#### Mass Intentions



#### MONDAY, MARCH 25, 2024 John 12:1-11

8:30am Jean, Joseph & Vincent Oliva

Olga Gnoj

12:10pm Private Intention

#### TUESDAY, MARCH 26, 2024 John 13:21-33, 36-38

8:30am Matteo Gerardo D'Arcio & Graziano Mele

12:10pm Private Intention

#### WEDNESDAY, MARCH 27, 2024 Matthew 26:14-25

12:10pm Luis Cervera

Marion Mulligan (Birthday in Heaven)

**Vilmary Morales** 

7:30pm Fermina Virtucio

#### THURSDAY, MARCH 28, 2024 John 8:51-59

Holy Thursday

9:00am Morning Prayer (No Intentions)

8:00pm Mass of the Lord's Supper (Bi-Lingual)

#### FRIDAY, MARCH 29, 2024 John 18:1-19:42

Good Friday—Friday of the Passions of the Lord

9:00am Morning Prayer (No Intentions) 11:00am Spanish Stations (Procession)

3:00pm Liturgy of the Lord's Passion

7:00pm Liturgy of the Lord's Passion (Spanish)

#### **SATURDAY, MARCH 30, 2024** *Mark 16:1-7*

Holy Saturday; Easter Vigil

9:00am Morning Prayer (No Intentions)

8:00pm Easter Vigil (Bi-Lingual)

#### **SUNDAY, MARCH 31, 2024** *Mark* 14:1–15:47

Easter Sunday of the Resurrection of the Lord

7:45am Anna & Michael Apollo (Living)

Caitlin Hintze

9:00am Parishioners of Holy Name of Mary

**Carmine Desio** 

11:00am Josephine & Francesco Vitale

Lucio Prisco

Martin Regan

1:00pm Maria Del Carmen Mateo

Pastora Rios



## Next Sunday's Readings



#### **Readings for Easter Sunday**

**1st Reading: Acts of the Apostles 10:34a, 37-43** Peter tells the story of salvation, beginning in Galilee.

**Psalm 118:1-2, 16-17, 22-23** On this Easter day, as on the first one, we rejoice in the day that God has made.

2nd Reading: Colossians 3:1-4 or 1 Corinthians 5:6b-

8 The old yeast of malice and wickedness is past.

Sincerity and truth now abound.

**Gospel: Mark 16:1-7** In Mark's Easter story, the disciples are directed to return to Galilee, where they began.

FOCUS: Yes, Christ my hope is arisen; to Galilee He goes before you.

Christ is risen! He is risen indeed! Not even death could keep Him from us. So mighty is His love that he transformed the evil of the cross into a blessing through which He can eternally unite us to God. He is here. He is risen, alleluia!

#### First Saturdays Devotion to Our Blessed Mother

All parishioners are welcome to join us in prayer to Our Blessed Mother on the first Saturday of every month, following the 8:30am Mass.

Novena to the Miraculous Medal
Every Monday following the 8:30am Mass.

## Eucharistic Adoration



You are invited to pray in front of the Blessed Sacrament every Thursday following the 12:10pm Mass, until 6pm; and every Saturday from 7pm - 8pm.

## Presider Schedule



#### Saturday, March 30, 2024

5:00 pm Fr. Mike Lombardi

**Sunday, March 31, 2024** 

7:45 am Fr. Map

9:00 am Fr. David Regan

11:00 am Fr. David Regan

1:00 pm Fr. Roger Velasquez

Presider Subject To change



## ...Fr. David Regan

A holy bishop stated "We are in the middle of the lentiest Lent, that ever lented!" In that statement he perfectly articulated our experience as a pilgrim people journeying through a beautiful and challenging time while faced with the obstacles imposed by Covid-19. Do you remember? There has been an aching hunger for consolation, community and Communion.

On Easter 2020 (Covid), though we were not capable of opening our doors, through the creativity and charity of a wonderful family I was guided to give people a Eucharistic experience, though not in the context of Mass. On Easter Sunday, I rode on the back of a pick-up truck while holding the monstrance with the Eucharist present and upon driving by the homes of parish members, would bless the house and members outside. We advertised it through our Facebook, email and parish mailing. It went on for close to 4 hours. On the warm Easter afternoon people would stand in their front yard and we would pull up and offer a blessing of the Eucharist. What was striking was the positive and emotional reaction Jesus got from those people. People ached and hungered. People wanted to be IN the Church, and since that could not happen, we brought Jesus to them. If I could articulate what their experience was it would be that they knew they were remembered and loved.

