



# Fraternity of Fatherhood

## A Spiritual Fraternity for All Men

Volume 11

Issue I

Mar 10, 2022

### LENTEN MESSAGE

**Fr. Santan Pinto SOLT**

..."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.

The Father gives us countless graces to be creative. Let us use our gifts to build by being positive and seeing good in others. Let us refrain from judging or condemning others.

The Holy Spirit is the spirit of love. Let us choose to love others and return a blessing in every situation. If someone speaks to you with anger, hatred, or is selfish return with love. For love is more powerful than anything in this world or the world to come.

We turn to Mary our Mother to assist us on our journey. In her great love she covers us with her humility so that we may magnify the Lord for all the great things He does for us His children. Remember that we all belong to the eternal family. So always walk with the Most Holy Trinity, hold the hand of Mother Mary, and rejoice with all the angels and saints.

With my priestly blessings,  
Fr. Santan Pinto SOLT

*(Teaching excerpt from 2004 )*



### The Seventh Station : Jesus Falls The Second Time

Jesus, you fall a second time to show me that on my own journey I too will fall. This confirms my weakness, and in my weakness I am drawn to You alone, for in my weakness Your strength and power shines. The crowd jeers, for the wickedness of man gloats over the one that falls. O how often man is contented in seeing others fall because then they can judge criticize and run down others.

As a disciple, You show me Jesus the great compassion I need to have for those who fall a second time, You teach me to rise from my falls and not waste time feeling guilt about my faults. You draw me to be careful to avoid the occasion of sin, and in my falling You always give me sufficient strength and grace to rise up once again so that I can continue on this journey with renewed determination.

Fr. Santan Pinto SOLT

## Pope Francis: Lent 2022 Message

melbournecatholic.org

In preparation for Lent 2022, Pope Francis has [released his annual message](#), reflecting on St Paul's epistle to the Galatians: 'Let us not grow tired of doing good, for in due time we shall reap our harvest, if we do not give up' (6:9-10).

### Sowing for eternal life

'Lent invites us to conversion,' Francis wrote, 'to a change in mindset, so that life's truth and beauty may be found not so much in possessing as in giving, not so much in accumulating as in sharing and sowing goodness.'

The kind of conversion that Lent calls us to is what we are summoned to every day. Lent 'is in some way an image' of life itself. Part of this conversion is the willingness to sow goodness in the life of others; even when we do not see the fruits of what we sow, no act of love, no matter how small, Pope Francis says, will be lost in the eyes of God.



The Word of God 'broadens and elevates our vision' so that we are not so concerned with witnessing visible fruits in this life. Instead, 'the real harvest is eschatological, the harvest of the last, undying day.'

Those who are intimately united to him in love "by dying a death like his" (Romans 6:5) will be united to his resurrection for eternal life ...'

The call of conversion is the call to sow for the fruit of eternal life.

### 'Let us not grow tired of doing good'

A key appeal that appears throughout the Scriptures, however, is to not grow tired:

The Lenten season calls us to place our faith and hope in the Lord, since only if we fix our gaze on the risen Christ will we be able to respond to the Apostle's appeal, "Let us never grow tired of doing good."

The endurance we are called to is not a matter of human effort alone; it is the result of God's grace, a grace that strengthens the weak and gives youthfulness to the old. Faith does not release us from the storms of life, but instead allows us to face them in union with Jesus:

... only the paschal mystery of Jesus Christ triumphs over the dark waters of death.'

Pope Francis points to several things we should not grow tired of: prayer, uprooting evil from our lives, asking for forgiveness in the Sacrament of Penance, fighting concupiscence, and doing good in active charity towards our neighbours.

