of Easter Sunday. Though chronologically three days, they are liturgically one day unfolding for us the unity of Christ's Paschal Mystery.

The single celebration of the Triduum marks the end of the Lenten season, and leads to the Mass of the Resurrection of the Lord at the Easter Vigil.

The liturgical services that take place during the Triduum are:

- Mass of the Lord's Supper—April 9th
- Good Friday of the Lord's Passion—April 10th
- Mass of the Resurrection of the Lord—April 11th



Pope's Lenten Message 2020

(...continued from page 4)

The dialogue that God wishes to establish with each of us through the paschal mystery of his Son has nothing to do with empty chatter, like that attributed to the ancient inhabitants of Athens, who "spent their time in nothing except telling or hearing something new" (*Acts 17:21*). Such chatter, determined by an empty and superficial curiosity, characterizes worldliness in every age; in our own day, it can also result in improper use of the media.

4. *A richness to be shared, not kept for oneself*

Putting the paschal mystery at the centre of our lives means feeling compassion towards the wounds of the crucified Christ present in the many innocent victims of wars, in attacks on life, from that of the unborn to that of the elderly, and various forms of violence. They are likewise present in environmental disasters, the unequal distribution of the earth's goods, human trafficking in all its forms, and the unbridled thirst for profit, which is a form of idolatry.

Today too, there is a need to appeal to men and women of good will to share, by almsgiving, their goods with those most in need, as a means of personally participating in the building of a better world. Charitable giving makes us more human, whereas hoarding risks making us less human, imprisoned by our own selfishness. We can and must go even further, and consider the structural aspects of our economic life. For this reason, in the midst of Lent this year, from 26 to 28 March, I have convened a meeting in Assisi with young economists, entrepreneurs and change-makers, with the aim of shaping a more just and inclusive economy. As the Church's magisterium has often repeated, political life represents an eminent form of charity (cf. Pius XI, *Address to the Italian Federation of Catholic University Students*, 18 December 1927). The same holds true for economic life, which can be approached in the same evangelical spirit, the spirit of the Beatitudes.

I ask Mary Most Holy to pray that our Lenten celebration will open our hearts to hear God's call to be reconciled to himself, to fix our gaze on the paschal mystery, and to be converted to an open and sincere dialogue with him. In this way, we will become what Christ asks his disciples to be: the salt of the earth and the light of the world (cf. *Mt 5:13-14*).

Fraternity of Fatherhood—Group locations & Area Coordinators

Fr. Pinto has encouraged us to grow and expand the Fraternity of Fatherhood all over the world. He has granted us his permission, his blessing and he guides us spiritually. It is with this confidence that we now move forward with humility, obedience and docile hearts. If you are interested in joining a Fraternity of Fatherhood group or if you would like to start a group in your city contact Ray Emnace, Mike Allison, Stacey Hill or Brendan McVicker.

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Fraternity Sacramento Men
 ...
Meet every third Wednesday of the month.
We meet at Denny's in Orangevale at 7:30 pm.
Please contact Mike Allison with any questions at email address... (meallison5@gmail.com)
Hope you can join!



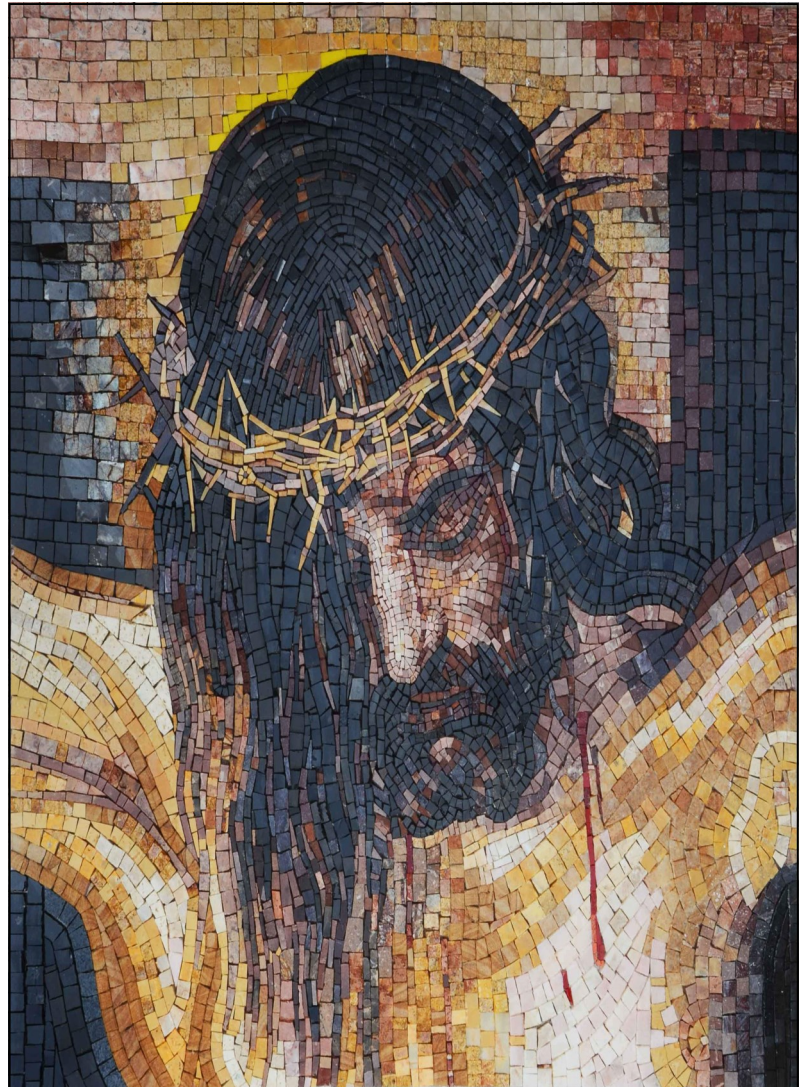
Saints Corner Mother Teresa 'Saint of Calcutta'