We ache and hunger to be valued, affirmed, consoled, remembered and loved. That pales in comparison to the hunger Jesus has for us. In the upcoming Holy Week, we are going to hear about Jesus in the garden, imprisoned overnight, standing trial, unjustly condemned, rejected and ridiculed, scourged, led to Calvary and suffer the crucifixion. Though there are so many theological and anthropological principles that could be addressed let us state something so profound. Jesus looked at each one of us uniquely and individually and in His body language of offering Himself to the Father, He stated, "I will die, but look at that one, let him or her live."

Because of His ache and hunger for you and I, he entered each element of our lives in its deepest dimension. He plummeted, through a meritorious act, into all pain, brokenness, loneliness, sin and death. As a result, there is no place that we can go where He has not already been present but in addition, transformed from the inside out.

This Holy Week is meant to be one like none other. As Jesus saves us as a family, he also saves us as individuals. He becomes closer to us than we are to ourselves. His ache for us is unyielding and embodies all that He is so we can become all that we are called to be.

What He aches for is our involvement in the miracle He has for us. For these last few days before the Triduum ask yourself the following questions:

- +Am I hiding a part of my heart from Him? If so, then why? Didn't He die for all of me?
- +Do I live as if I am forgiven and sanctified or do I live an un-inspired life?
- +Jesus offered the perfect words of consolation on the cross, how can I console His heart?

It is ok for you and I to be a little uncomfortable with asking the deeper questions. Lent is meant to be uncomfortable, since we were not made for comfort but made for greatness. In the fullness of time God sent His only begotten Son. It is the right time to have the most wonderful Holy Week. In Confession give him all that he died for; sin and death. Admit to the Divine Physician where it really hurts. As you participate in the events of Holy Week ask yourself simply, "Jesus what is it that you are doing for me? And what can I do for you in return?" Listen to the Gospel readings as if they were formed only for you because they were only for you.

The wonder and amazement of the miracles of Holy Week are personally meant for you but also to those loved ones who may be away from the faithful family. Dare yourself to invite them back. I promise 2 things. One, they are better when they are here and two, you are better when they are here... In my short time as your pastor, I can say that our family members here deserve the very best. Invite your family and friends back. You deserve them here and they deserve to be here.



# Parishes Praying for Priests United in Eucharistic Adoration



Parishes of the RVC Diocese are answering Our Lady's call to pray for our shepherds. You are invited to pray for our priests, by name, during Adoration & silent prayer at Holy Name of Mary Church on...

> TUESDAY, APRIL 9, 2024 HOLY NAME OF MARY, 2PM to 4PM ONLY

For all participating parishes, go to www.drvc.org.



#### St. Lucy Filippini (March 25).

Both her parents had died by the time she was 7 years old and she was raised by her aunt and uncle. As a child Lucy would prepare small altars and pray devoutly. It was soon clear that she possessed a precocious intelligence, an inclination toward the spiritual life, and a modesty that was truly angelic. Her vision was set on God. Notwithstanding her aristocratic upbringing, she always conducted herself with modesty and its practice. St. Lucy died from breast cancer on March 25, 1732, on the feast of the Annunciation. Her body lies incorrupt under the altar dedicated to her in the Cathedral Montefiascone, in Italy. St. Lucy, pray for us.



# A Brief Examination of Conscience

# Based on the Ten Commandments

# I am the LORD your God: you shall not have strange Gods before me.

Have I treated people, events, or things as more important than God?

# You shall not take the name of the LORD your God in vain.

Have my words, actively or passively, put down God, the Church, or people?

#### Remember to keep holy the LORD's Day.

Do I go to Mass every Sunday (or Saturday Vigil) and on Holy Days of Obligation (Jan. 1; the Ascension; Aug. 15; Nov. 1; Dec. 8; Dec. 25)? Do I avoid, when possible, work that impedes worship to God, joy for the Lord's Day, and proper relaxation of mind and body? Do I look for ways to spend time with family or in service on Sunday?

#### Honor your father and your mother.

Do I show my parents due respect? Do I seek to maintain good communication with my parents where possible? Do I criticize them for lacking skills I think they should have?

#### You shall not kill.

Have I harmed another through physical, verbal, or emotional means, including gossip or manipulation of any kind?

#### You shall not commit adultery.

Have I respected the physical and sexual dignity of others and of myself?

