



The Crossroads Messenger

The official newsletter of St. Francis Xavier Catholic Church • Mount Washington, Kentucky

1st Quarter 2022

2022



connect • grow • serve

We Are Family!

Monique Becker
Director, Stewardship & Development

How many times have you heard Fr. Dale refer to “the parish family?” On February 12-13, we hosted the “We are Family” Ministry Fair after all masses that weekend. This gave folks the opportunity to ask/answer questions, receive information regarding the various ministries that you can get involved in at St. Francis Xavier, invite member participation, exchange ideas, meet new and existing members of our parish and welcome folks considering joining our parish. It was a great weekend and thank you to all who participated and attended. ■ *Continued page 6*



Blessings And Faith Over 40-years

Well, life is back to a *post*-Christmas routine... for the most part. Having pulled together the correct/honest numbers for my tax preparer, it is an unenjoyable thing to check off on my "to-do" list. Likewise, there are some new, fun things on my list too. I am nearing 40 years of priesthood this spring (May 22, exactly). Who knew? God keeps surprising me every day with this vocation that He had in His mind for me since before I was conceived. When I think of all the blessings I have because of this "calling", I am reflective and grateful, especially these days. Thinking back on it all, the most important thing I am so graced to do is leading our Catholic communal prayer (The Eucharistic celebration of Mass). There is a prayer that was written for any priest many moons ago: **"Priest of God, prepare for this Mass as if it is your first Mass, your last Mass, your only Mass that you will ever offer."** I truly try to do that for you and for me. Whether I am tired, exhilarated, stuck in routine or energized, I try to do my best (and usually **not** exactly by the book). Nonetheless, it comes from my heart and I cannot thank you enough for responding



with the prayers, sung and spoken, even when you might be feeling like me each time we celebrate Mass.

One task I have taken on (I was always the "social coordinator") is to contact my classmates for a reunion that will happen this August. Tracking down these gentlemen has been a tough, tall task. There were 31 of us ordained priests in 1982; five have died (as priests), 11 left priesthood and 15 of us are still serving at the Table of the Lord the best we know how. *If I knew then what I know now...*, I'd still do it.

I hope you can join with me on Sunday, May 22, 2022 @ 11 a.m. for a Mass of Thanksgiving and Gratitude in our church. There will be a luncheon prepared and served for all of you in the *brand-new* Parish Activity Center. It will be a time for all vocations: married, religious and single life, to celebrate what God calls us to be... faithful to our one baptism.

In Christ the Cornerstone,

Fr. Dale



St. Francis Xavier

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OFFICE HOURS
Monday-Thursday, 8:30 a.m. - 4 p.m.
Friday, 8:30 a.m. - noon

www.sfxmw.com

It's Today Donut Sunday?



Deacon's Desk

Steve Age

The new year marches on, and as it does, so also goes the Church's calendar. The Christmas season is a memory now and 2022 arrived just as many new years before. Winter has activated nature's reset button and spring looms. As for the Church and its faithful, we now find ourselves amid the season of Lent with Easter not far behind. With this season comes our opportunity to do away with our old ways and as Saint Paul says:

"...be renewed in the spirit of your minds, and put on the new self..."
(NABRE Ephesians 4:23-24)

For years, my "old way" included a penchant for donuts. To make matters worse the route to my workplace took me past Nord's Bakery in the Highlands of Louisville. Some of you may be familiar with it. For me, like the abominable snowman, Bumble,

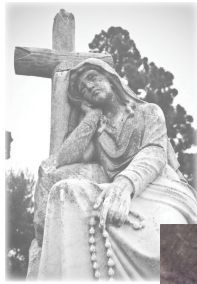
in the Christmas classic "Rudolph, the Red-nosed Reindeer," who had a weakness for deer meat, I have a weakness for donuts. My years of Nord's donut temptations remind me of a funny story that shows how adept we are at rationalizing our actions. It also reminds me of, well, me.

