

The COLLECTION Basket



MARCH 2022

Family Life Office

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IDEAS FOR LIVING BETTER FROM THE FAMILY LIFE OFFICE

Family Ritual

Lent Begins Ash Wednesday March 2nd

In Lent, we often think about giving something up, which is a good thing. In a sense, that is what prayer, fasting and almsgiving are. In Lent we may be giving up food, video games, television, money or some personal time. But it isn't just the "giving up" that we should focus on. With these practices we are also able to do something. So, when we give up personal time, we do so to spend time in prayer with the Lord. When we give up food or technology, we can be united with those who don't have enough to eat, or perhaps we have more time to spend with family. When we give up money, it is so we are able to assist those in need. This Lent, don't just focus on what you and your family are not doing. Rather, help your family to focus positively on the good that your penitential practices can bring about.

In Christ, Andre McCarville
Director, Family Life Office
Diocese of Altoona-Johnstown

The Colors of Lent

Violet (purple) is the color of Lent. On Gaudete Sunday, priests will wear **rose (pink)** as a small break from the solemn **purple** and a reminder that Easter is drawing near. During Palm Sunday and Good Friday, priests wear **red** vestments.

The color of Easter is white.

2 Corinthians 5:20—6:2

Brothers and sisters:

We are ambassadors for Christ,
as if God were appealing through us.
We implore you on behalf of Christ,
be reconciled to God.

For our sake he made him to be sin who did not know
sin,
so that we might become the righteousness of God in
him.

Working together, then,
we appeal to you not to receive the grace of God in vain.

For he says:

*In an acceptable time I heard you,
and on the day of salvation
I helped you.*

Behold, now is a very acceptable time;
behold, now is the day of salvation.

What to Give Up...

- | | |
|------------------------|---------------------------------|
| Give up complaining... | focus on Gratitude |
| Give up pessimism ... | become an Optimist |
| Give up worry ... | trust Divine Providence |
| Give up bitterness ... | turn to Forgiveness |
| Give up hatred ... | return Good for evil |
| Give up negativism ... | be Positive |
| Give up anger ... | be More Patient |
| Give up pettiness ... | become Mature |
| Give up gloom ... | enjoy the Beauty all around you |
| Give up jealousy ... | pray for Trust |
| Give up gossiping ... | control your Tongue |
| Give up sin ... | turn to Virtue |
| Give up giving up ... | Hang in there! |

Families and the Gospel

March 6, 2022: First Sunday of Lent (LK 4:1-13)

Jesus “was led by the Spirit in the wilderness.” What is the wilderness in your life to which the Holy Spirit is leading you this Lent? Perhaps there are uncharted areas in your marriage or family relationships. Spend this Lent in your “wilderness” with God’s work. Where is the Spirit leading you this Lent?

March 13, 2022: Second Sunday of Lent (LK 9:28b-36)

Jesus “went up to the mountain to pray” and he was “changed.” Prayer has the power to change us. This Lent set aside a few minutes each day to pray for members of your family. Pray before each meal and if you are married, spend five minutes in prayer together.

March 20, 2022: Third Sunday of Lent (LK 13:1-9)

The owner of the fig tree was impatient because the tree did not live up to his expectations. In families there are those who don’t live up to our expectations. Imitate the gardener and give them more time and help. Don’t cut them out of your life. Love asks us to be connected, not productive.

March 27, 2022: Fourth Sunday of Lent (LK 15:1-3, 11-32)

We may feel like the Prodigal Son but the gospel wants us to focus on the father who was forgiving and understanding. We all make mistakes and need forgiveness. Who in your family needs your forgiveness and acceptance this Lent?

Reprinted with permission: **A Family Perspective by Bud Ozar**

We have been in partnership with the Diocese of Mandeville for several years now. For many years, it seemed as though the **Mandeville Diocese** was picking up. Unfortunately, due to the loss of tourism from the pandemic, according to the World Bank over 50,000 people lost their jobs and livelihoods last year, and the GDP declined by almost 10%. Jamaica did have COVID mitigation strategies that lessened the impact of some of these issues. Still, the country will have a long way to go before it returns to pre-pandemic levels, and significantly longer before poverty is no longer an issue. As such, our need to provide for the Church in Jamaica is pressing, and so your participation the **Ash Wednesday** collection for Mandeville is of the utmost importance.

Catholic Relief Services is the official development and relief outreach of the Catholic Church in America. **CRS** has been working tirelessly through the pandemic to help the poorest of the poor throughout the world. It is on the ground in over 100 countries, securing clean drinking water, addressing malnutrition, and helping those with whom they work to have better business practices so that they can sustain themselves and their families. There are two ways to help the work of **Catholic Relief Services** this Lent. Encourage your parishioners to participate in **Operation Rice Bowl**, AND take up the collection on the Fourth Sunday of Lent to aid the work that **CRS** is doing around the world. Please remember that while 75% of proceeds from Operation Rice Bowl goes to **CRS**’s work around the world, 25% stays here to help those in need in our own Diocese.

Most Reverend Bishop Mark Bartchak

1. **Ask God for light. I want to look at my day with God’s eyes, not merely my own.**
2. **Give thanks. The day I have just lived is a gift from God. Be grateful for it.**
3. **Review the day. I carefully look back on the day just completed, being guided by the Holy Spirit.**
4. **Face your shortcomings. I face up to what is wrong—in my life and in me.**
5. **Look toward the day to come. I ask where I need God in the day to come.**

by Jim Manney, author of *A Simple, Life-Changing Prayer: Discovering the Power of St. Ignatius Loyola’s Examen*. Loyola Press