#### You shall not steal.

Have I taken or wasted time or resources that belonged to another?



Celebrate the Sacrament of Reconciliation

# You shall not bear false witness against your neighbor.

Have I gossiped, told lies, or embellished stories at the expense of another?

#### You shall not covet your neighbor's spouse.

Have I honored my spouse with my full affection and exclusive love?

#### You shall not covet your neighbor's goods.

Am I content with my own means and needs, or do I compare myself to others unnecessarily?

#### Christ's Two Commandments

How well do we love God and others? Do we love as Christ calls us to? In the Gospel of Matthew, Christ gives us Two Commandments: "He said to him, 'You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbor as yourself. The whole law and the prophets depend on these two commandments" (Mt 22:37-40).

Not sure what love is? St. Paul describes it for us in his Letter to the Corinthians. Is this how you love God and others? "Love is patient, love is kind. It is not jealous, [love] is not pompous, it is not inflated, it is not rude, it does not seek its own interests, it is not quick-tempered, it does not brood over injury, it does not rejoice over wrongdoing but rejoices with the truth. It bears all things, believes all things, hopes all things, endures all things. Love never fails" (1 Cor 13:4-8).

#### **Act of Contrition**

O my God, I am heartily sorry for having offended Thee, and I detest all my sins, because I dread the loss of Heaven and the pains of hell, but most of all because they offend Thee, my God, Who are all good and deserving of all my love. I firmly resolve with the help of Thy grace to confess my sins, to do penance, and to amend my life. Amen.



PALM SUNDAY, March 24, 2024 Masses: Saturday - 5:00pm

**Sunday -** 7:45am, 9:00am, 11:00am Spanish Masses: Sunday - 1:00pm

Monday, March 25, 2024

Reconciliation: 2:00pm-4:00pm & 6:00pm-9:00pm All Catholics are invited to come and be reconciled, that we might celebrate the Paschal Mystery with

heart and mind renewed.



All Catholics who have reached their 14th birthday are bound to abstain from meat all the Fridays of Lent. All Catholics between the ages of 18 and 59 inclusive are bound to observe the laws of fast on Good Friday. Fasting means limiting oneself to a single full meal and avoiding food between meals. Two other light meals, which together do not equal a full meal, may be taken during the day.

#### HOLY THURSDAY, March 28, 2024

9:00am - Morning Prayer

8:00pm - Mass of the Lord's Supper (Bi-Lingual)

#### GOOD FRIDAY, March 29, 2024

9:00am - Morning Prayer

11:00am - Stations of the Cross with Procession (Spanish)

3:00pm - Liturgy of the Lord's Passion

7:00pm - Liturgy of the Lord's Passion (Spanish)

#### HOLY SATURDAY, March 30, 2024

9:00am - Morning Prayer (with blessing of food)

8:00pm - Easter Vigil (Bi-Lingual)

The third day of the Triduum is filled with the wonder of the resurrection. The Easter Vigil is the high point of the liturgical year. The drama of the lighting of the new fire, the blessing of the Paschal candle and the Easter proclamation in the candlelit Church set the stage for the recounting of the story of salvation in the Scripture readings. "Alleluia" once again greets the Gospel, and following the homily, we celebrate baptism and the renewal of our baptismal promises. The Paschal Triduum officially concludes on Easter Sunday, but the wonder of the Easter Season extends for a full 50 days!

#### EASTER SUNDAY, March 31, 2024

Masses: 7:45am, 9:00am, 11:00am, 1:00pm (Spanish Mass)

# Chrism Mass

March 26, 2024 • 4:00 p.m.

at the Cathedral of St. Agnes, Rockville Centre



### All are invited to attend in person.

This Mass will be broadcast live on the Catholic Faith Network:
Optimum channel 29/137, Verizon FiOS channel 296 and Time Warner Cable channel 471. Viewers can watch the Mass online at cfntv.org.