An overweight man decided it was time to shed a few pounds. He went on a new diet and took it seriously. So, during Lent, he changed his usual driving route to the office to avoid his favorite bakery and hopefully change this bad habit. One morning, however, he arrived at the office carrying a large, sugar-coated coffee cake. His office mates roundly chided him, but he only smiled, shrugged his shoulders and said, "What could I do? This is a very special cake. This morning, out of habit, I accidentally drove by my favorite bakery. There in the window were trays of the most delicious goodies. I felt it was no accident that I happened to pass by, so I prayed, 'Lord, if you really want me to have one of these delicious coffee cakes, let me find a parking place in front of the bakery.' Sure enough, on the ninth trip around the block, there it was!"

Temptation is strong, but we must be stronger. We should not tempt fate or rationalize our actions. As I said, this story is similar to my own plight, it's almost like someone followed me for all those years. However, I share this story with you to illustrate the wonderful gift the Church makes available to us in this season of Lent. In this season, the Church gives us ample opportunity to examine our lives, to reflect, to repent through reconciliation, and to begin anew. So, as we move through this season of Lent, let's remember to support one another and to do what is right and good for one another. Most importantly, let us heed the words of Saint Paul at the end of Ephesians chapter 4:

"[And] be kind to one another, compassionate, forgiving one another as God has forgiven you in Christ."
(NABRE Ephesians 4:32)

(By-the-way, I still struggle with the donut thing, BUT I'm not giving up. So, if you see me at church on "Donut Sunday," with TWO donuts in my hand, feel free to remind me that one is the limit.)



Paula's Ponderings

Paula Silliman
Pastoral Associate



Checking OFF The Lists

Life after Sunday. When I think about that phrase, I reflect on all the words and actions that fill our lives outside of our parish walls; about all the deeds done or undone the rest of the week. For myself, when

I leave Mass on Sunday, I am usually inspired to be the best version of myself. I desire to do my best to be God's hands on earth and to serve Him and His people. I am filled with ambition for all the wonderous deeds and comforting words I will offer to all the people I will encounter in the coming days. I have dreams that everyone I encounter will feel God's love for them through their encounter with me. I make a list of all the ways I will serve God this week: cure illness, end hunger, create world peace, etc... Sunday is a happy day, a day full of hope.

Monday is not Sunday. It is inevitable something goes wrong to derail my Sunday list. I wake up late, I am out of coffee and one of my kids informs me he has a project due on Tuesday. A project he has not started and requires golden paper mined in the hills of some far away land that only swans can deliver. Monday evening is spent helping with the project, without the golden paper, into the wee hours of the night. Tuesday I am tired, my child is tired, and the arguments begin. The kids go off to school, I go off to work. On my drive home I realize it is already Tuesday and I have not checked anything off my Sunday list. I cannot dwell on it too much. I have to stop by the grocery and then pick up a kid or 3 from afterschool activities.

Driving home from work on Thursday, I realize again, I haven't checked anything off my Sunday list. I must do something today! Wait, is it Thursday? What happened to Wednesday?

I am exhausted as I pull into my driveway on Friday. I see my neighbor at his mailbox. I rush in the house without making eye contact. It is pretty cold today.

Plus, I just want a quick nap before the kids get home and I do not have time for the 30-minute conversation that usually follows neighbor eye contact.

I close my eyes and the guilt sets in. Would it really have been so awful to talk to my neighbor?

Why have I not done more or anything on my list? Where did the week go? There will be no nap today. I decide to call my

mom. Saturday my family spends the day catching up on schoolwork and household chores. My twins make some cookies and I take some to my neighbor and see how his week is going.

Here I am, back at Mass on Sunday. This

Sunday I decide to make a new list: Wake up early on Monday for quiet spiritual reflection. Befriend a swan. Hug my family more. Practice my eye contact. Offer a prayer of Thanksgiving that I have a warm home to live in with my husband and children, a job to go to and food on my table. Call my mom. There are many ways to serve the Lord. You do not need to cure cancer (though that would be awesome if you can), end hunger, or create world peace. You can smile at a stranger, buy an extra item or two at the grocery for a food pantry, talk to your neighbor, call your mom, or simply hug someone who may need it today. To paraphrase St. Teresa of Calcutta, "Do small things with great love". This is how you can begin to serve God and His people.