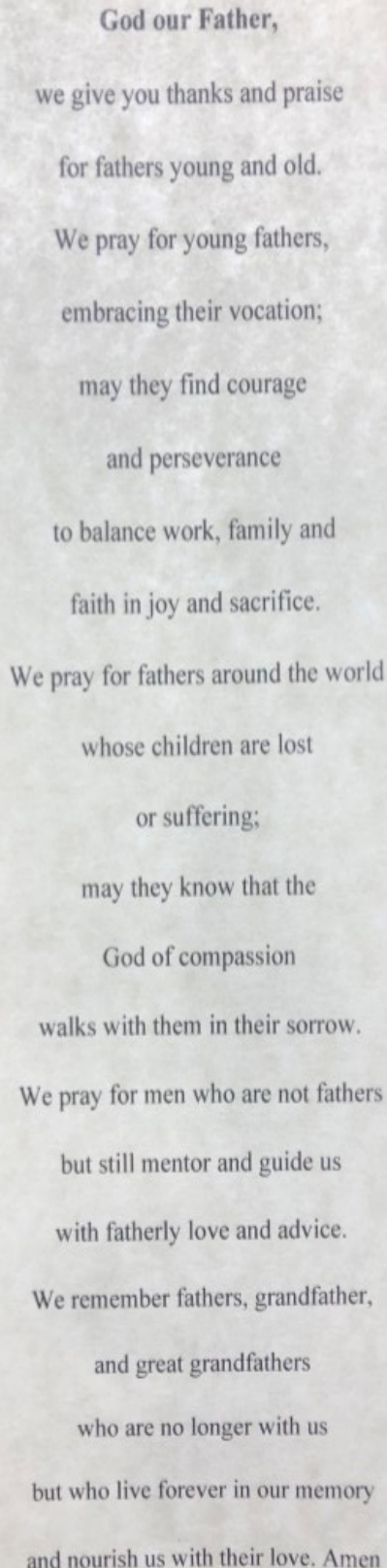
There was one addiction Pope Francis pointed to for us to be aware of: 'digital media'. The Pope encouraged us to use the Lenten season to cultivate more integral forms of human communication, made up of 'authentic encounters' with real people. Digital media, he says, 'impoverishes human relationships.'

### 'If we do not give up, we shall reap the harvest'

'Let us ask God to give us the patient perseverance of the farmer,' Pope Francis said, 'and to persevere in doing good, one step at a time.' In this season of conversion, the soil of our hearts 'is prepared by fasting, watered by prayer and enriched by charity,' he said. And though we stumble and fall, 'let us not hesitate to return to God who is "generous and forgiving" (Isaiah 55:7).'

May the Virgin Mary, who bore the Saviour in her womb and "pondered all these things in her heart" (Luke 2:19), obtain for us the gift of patience. May she accompany us with her maternal presence, so that this season of conversion may bring forth fruits of eternal salvation.'

## 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

### **Q: What are my Fasting and Abstinence Obligations during Lent?**

**A:** **Ash Wednesday** and **Good Friday** are obligatory days of universal fast and abstinence. Fasting is obligatory for all who have completed their 18th year and have not yet reached their 60th year. Fasting allows a person to eat one full meal. Two smaller meals may be taken, not to equal one full meal. Abstinence (from meat) is obligatory for all who have reached their 14th year.

If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus, and to prepare ourselves to share more fully and to celebrate more readily his Resurrection.

### ***Abstinence:***

**Fridays in Lent** are obligatory days of complete abstinence (from meat) for all who have completed their 14th year.

### **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: What determines the date Easter Sunday falls on or when Lent begins. Why is it different every year?**

**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 3 things should you do more of during lent?**

**A:** 3 things you should more of and not less during lent are alms giving, fasting and prayer

*Catholic Diocese of Dallas*



## Prayer for Deliverance of Ukraine

*National Catholic Register*

O Lord God of powers, and God of our salvation, O God, who alone work wonders: look down with mercy and compassion on Your humble servants, and out of love for mankind hearken and have mercy on us and on the land of Ukraine.

For, behold, enemies have once more gathered together, in order to cause division and enmity. But You who know all things, understand that they have risen up unrighteously, and that it will be impossible to oppose their multitudes unless You show us Your help.

