



THE CCJC NEWSLETTER

3 QUESTIONS FOR LENT

Our Lord says to give our burdens to him. "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls." **Matthew 11:28**

What do You want me to surrender? //What is causing you a lack of peace, anxiety or misgivings?//What sins need to be purged from your life?// Are there relationships or situations in work or friendships that are draining you?//Do you gossip?// What burden of life do you have that cannot be changed, but must be endured to give up to the Lord this Lent?// As St. Francis de Sale said: "Anxiety is the greatest evil that can befall a soul except sin. God commands you to pray, but He forbids you to worry."

What do You want me to hope for? //Who do you need to forgive?// How can you rest in the Lord this season?//How is your prayer life?//What can you give up this Lenten season such as coffee that will help train your body to train you soul?//What prayer practices need restored in your life such as the rosary, even once a week before Mass with your parish family?//Do you need to spend more quiet time with the Lord by taking one of the hours available in our [Perpetual Adoration Chapel](#)?//How can your soul rest in the Lord?

Who are You inviting me to love or help this Lent? // How are you being called to love and serve this year?//What good deeds can I perform for my community, or my family out of charity?// Can I pray for the sick of my parish more each day, the dying, or even the Poor Souls in Purgatory with short prayers?



The famous painting of Christ Carrying His Cross by El Greco -1580

WHAT IS THE YOKE?

One of the most read verses in Matthew's Gospel presents us with a question of "What is the yoke?"

It's easy to dismiss Bible verses we don't understand. However, this verse is about so much more than a yoke used in farming. It's about Christ's Cross in a profound way.

The original *Webster's 1828 Dictionary* defines yoke as: A piece of timber, hollowed or made curving near each end, and fitted with bows for receiving the necks of oxen; by which means two are connected for drawing.

WHAT IS THE YOKE? (CONTINUED FROM PAGE 1.)