RETURN to the LORD Lent Family Calendar

"RETURN TO THE LORD YOUR GOD, FOR HE IS GRACIOUS AND MERCIFUL, SLOW TO ANGER, AND ABUNDING IN STEADFAST LOVE." JOEL 2:13

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LENT WEEK 1	Sundays in Lent are "little Easters," celebrations of Jesus' resurrection. Play real or makeshift instruments, wave streamers or ribbons, and march around as one person reads Psalm 148 out loud. After each verse, shout, "Praise the Lord!"	Throughout the week, write prayers of praise, thanksgiving, and request on slips of paper and place them in a bowl. Take turns praying when you gather for devotions. "Continue steadfastly in prayer, being watchful in it with thanksgiving" (Colossians 4:2).	When Jesus healed ten men who had leprosy, one returned to give thanks. Take turns telling what God has done for you. Then thank Him in prayer. See Luke 17:11-19.	Read Matthew 26:36-46. Jesus asked His disciples to pray with Him. Jesus also invites you to turn to His Father in prayer. He even gave you the words to say. Pray the Lord's Prayer together.	Read a few of the examples of the faithful believers in God that are recorded in Hebrews 11. Then talk about some of the faithful believers who have pointed you to Jesus and have modeled His love for you.	When you really want something, do you keep asking for it? You can return to God again and again with your requests, saying, "Your will be done." God invites you to pray boldly and to pray in His will. Read Luke 11:1-13.	Read Deuteronomy 30:15-20. Moses told God's people to love God and keep His commandments, and they would be blessed. Take a look at the Ten Commandments in Exodus 20. Choose a commandment. How does keeping that commandment bless you?
LENT WEEK 2	Read Psalm 113. This psalm is full of great picture language! Read it again aloud and draw or act out what you hear. What does this psalm tell you about our God?	Enjoy a snack of honey on toast. How is God's Word a sweet food that nourishes you? "I do not turn aside from Your rules, for You have taught me. How sweet are Your words to my taste, sweeter than honey to my mouth!" (Psalm 119:102-103).	What are the temptations that you face in this world? How can you fight these temptations? Turn to God for strength and wisdom. He is faithful, and He promises to help you. See 1 Corinthians 10:13.	Read John 18:11-11. Jesus had left Jesus in the Upper Room. He returned to Jesus in the Garden of Gethsemane, not in repentance, but to betray Him. Why do you think Jesus let Himself be arrested?	Read Psalm 142. Is it okay to cry to God and tell Him when you are afraid or angry? Yes! The psalmist David turned to God in times of joy and sorrow. God promises to hear, listen, love, and help us. See Luke 11:23.	Watch a sports game together. Can a player play on opposing teams at the same time? Impossible. You are either with Jesus or against Him—there is no middle ground. Pray for the Holy Spirit to help you always turn to Jesus and point others to Him. See Luke 11:23.	Read Psalm 121. Whom can you turn to for help and comfort? The Lord, who made heaven and earth. Use art supplies or your computer to make a poster with verses from this psalm. Read it each morning and thank God for His love and care for you.
LENT WEEK 3	God loves to hear you come to Him with songs of praise. Choose a favorite hymn or song and sing to Him. "Oh come, let us sing to the Lord; let us make a joyful noise to the rock of our salvation! Let us come into His presence with thanksgiving; let us make a joyful noise to Him with songs of praise!" (Psalm 95:1-3).	Enjoy a cold glass of water. How does it feel to take a long drink when you are thirsty? We need Jesus' living water to live eternally! [Jesus said, "I'm anyone thirsts, let him come to Me and drink" (John 7:37)].	Read Genesis 12:1-3. What was the last promise you made to someone? Did you keep it? We don't always keep our promises, but God does! God promised Abraham that all nations would be blessed through him. God kept His promise in Jesus!	Read Matthew 26:57-68. False witnesses lied about Jesus. We sometimes lie about others too. But Jesus calls us to turn from sin and return to Him. Say a prayer of thanks for Jesus' love and forgiveness for you.	Is there a family member or friend who needs to forgive or ask for forgiveness? Turn to God for the strength and courage to do that this week. "Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you" (Ephesians 4:32).	Find a rock that stands upright and use colored permanent markers to decorate it. Write on it, "The Lord is my helper." Set it on your table as a reminder to turn to God for help. "The Lord is my helper; I will not fear" (Hebrews 13:6).	Hide coins around the room. After all the coins are found, read Luke 15:1-10 and talk about our loving God, who seeks out sinners and rejoices when they repent and return to Him.