Therefore, we who are sinful and unworthy pray unto You in repentance and with tears: Help us, O God, our Savior, and deliver the land of Ukraine for the sake of the glory of Your Name, that the enemy may not to say: "Their God has forsaken them, and there is none to deliver and save them." But let every nation understand that You are our God, and we Your people are always protected under Your dominion.



Reveal Your mercy, O Lord, and let the words spoken by Moses unto the people of Israel (Exodus 14:13-14) be applied to us: "Fear not. Stand still, and see the salvation of the Lord. For the Lord shall fight for us." Work for us a sign for good, that they who are filled with hatred may see our orthodox faith and be humbled and shaken.

Yes, O Lord God, our Savior, our Strength and Hope and Help, remember not the transgressions and unrighteousness of Your faithful people, and turn not away from us in Your anger. But visit Your mercies and compassions upon Your humble servants, those who fight in defense of Ukraine and her much-suffering people, outnumbered though they be, and hear us who fall down before Your deep compassion. With Your mercy enlighten and make glad the hearts of the civil authorities, and strengthened them by Your might.

Rise up to their help and lay low the evil councils purposed against them by the enemy. Judge them that provoke and make war, and turn their impious boldness into fear and flight. But grant unto the just and God-fearing armies of the children of Ukraine, great boldness and courage to advance and overtake them, and to defeat them in Your Name. And unto them that You have judged to lay down their lives for faith and country, forgive them their trespasses, and in the day of the righteous reckoning grant unto them incorruptible crowns.

For You are the health and victory and salvation of them that put their hope in You, and unto You do we send up glory: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto the ages of ages. Amen.

## LENT

With the rite of Blessing and Imposition of the Ashes, the 40-day period of preparation for Easter begins. In this period Christians are urged to undertake a path of penitence and conversion



## To Forgive Is To Receive

Fr. Aldrin Basarte, St. Mel, Fair Oaks, CA

Brothers, the pastor of our parish recently gave a homily on forgiveness. It was very powerful and seemed very appropriate to share with you all during the season of lent. It's a great testimony to the mercy of God and a gift of grace to us in following Christ's command to forgive and receive forgiveness.

... "If you forgive men their transgressions, your heavenly Father will forgive you. But if you do not forgive men, neither will your Father forgive you your transgressions." Matt. 6:7-15

This last passage of today's gospel presents us with an ideal we must strive for. It also presents us with the consequences if we do not strive for this ideal. Forgive and be forgiven. Both must be desired and sought after.

When forgiveness is properly understood, it is much easier to desire, give and receive. When it is not properly understood, forgiveness can be seen as a confusing and heavy burden and, therefore, as something undesirable.

Perhaps the greatest challenge to the act of forgiving another is the sense of "justice" that can appear to be lost when forgiveness is given. This is especially true when forgiveness is offered to someone who fails to ask forgiveness. On the contrary, when one does ask for forgiveness, and expresses true remorse, it is much easier to forgive and to abandon the feeling that the offender should "pay" for what was done. But when there is a lack of sorrow on the part of the offender, this leaves what can feel like a lack of justice if forgiveness is offered. This can be a difficult feeling to overcome by ourselves.

It's important to note that forgiving another does not excuse their sin. Forgiveness does not mean that the sin did not happen or that it is OK that it happened. Rather, forgiving another does the opposite. Forgiving actually points to the sin, acknowledges it and makes it a central focus. This is important to understand. By identifying the sin that is to be forgiven, and then forgiving it, justice is done in a supernatural way. Justice is fulfilled by mercy. And the mercy offered has an even greater effect on the one offering mercy than the one it is offered to.

By offering mercy for the sin of another, we become freed of the effects of their sin. Mercy is a way for God to remove this hurt from our lives and free us to encounter His mercy all the more by the forgiveness of our own sins for which we could never deserve on our own effort.