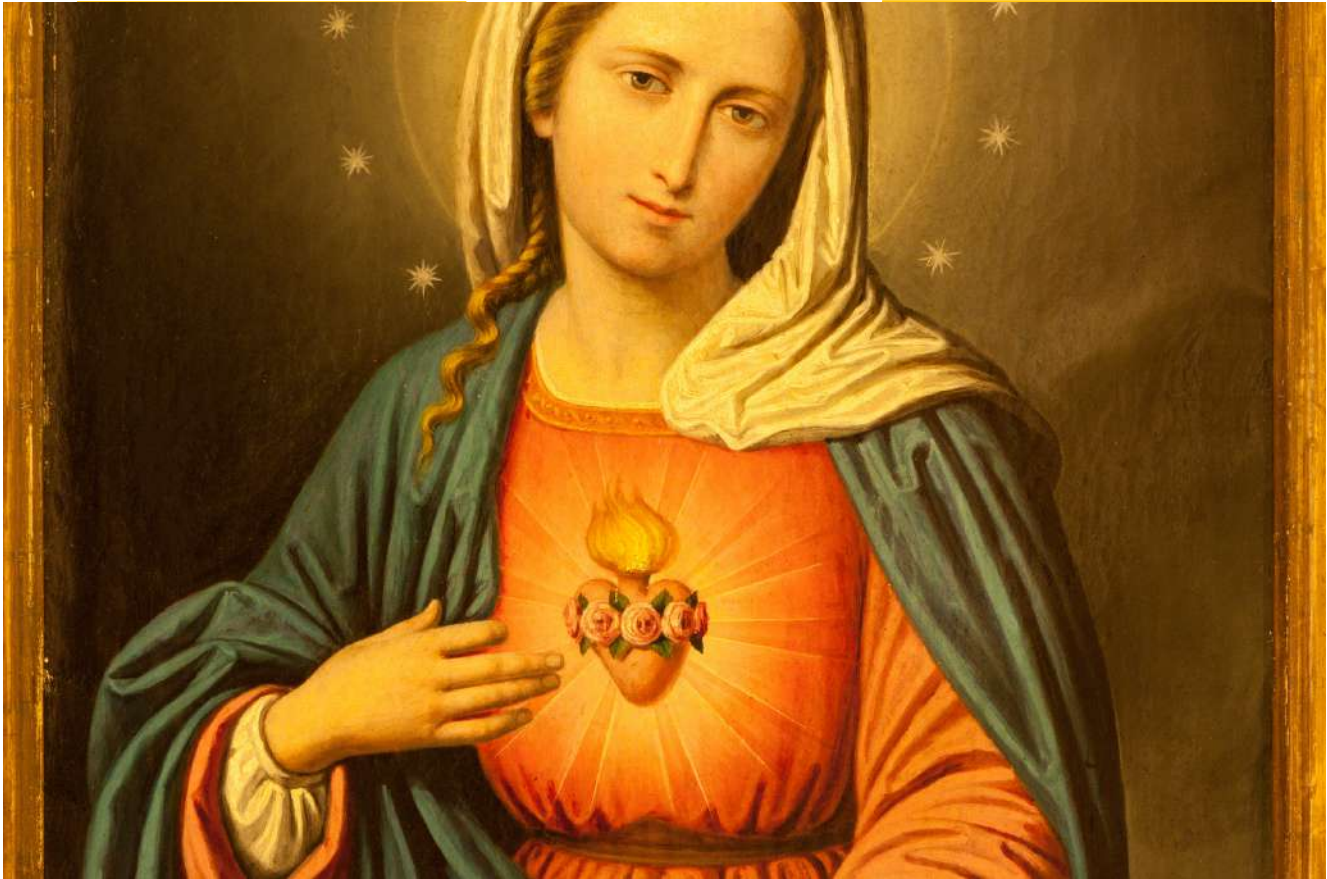


"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls." Matthew 11:28

Those in farming know that yoking makes the job easier. The oxen worked together with the yoke giving them balance and helping them pull the plow or cart. Christ used an everyday tool to present a spiritual message: Our daily burdens and crosses are manageable when we carry them with Him. If we are yoked to Him our sufferings and disappointments take on deeper meaning to let our souls rest in Christ's cross.

The yoke is an invitation to Divine Life with Christ. Christ carried a beam of wood across his shoulders. He knows our fears and limitations but He asks us to take up our cross with Him. We don't have to do it alone because by His Holy Cross He redeemed the World.

THE SORROWFUL MOTHER



A Poem for Lent

My Son could I have climbed this hill for You,
How willingly had I endured each stone:
Yet, I too struggled up steep Calvary:
You have not climbed alone!
Could I have borne the monstrous cross for You,
I would have carried it unto my death.
Though I could not, still I have felt its weight,
My Son, with every breath!
Oh, could I pluck these nails from Your loved flesh,
And driving them through mine, make them a part
Of my own body's pain, I would! But Son,
I wear them in my heart!

— Virginia Moan Evansen, *St. Anthony Messenger*, March 1958

WE ADORE YOU O CHRIST AND WE PRAISE YOU BECAUSE BY YOUR HOLY CROSS YOU HAVE REDEEMED THE WORLD

DID YOU KNOW?

It was St. Francis of Assisi who first uttered the above words that are now said throughout all Catholic Churches of the world for the Stations of the Cross.

Why: Whenever St. Francis saw a Catholic church in the distance he would kneel down and give praise to God. Often he would say the following words that he passed on to his friars.

"We adore you, O Lord Jesus Christ, in this church and all the churches of the world, and we bless you, because by your holy Cross you have redeemed the world." Amen

How: This little prayer was used by Franciscans for many centuries and over time it was adapted to become a "standard" prayer in the popular devotion known as the Stations of the Cross. Franciscans spread this devotion throughout Europe and the United States.

What: The prayer is shortened to say, "We adore you, O Christ, and we bless you, (or praise you) because, by your holy Cross you have redeemed the world."



MORE RESOURCES

Father Jerry Byrd has outlined a Lenten Plan to help us understand the meaning of Lent and give us ideas on how to grow in holiness.

It is available as a free download on our website:

*30 No Fail Ways to Have a Holy
and Catholic Lent*

[CLICK HERE](#)



3 Links Worth Clicking!

- An amazing story about children and adoration
- Father Byrd's Lenten Planner
- Our online parish calendar Be sure to click on the items for more information or flyers!

Also *don't forget* Our Parish Lenten Retreat on healing by Fr. Sean Danda

March 28, 28 & 30
6 p.m. each night at St. Mary's Church

And a silent retreat with Seminarian Bobby Vogel **March 18** at 8 a.m. at St. Joseph—more details on our website calendar!

Lenten Spotlight

Christ the Bridegroom



An icon of the type known as "Christ the Bridegroom" is placed on the site of Golgotha within the Church of the Holy Sepulchre in Jerusalem. This icon is placed in the church during the first three days of Holy Week, and the Matins of those days are known as Bridegroom Matins. (Image from Wikimedia Commons by Adriatikus; CC BY-SA 3.0)