LENT WEEK 4	Gather a grocery bag of food items to give to your local food pantry, returning thanks to God for all His goodness to you. "Let them thank the Lord for His steadfast love, for His wondrous works to the children of man! And let them offer sacrifices of thanksgiving, and tell of His deeds in songs of joy!" (Psalm 107:21-22).	Read Luke 10:17-20. The disciples that Jesus sent out to preach His Gospel message returned to Him with joy that even evil spirits were cast out in Jesus' name. Jesus told them that the reason they should be rejoicing is that their names are written in heaven. Yours is too!	God has given you family and friends to love and care for you. Write notes or draw pictures to give to family and friends to let them know how thankful you are for them. "Beloved, let us love one another, for love is from God" (1 John 4:7).	Read Luke 22:54-62. Peter turned away from Jesus and denied even knowing Him. After Jesus rose from the dead, He invited Peter to return to Him and serve God's people. Jesus has forgiven you. How can you share His love with someone today?	Write the words of John 3:16 on several red paper hearts. Then put them where people can find them—at the library, the grocery store, or the park. "For God so loved the world, that He gave His only Son, that whosoever believes in Him should not perish but have eternal life" (John 3:16).	You can proclaim God's name to people by sharing His Word. Visit a care center or someone who is homeless. Bring a decision and Bible, and read and pray together. "Give thanks to the Lord, call upon His name, make known His deeds among the peoples, proclaim that His name is exalted" (Isaiah 12:4).	Read Psalm 130. If you made a list of the sins you committed this week, how long would it be! Thank be to God that He does not keep a record of your sins! God invites you to return to Him for forgiveness and hope.
LENT WEEK 5	Have you thought about who will be in heaven? Believers from every nation, tribe, and language will be there, praising God together! Look online for pictures of people from around the world. Then draw a picture of heaven. See Revelation 7:9-12.	Jesus told the parable of the prodigal son to show the greatness of the Father's love for sinners. The Father calls you to return to Him, no matter what you have done or haven't done, no matter if you are the prodigal or the "proud" son. You are forgiven. You are His. Read Luke 15:11-32.	Fill a bag with heavy items and let everyone take a turn trying to lift it. Sometimes, you may feel worried or anxious. God invites you to take all your worries and burdens and turn them over to Him. Read Matthew 11:28-30.	Read John 18:28-38. "Are You the King of the Jews?" Pilate asked Jesus. Yes, Jesus is a King, but not an earthly king—He is the King of kings! "The Head that once was crowned with thorns is crowned with glory now; A royal diadem adorns the mighty Victor's brow." (Lutheran Service Book 533).	Stack up blocks or play a stacking game, such as Jenga. As you play, talk about how important it is to turn to Christ as the foundation of your faith and your life. Jesus is your firm foundation, your rock, the cornerstone of your faith. Read Ephesians 2:19-22.	"When the days drew near for Him to be taken up, He set His face to go to Jerusalem" (Luke 9:51). Jesus came to this earth for one purpose: to die for the sins of the world. Jesus did not turn away from that mission, but willingly went to the cross for you. Thank Him for His great love. Read John 19:16-30.	We're nearing the end of our Lenten journey. Go out for a walk or run together. Hebrews 12 talks about the Christian life as a race. Look to Jesus to guide you! Read Hebrews 12:1-2.
HOLY WEEK	PALM SUNDAY Find small, leafy branches from your yard or make construction-paper palm branches. As one person reads Matthew 21:1-11 aloud, wave your branches and shout "Hosanna!" at the appropriate time.	MONDAY Read Matthew 21:14-16. As Jesus healed blind and lame people in the temple, children sang out the Palm Sunday refrain, "Hosanna to the Son of David!" How will you praise Jesus today?	TUESDAY Jesus told His disciples that He would one day return, with power and great glory, and gather all believers to Himself. How do you imagine that day? We know that it will be a day of great joy for all believers! See Matthew 24:30-31.	WEDNESDAY "A new commandment I give to you, that you love one another, just as I have loved you, you also are to love one another. By this all people will know that you are My disciples, if you have love for one another" (John 13:34-35). How can you show the love of Jesus to someone today?	HOLY THURSDAY Read Matthew 26:26-29. Jesus and His disciples gathered at a table in the Upper Room to celebrate the Passover together. As you gather together at your own table today, talk about the gifts that God gives to believers who gather at the Lord's Table for Holy Communion.	GOOD FRIDAY Read John 19:16-30. Have each person write a sin on a sticky note. Use a permanent red marker to color over the sin with the sin over a heart. Arrange sticky notes in the form of a cross. Jesus died for your sins because of His great love for you.	HOLY SATURDAY Read John 19:38-42. Do you like to wait? Jesus' friends had to wait to go visit His tomb because it was the Sabbath. But what they found when they arrived was more than worth the wait! See Matthew 28:1-10.