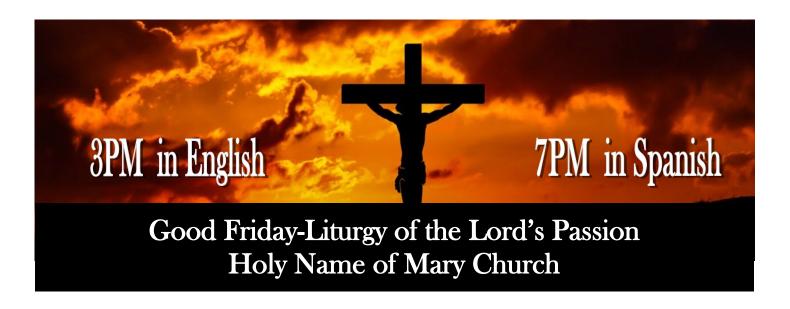
POWERED BY DRVC OFFICE OF COMMUNICATIONS

Consider attending this year's Chrism Mass at St. Agnes Cathedral on Tuesday. A pontifical blessing with a plenary indulgence attached will be imparted at the celebration of the Chrism Mass. The following conditions must be fulfilled in order to obtain the plenary indulgence:

- 1) Detachment from all sin, even venial.
- Confession of sins in the Sacrament of Penance.
- 3) Reception of Holy Communion.
- 4) Prayer for the intentions of the Supreme Pontiff.

Having fulfilled these conditions, the faithful will benefit from the indulgence. This celebration of the Eucharist is exceptionally beautiful and steeped in rich symbolism.

During the Chrism Mass, Bishop
Barres will consecrate the Oil of
Chrism and bless the Oil of
Catechumens and the Oil of the Sick.
These holy oils will be used throughout the Diocese during the coming
year in celebration of the sacraments.
Priests of the Diocese will also renew
their call to the Holy Priesthood of
Jesus Christ.



# The Solemnity of Divine Mercy

Sunday, April 7th is the Solemnity of Divine Mercy. The parish of Holy Name of Mary cordially invites you to join us for an afternoon of Divine Mercy. It will be a beautiful time with the Lord, filled with adoration, worship and contemplative music. Selected excerpts from the Diary of St. Faustina will be read intermittently throughout the afternoon, and the Sacrament of Reconciliation will be available.















We cordially invite you to join us for an afternoon of quiet refuge and private prayer, as you deepen your faith and immerse yourself in the love and mercy of Jesus.

Divine Mercy Sunday, April 7th from 2:30 pm - 4:00 pm at Holy Name of Mary Parish, 55 E. Jamaica Avenue, Valley Stream, New York 11580.

If you have any additional questions, please contact the Rectory office at (516) 825-1450



On April 7<sup>th</sup> 2024, which is the first Sunday after Easter, we will celebrate one of the most glorious Feast days that the Catholic Church has ever given the world, *The Feast of Divine Mercy*. While God's infinite mercy emanates all the way back, from the time of our first parents in the Garden of Eden, the message of what we call Divine Mercy begins in the early 20<sup>th</sup> century with a young Polish nun by the name of Sister Maria Faustina Kowalska.

Shortly before the outbreak of World War II, Sister Faustina received a special calling from Jesus. One night, in February of 1931, while she was in her cell, Jesus appeared to her as the "King of Divine Mercy." He appeared to her dressed in a white garment from which emanated red and clear pale rays from his Sacred Heart. And over the next four years He would continue to appear and speak to her about His mission of Divine mercy for the world.

Her mystical encounter with Jesus, and the words He shared with her can be found in her personal diary, known as *Diary, Divine Mercy in My Soul*. It not only chronicles her own experience of Divine Mercy, but also Jesus's desire and mission of mercy for the whole world. And in doing so, Jesus chose St. Faustina as the Apostle and "Secretary" of His Mercy, so that she could tell the world about His great message. Among the many revelations Jesus divulged to her was that of creating a painted image. Jesus told her:

'Paint an image according to the pattern you see, with the signature: "Jesus I trust in You". I desire that this image be venerated, first in your chapel, and throughout the world.'" (Diary 47) "I promise that the soul that will venerate this image will not perish. I also promise victory over its enemies already here on earth, especially at the hour of death. I myself will defend it as My own glory." (Diary 48)

In addition to this image, Jesus also requested that a special feast, devoted to his Divine Mercy be established during the octave of Easter (the second Sunday of Easter), a day in which he would pour special graces out on the whole world. Jesus grants an indulgence (either full or partial remission for the temporal punishment of sin) for all who will participate in this feast and implore his Divine Mercy.

"Whoever approaches the Fountain of Life on this day will be granted complete forgiveness of sins and punishment." (Diary 300) "This Feast emerged from the very depths of My mercy, and it is confirmed in the vast depths of my tender mercies." (Diary 420)

"My daughter, tell the whole world about My Inconceivable mercy. I desire that the Feast of Mercy be a refuge and shelter for all souls, and especially for poor sinners. On that day the very depths of My tender mercy are open. I pour out a whole ocean of graces upon those souls who approach the fount of My mercy. The soul that will go to Confession and receive Holy Communion shall obtain complete forgiveness of sins and punishment.