Mother Teresa's Description of Jesus - Prayer taken from "Jesus Is My All in All: Praying with the 'Saint of Calcutta'

Jesus is the Word made Flesh.
Jesus is the Bread of Life.
Jesus is the Victim offered for our sins on the Cross.
Jesus is the Sacrifice offered at the Holy Mass For the sins of the world and mine.
Jesus is the Word – to be spoken.
Jesus is the Truth – to be told.
Jesus is the Way – to be walked.
Jesus is the Light – to be lit.
Jesus is the Life – to be lived.
Jesus is the Love – to be loved.
Jesus is the Joy – to be shared.
Jesus is the Sacrifice – to be offered.
Jesus is the Peace – to be given.
Jesus is the Bread of Life – to be eaten.
Jesus is the Hungry – to be fed.
Jesus is the Thirsty – to be satiated.
Jesus is the Naked – to be clothed.
Jesus is the Homeless – to be taken in.
Jesus is the Sick – to be healed.
Jesus is the Lonely – to be loved.
Jesus is the Unwanted – to be wanted.
Jesus is the Leper – to wash his wounds.
Jesus is the Beggar – to give him a smile.
Jesus is the Drunkard – to listen to him.
Jesus is the Retarded – to protect him.
Jesus is the Little One – to embrace him.
Jesus is the Blind – to lead him.
Jesus is the Dumb – to speak for him.
Jesus is the Crippled – to walk with him.
Jesus is the Drug addict – to befriend him.
Jesus is the Prostitute – to remove from danger and befriend.
Jesus is the Prisoner – to be visited.
Jesus is the Old – to be served.

To me –
Jesus is my God.
Jesus is my Spouse.
Jesus is my Life.
Jesus is my only Love.
Jesus is my All in All.
Jesus is my Everything.

Jesus, I love with my whole heart, with my whole being. I have given Him all, even my sins, and he has espoused me to Himself in tenderness and love. Now and for life I am the spouse of my Crucified Spouse. Amen.



Divine Mercy—Novena Begins Good Friday April 10th

The On September 13, 1935, Sister Faustina had a terrible vision of a destroying Angel ("the agent of divine wrath") about to strike some place on the planet. She began praying, begging him to put off the punishment until the world did penance. At first, her pleas seemed in vain, but presently she saw the Holy Trinity and felt the power of Christ's grace in her soul. Again she began to plead for the world in words that welled up out of the silence of her soul: *"Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ, for our sins and those of the whole world; for the sake of His sorrowful Passion, have mercy on us"* (475).

Her prayer was answered and the angel was prevented from carrying out the chastisement. The following morning, Sister Faustina heard these interior words: *"Every time you enter the chapel, start reciting the prayer which I taught you yesterday"* (476).

Later, she was instructed in the recitation of the Chaplet of Divine Mercy: *"This prayer will serve to appease My wrath. You will recite it for nine days, on the beads of the Rosary, in the following manner: first of all, you will say one Our Father and Hail Mary and the I Believe in God. Then, on the Our Father beads, you will say the following words: 'Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ, for our sins and those of the whole world.' On the Hail Mary beads you will say the following words: 'For the sake of His sorrowful Passion, have mercy on us and on the whole world.' In conclusion, three times you will recite these words: 'Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world'"* (476).

Jesus Himself tells us why it is so important to recite this prayer: *"Recite the chaplet unceasingly that I have taught you. Whoever recites it will receive great mercy at the hour of death. Priests will recommend it to sinners as their last hope of salvation. Even in the case of the most hardened sinner, if he were to recite this chaplet only once, he would receive grace from My infinite mercy. I desire that the whole world know My infinite mercy. I desire to grant unimaginable graces to those souls that trust in My mercy"* (687).

"Oh, what great graces I will grant to souls that say this chaplet; the very depths of My tender mercy are stirred for the sake of those who say the chaplet" (848). *"At the hour of their death, I defend as My own glory every soul that will say this chaplet; or when others say it for a dying person, the indulgence is the same"* (811). *"Through the chaplet you will obtain everything, if what you ask is compatible with My will"* (1731).





POSTAGE

Fraternity of Fatherhood

**We entrust the Fatherhood Fraternity to the patronage
of St. Joseph.**



**St. Joseph ...Pray For Us.
Feast Day March 19th**



This Fraternity of Fatherhood Newsletter is published every 90 days. Next edition: June. 2020
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