Join Us!

Lent '22 Celebrations

Ash Wednesday
March 2 @ 7 p.m.

Holy Thursday
April 14 @ 7 p.m.

Good Friday
April 15 @ 7 p.m.

Easter Vigil
April 16 @ 8 p.m.

Easter Sunday
April 17 @ 9 a.m.
@ 11 a.m.

Eucharistic Adoration
Tuesday & Friday
9 a.m. to 12 p.m.

Stations of the Cross
Fridays @ 6 p.m.
Good Friday @ 3 p.m.

K of C Fish Fry
Fridays @ 4 - 7 p.m.

Ash Wednesday March 2
March 4, 11, 18, 25
April 1, 8
No Fish Fry on Good Friday
(April 15)

Ministry Fair: Giving Your Time & Talents

After prayerful consideration on this upcoming year's commitment, we asked that you bring your Intention Card/Sheet with you to a Mass on the weekend of February 26-27 in which your Stewardship Intentions are offered in a symbolic gesture of the Offertory Basket. When these new and renewed offerings are made, we can begin to prepare our plans for 2022-2023.

You are an intricate part of something bigger than any one person. Our prayer and work are returned gifts to God through the community. Thank you for your willingness to be the active member you are. God Bless You!



Merry Days, Christmas 2021

The Gensheimer family poses with Mr. and Mrs. Claus family during Christmas Season 2021 here at church.



Miles Spalding
Newsletter Committee

SFX Youth Dedicated to Service in Community, Fellowship

St. Francis Xavier Parish is blessed to have a vibrant, active and socially aware youth group. Their list of accomplishments in 2021 is remarkable. The SFX High School Youth Group collected baby items for the ALC Pregnancy Center in Shepherdsville and helped acquire footballs and hygiene products for the Spring Meadows Center, an alternative school for boys, in Mt. Washington. They also worked with other churches in the Mt. Washington area to buy an \$1100