This Feast Day became a reality thanks to the efforts of Pope John Paul II. On Sunday April 30, 2000, he not only canonized Sister Faustina, but he also approved the message of Divine Mercy by declaring the Second Sunday of Easter as "Divine Mercy Sunday" for the universal Church. As a result of all of his hard work and dedication to Divine Mercy, as well as ensuring its fruition in the world, is it any wonder that when he died, that his death coincided with the vigil of Divine Mercy Sunday. And if that wasn't enough, he was also canonized by Pope Francis on Divine Mercy Sunday, April 27, 2014.

Today, we ask though the intercession of Jesus, as well as through the intercession of Pope St. John Paul II, for the unimaginable graces of Divine Mercy Sunday to be obtained and poured out upon our Church, our nation and every soul throughout the world.





# ST. VINCENT DE PAUL SOCIETY BOWLING FUNDRAISER

Proceeds will benefit Holy Name of Mary Church

SUNDAY, APRIL 21, 2024 2:00pm—5:00pm (arrive 1:45pm) MAPLE LANES (100 Maple Ave., RVC) \$25.00 per person 5 bowlers per lane

All are welcome! Families, friends & neighbors can participate! Cost includes shoes, pizza & soda (gluten-free pizza will also be available). 50/50 Raffle (cash only). Deadline to reserve your spot: April 14th.

Please complete this form, include cash, or check made payable to SVDP-HNM Parish. Mail or drop off at the Rectory Office, 55 E. Jamaica Ave. or Parish Outreach Office at 65 E. Jamaica Ave. (10am-2pm).				
NAME:	AMT. ENCLOSED			
NUMBER of BOWLERS:	NUMBER OF BOWLERS FOR GLUTEN-FREE PIZZA:			
Any questions, call Joe Gavin @ 516-978-1449.				

## Parish Office Schedule



The Parish Office Easter schedule is as follows: Thursday, March 28...Closing at 12 noon Friday, March 29...Good Friday, office closed Saturday, March 30...Office open 9am-1pm Sunday, March 31...Easter Sunday, office closed Monday, April 1...Easter Monday, office closed

# Weekly budget amount to meet parish expenses Weekly offering of March 17, 2024 Faith Direct (average of weekly donation) TOTAL of weekly offering & Faith Direct/Other Deficit Thank you for your support of our parish. \$13,882 \$11,482 \$1,740 \$13,222 \$660





# MINISTRY OF CONSOLATION

One of the greatest gifts God can give us is the gift of someone who cares.

The Ministry of Consolation is an opportunity for all of us to show care and concern to families in our parish when they lose a loved one. By being a community of faith and demonstrating our support, we can directly bring comfort and power of the Gospel to hurting people at a time when it is really necessary. Through the **Ministry of Consolation**, priests, staff and parishioners are working together to make the funeral experience warmer and more meaningful.

There are roles for anyone who wishes to be involved - no matter how much time you have to give. Information and instructions will be given to volunteers, and training will be provided when needed. Currently there are 3 teams of volunteers, and the teams rotate, so all members do not attend all parish funerals. Specific needs include:

A	attend parish funerals - with other Ministry of Consolation members - several times per month		
Gı	Greeter - welcomes people and distributes funeral booklets at parish funerals - several times per month		
Lector at funerals - occasionally; training provided if you are not currently a lector			
Ει	ucharistic Minister at funerals- once or more per month (indicate if you are currently an EM)		
Pł	hone calls - to assign volunteers		
TO VOLUNTEER:	Return this form to: Parish Outreach, 55 E. Jamaica Ave. Valley Stream, NY 11580 or call 516-825-0177.		
NAME	PHONE		
I understand that I will be contacted by phone to discuss the possibility of my involvement in this ministry. The best times to reach me are: Daytime Evenings Weekends			

#### THE LENTEN JOURNEY

The last Rosary in our Lenten Journey will be prayed, via ZOOM, on Monday, March 25th at 7:30 pm. All are welcome!

Meeting ID: 966 179 5749; Passcode: Rosary.