Let us reflect today upon the person you most need to forgive. Who is it and what have they done that has offended you? Do not be afraid to offer the mercy of forgiveness and do not hesitate in doing so. The mercy you offer will bring forth the justice of God in a way that you could never accomplish by your own efforts. This act of forgiving also frees you from the burden of that sin, and enables God to forgive you of your sins.

## Easter Triduum



## 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 Dcn. Ray Emnace, Mike Allison, Stacey Hill or Brendan McVicker.

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### Fraternity Sacramento Men

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**Meet on the last Wednesday of the month.**

**We meet at Monk's Cellar in Roseville at 6:30—8:00pm.**

**Please contact Mike Allison with any questions at email address...**

**(meallison5@gmail.com)**

**Hope you can join!**



## Saints Corner St. Joseph—March 19th

**The Fraternity of Fatherhood has been entrusted to the patronage of St. Joseph.**

**His feast day is March 19th. May his intercession and protection be with all men of the Fraternity of Fatherhood Apostolate.**

St. Joseph, pray that Jesus may come into my soul and sanctify me.

St. Joseph, pray that Jesus may come into my heart and inspire it with charity.

St. Joseph, pray that Jesus may come into my mind and enlighten it.

St. Joseph, pray that Jesus may guide my will and strengthen it.

St. Joseph, pray that Jesus may direct my thoughts and purify them.

St. Joseph, pray that Jesus may guide my desires and direct them.

St. Joseph, pray that Jesus may look upon my deeds and extend His blessings.

St. Joseph, pray that Jesus may inflame me with love for Him.

St. Joseph, request for me from Jesus the imitation of thine virtues.

St. Joseph, request for me from Jesus true humility of spirit.

St. Joseph, request for me from Jesus meekness of heart.

St. Joseph, request for me from Jesus peace of soul.

St. Joseph, request for me from Jesus a holy fear of the Lord.

St. Joseph, request for me from Jesus a desire for perfection.

St. Joseph, request for me from Jesus a gentleness of heart.

St. Joseph, request for me from Jesus a holy acceptance of suffering.

St. Joseph, request for me from Jesus the wisdom of faith.

St. Joseph, request for me from Jesus His blessing of perseverance in my good deeds.

St. Joseph, request for me from Jesus the strength to carry my crosses.

St. Joseph, request for me from Jesus a disdain for the material goods of this world.

St. Joseph, request for me from Jesus the grace to always walk on the narrow path towards heaven.

St. Joseph, request for me from Jesus the grace to avoid all occasion of sin.

St. Joseph, request for me from Jesus a holy desire for eternal bliss.

St. Joseph, request for me from Jesus the grace of final perseverance.

St. Joseph, do not abandon me.

St. Joseph, pray that my heart may never cease to love thee and that my lips may ever praise thee.

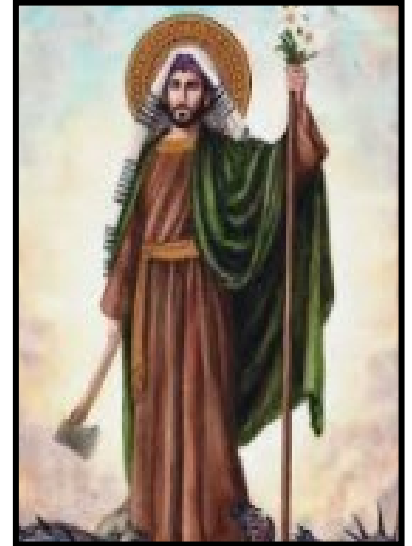
St. Joseph, for the love thou bore for Jesus, grant that I may learn to love Him.

St. Joseph, graciously accept me as thy devoted servant.

St. Joseph, I give myself to thee; accept my pleas and hear my prayers.

St. Joseph, do not abandon me at the hour of my death.

Jesus, Mary and Joseph, I give Thee my heart and my soul.





## Divine Mercy—Novena Begins Good Friday April 15th

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).



**Jesus I Trust In You**



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POSTAGE

Fraternity of Fatherhood

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



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



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To submit feedback and/or suggestions for future article topics, please email the editors,

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