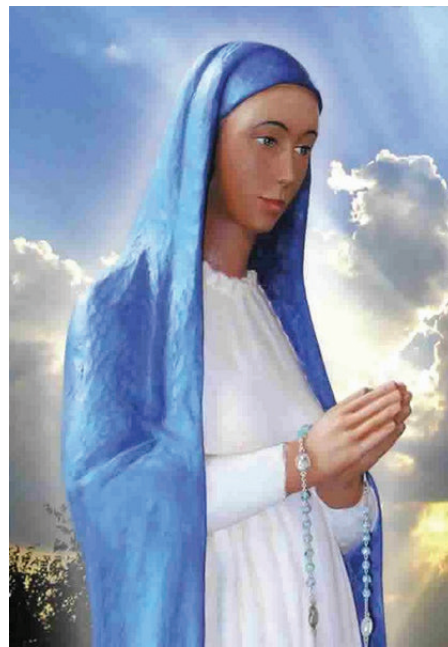
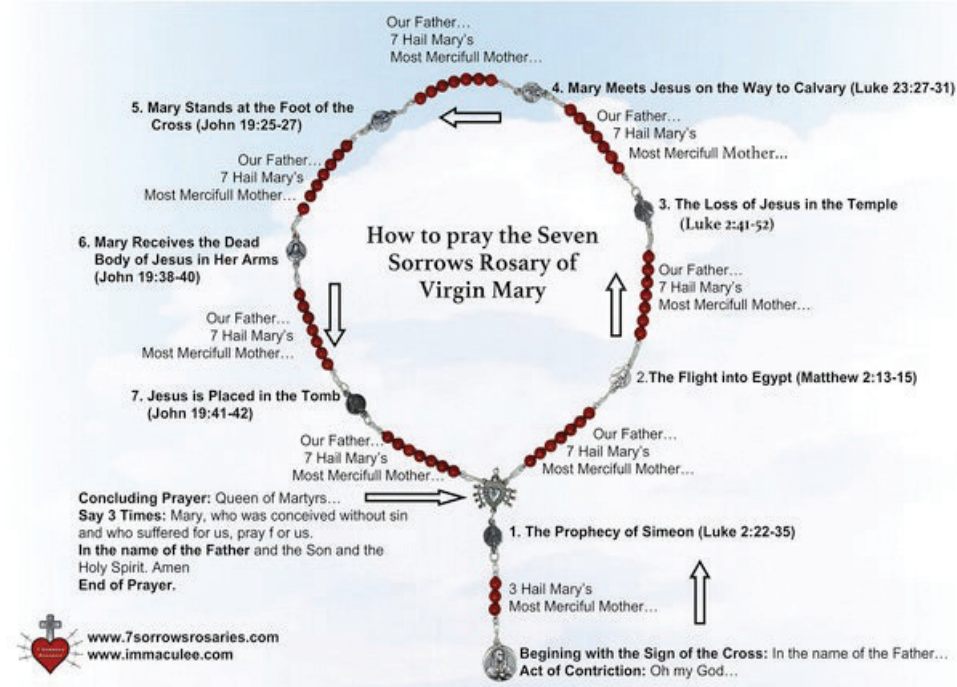
rowing machine for the Boys' Center. Add to this their contribution of time and talent at the St. Francis Xavier Fall Festival, the "Hear It for the Spirit" concert, and raffles for other important events and you see how earnestly our Youth Group patterns the teaching of Jesus Christ. It may sound like all the Youth Group did was work, but they shared in an equal amount of play, like canoeing,

kayaking, go cart riding and cookouts. The SFX High School Youth Group will once again participate in Trivia night when it resumes in February, 2023 and they hope to schedule a fun and challenging camping retreat in the spring.

None of this would be possible without the participation of a lot of caring and committed young people and a dedicated team of adults to help plan and guide these events. A special thanks to David Richardson, Mike and Kim Zygmunt, Lisa Pence and Elena Ballesteros. The SFX High School Youth Group meets on Sunday evenings from 6:00-8:00 p.m. for food, fun, and faith. If you are interested in joining, please contact Dave Richardson at davidrichardson1963@gmail.com or 502-609-9390.



The Rosary Brings Peace



Rosary Makers Offer Seven Sorrows Rosaries

“Say the Rosary every day to obtain peace for the world.”

Rhonda Abner
Newsletter Editor

These are the words spoken by our Blessed Mother to the three shepherd children at Fatima in the apparitions of 1917. The rosary is a beloved sacramental of the Church and most of us are familiar with the 5 decade rosary of ten Hail Marys and one Our Father prayed in contemplation of the Joyful, Luminous, Sorrowful and Glorious mysteries. However, there are many different kinds of rosaries and chaplets on which prayers, in addition to Hail Mary and Our Father, are offered while meditating or making supplication.

One of the most beautiful of rosaries is the Seven Sorrows rosary. It consists of seven sections of seven Hail Marys and one Our Father. Sometimes referred to as the Seven Dolars (Latin for Sorrows) Rosary, the Chaplet of Seven Sorrows or the Servite Rosary, it is a devotion reflecting on events in the life of Mary that recall the sorrows she endured in

compassion for the life, suffering, and death of her Divine Son. The Seven Sorrows devotion began in the 14th century when the Blessed Mother revealed to St. Bridget of Sweden that reflecting on Mary's sorrows would bring great signal graces. The devotion was further nurtured by the Servite (Servants of Mary) Order. In more recent times, a modern revival of the devotion began when Our Lady of Kibeho taught the devotion to Marie-Claire Mukangango, one of three visionaries the Blessed Mother appeared to in Kibeho, Rwanda in the 1980's. Marie-Claire would later be a victim of the Rwandan genocide of 1994, but during her short life, she traveled extensively to teach others how to pray the Seven Sorrows rosary.

Our Lady revealed to the Kibeho visionaries that praying this rosary with a penitent heart brings the Lord's forgiveness of our sins and the gift of freedom from guilt and remorse. This is a perfect devotion for this Lenten season as we each take time to reflect on our spiritual life in preparation to celebrate salvation through the death and resurrection of Christ Jesus.

If you would like to obtain a Seven Sorrows Rosary, please contact Edna Sims 502.231.0142; or Rhonda Abner 502.931.4262, of the St. Francis Xavier Rosary Makers.



We Are Blessed

Helen Hagan
Parish Manager

Without a doubt, we have grown. Looking back, when I was hired here in 2005, I remember there were 610 families registered in our database. Today, we have 877 registered families. What a blessing!

We built a new church in 2010 to accommodate this growth, and of course, we are building a Parish Activity Center (PAC) to accommodate our current growth. Soon, we'll have a space where we can all gather! Won't that be nice. It will expand opportunities for our parish, as well as for the community.

Currently our builder, WEHR Constructors, has given us a mid-April completion date for the PAC; however, we know the weather has already moved that out a bit. In addition, we've had shipping delays and work force issues, which we've all seen with Covid. Still, we are getting there, and what a blessing it will be to have such a wonderful building that we can utilize.

Work has also begun in the Parish Hall and old church. WEHR is working on interior stairs and a lift between the floors. So, if you are in the old church, you won't have to go outside and enter the Parish Hall to go to the bathroom. For those who are handicapped, or can't use the steps for any reason, there will be an electric lift to get you there. The steps and lift will allow for movement between the floors without having to go outside. This is a major upgrade to that space and will hopefully be done in March.

We are blessed. May these new spaces foster community and the love that Christ Jesus has for each of us.

Amen App: A Great Way To Start Lent 2022



The Amen App is the free Catholic Prayer app that inspires daily conversation with God through faithful meditations and nourishing scripture. Daily Bible readings and prayer take you deeper in your spiritual journey.

It's a great way to start Lent, perfect to keep for always!




AUGUSTINE INSTITUTE
UNIVERSITY, LITURGICAL, AND SOCIAL JUSTICE CENTER

Find Moments of Silence This Lent, Connect Three Pillars Of Season

Anna Capizzi Galvez
reprinted from *Cruxnow.com*

How can Catholics and Christians approach Lent this year in a fresh way?

In interviews with Catholic News Service, two authors provided their insights on how to make Lent meaningful in 2022 — especially since this is the third Lent the church will observe during the COVID-19 pandemic.

Think of Lent as a season of rest, said Paul Jarzembowski, author of the 2022 book “Hope from the Ashes: Insights and Resources for Welcoming Lenten Visitors.”

Many people come back and connect to the church during Lent because “there’s something that’s weighing heavy on their hearts,” Jarzembowski said.

“Lent is a time where the church invites people to lay a lot of those issues at the feet of the Lord and to go through Lent alongside Jesus who is also, we see in Lent, is walking that journey too,” added Jarzembowski, associate director for the laity in the Secretariat of Laity, Marriage, Family Life and Youth at the U.S. Conference of Catholic Bishops.

Tsh Oxenreider, writer, podcaster and author of the 2022 devotional “Bitter & Sweet: A Journey Into Easter,” said that this third Lent of the pandemic is unique in that many are saying they are ready to reembrace Lent again.

“It was almost like the first Lent snuck up on us” at the beginning of the pandemic and “we were just in survival mode,” Oxenreider said. “Then the second Lent came around and it was like, what we just had Lent. We’ve been in Lent this whole time; it feels like it.”

But now in 2022 many are realizing the value of the rhythms of the liturgical calendar and are acknowledging the good Lent provides in our lives, Oxenreider said.

One way to refresh your Lenten practice this year is to connect how you observe the three traditional pillars of Lent: fasting, almsgiving and prayer.

“See if there are creative ways you can dovetail what you sense God calling you fast from with your prayer and your giving,” she said. Together with your fasting, “is there some sort of giving you can do toward local food situations? ... Focus some of your prayer on food insecurity around the world.”

“Not only does that check those boxes with giving and prayer, but it actually provides more meaning to the fast,” Oxenreider said.

To approach Lent with a fresh perspective, try to find moments of silence, Jarzembowski suggested.

“Lent affords us some time to really be quiet. If that’s quiet in one’s personal prayer space; if that’s quiet getting in the car and going over to a church or a sacred space; if that’s online.

Wherever someone can find that quiet and you know that you have the time to do,” he said.

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Jarzembowski compared Lent to baseball’s spring training in that both are practice seasons.

“During spring training, you practice on the fundamentals. You try things out you’ve never tried before so that when it’s time for the regular season, what we would call after Easter, you’ve had this time to practice. During Lent, (practice) moments to just shut it down” to gift yourself with moments of silence, pause and reflection, he added.

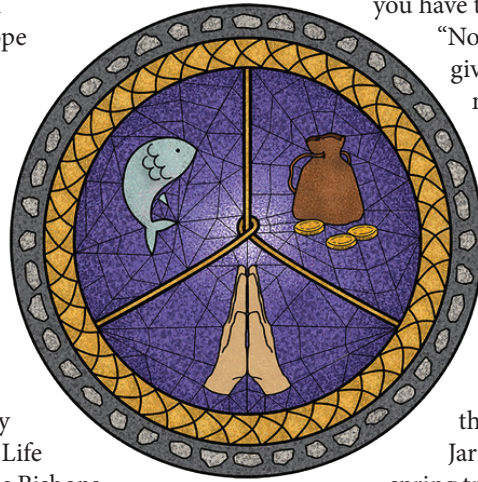
But while it’s important to find moments of quiet, it’s also important to connect with others.

“Lent is often about that inner journey; it is often about our personal commitment but we sometimes go to too far in personal and privatize Lent,” Jarzembowski said.

More people are observing Lent than we realize, he said. “Maybe someone you didn’t expect, maybe someone who doesn’t go to church often, who might be having peanut butter and jelly sandwiches alongside you. Maybe they’re giving up chocolate just like you.”

This year, “ask the Lord for the gift of boldness to be a little more free to talk with our friends and our family with about what we’re doing and ask what they’re doing,” Jarzembowski said.

read more at cruxnow.com



Our Family LENTEN Plan

(Family)

PRAYER & FAITH TALK

How can we make **Sunday Mass** more central in our week? How can we **pray together** as a family this Lent? When will we schedule it? Is there a special intention we’d like to offer our Lenten prayers for? When/how will we **learn about our faith or have conversations about it**? Is there a resource we’ll use to help us?

FASTING

Is there something we do TOO much of as a family — that’s not particularly good or healthy? **What can we give up together? Or what is something good we should be doing** that we’re not or that is hard/not fun? What could we do that would help us **get in touch with how poor people live** or those treated unequally?

ALMSGIVING

How can we **learn more about what our faith teaches about social justice and the corporal works of mercy**? Who is in need and what are their needs? What **research** do we need to do? How might we make a difference for these people? **What project shall we adopt to help others this Lent?** (The whole process can be part of your almsgiving throughout Lent. Learn/research 1st half of Lent, act 2nd half? Keep it simple.)



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MOUNT WASHINGTON, KENTUCKY

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May 22, 2022

Mark your calendar now
to attend Father Dale's
40-years of Priesthood
Jubilee Celebration
in our new
Parish Activity Center!

Pick Up Your Tree of Life Order Form Today!

Would you like to honor or remember loved ones in a very special way? As we celebrate our 175th anniversary as a parish, you have the opportunity to purchase a leaf for the "Tree of Life" that will be displayed in a prominent place in our new Parish Activity Center. The cost to acknowledge the special people in your life in this meaningful way is \$200 per leaf. Order forms are available at sfxmw.com or pick one up in the back of church and return it with payment to the church office or in the collection basket. Let's make lasting memories together!

All profits go to the Expanding Our Embrace fund.