#### LONG ISLAND COALITION FOR LIFE

THE LONG ISLAND COALITION FOR LIFE is holding a GOOD FRIDAY SILENT VIGIL ON BEHALF OF PREBORN CHILDREN on March 29th, from 10:30am-12pm, in front of Nassau University Medical Center (2201 Hempstead Tpke., East Meadow; on the public sidewalk). All are invited to take part in this peaceful event for the protection of life in the womb and as a visible reminder that abortion is not healthcare. Your participation is extremely important. Signs provided or bring your own (no political signs). Call for info 631-243-1435 or info@prolifeLl.org.

#### THE PONTIFICAL GOOD FRIDAY COLLECTION

Pope Francis has asked our parish to support the Good Friday Pontifical collection, which helps Christians in the Holy Land. Your support helps the church minister in parishes, provide Catholic schools and offer religious education. This collection also helps to preserve the sacred shrines. In these times of crises, the Pontifical Good Friday Collection provides humanitarian aid to refugees. With your contribution, you become an instrument of peace and join with Catholics around the world in solidarity with the Church in the Holy Land.

#### **VIRTUS TRAINING IN SPANISH**

A VIRTUS class will be held on Friday, April 12, 2024, at 7:00 pm at the Holy Name of Mary Convent. If you are interested in signing up for this class (in Spanish), register online at virtusonline.org. Any questions, please call Arely Mendoza-Cantos at 516-678-5800, x507.

# HNM School Registration



Join in the Spirit at Holy Name of Mary School, an AdvancEd Accredited School. To register your child for Nursery (full day, age 3), Pre-K (full day, age 4), Kindergarten (full day, age 5) or Grade 1 through 8, contact our School Office to make an appointment at 516-825-4009, or visit www.hnomschool.org for registration materials and details. Before and after school care is available for all registered students. Follow Holy Name of Mary School on Instagram and Facebook @ hnomschoolvalleystream.

# Remember In Prayer



#### All Those Who Are Sick

Father of Goodness and love, hear our prayers for the sick members of our community and for all who are in need...

Annie Bottone, Angela Hope Conroy, Flo Facibene Anthony Ippolito, Declan Jurgens, Danny Larengeria Alice Lynch, Kevin Lynch, Joanne Menzies, Richard Menzies Ruth Ann Murray, Nial Pace, Jane Pope Eddie Pultorak, Francine Raimondi Vincent Raimondi, Jimmy Ross, Mary Ryder Mary Lou Shannon, Mary Simek, Madge Vogric

(Names will remain on the sick list for <u>four weeks only</u>. If you would like to have the name listed again, please notify the Parish Office.)

#### All Those Who Have Died

Please remember in prayer the recently deceased, of our parish and for those who mourn their loss. We also remember all the souls in Purgatory.

Lisa A. Meaney

# EM Schedule



Saturday, March 30, 2024 Holy Saturday, No 5:00 pm Mass

Sunday, March 31, 2024
7:45am
HOST L. Radice, L. Dascher
9:00am
HOST N. Bohorquez, F. Bohorquez
11:00am

HOST J. Salcedo, C. Salcedo



# Baptism Registration



Baptisms in English are scheduled on the second and fourth Sunday of every month at 3pm. Baptisms in Spanish are scheduled on the second Saturday of every month at 12 noon. Please call the Parish Office for available dates. Baby's birth certificate and signed sponsor forms from godparents are required.

# Message from SVdP



Today is Palm Sunday and the beginning of the holiest of Christian weeks. Let us pray for the grace to take up our own cross and to follow Jesus through death to new life. During Lent, through your gifts, the Society of St. Vincent de Paul was able to bring the mercy of Jesus into the hearts of the poor, by assisting families, providing food and help with utility and rent bills.

Pantry needs: paper towels, toilet tissue, pasta sauce, juice, evaporated milk, canned meats/pasta, tuna, soup, pb and jelly, cooking oil, laundry detergent, soap, toothpaste

If you or someone you know needs assistance, call SVdP or Parish Outreach at 516-825-0177. Your generous offerings helps us assist families in need in our own parish. Thank you!



If you and your family recently moved to Valley Stream and wish to become registered parishioners of Holy Name of Mary Church, (or maybe you attend Mass regularly and have never registered), please visit the Parish Office to fill out a short registration form. Using our envelope system is the only way to have all your donations recorded.

Loose checks are not recorded, they must be placed in your registered parishioner envelope.



# Eucharistic Prayer Companion for the Lenten Season & Sacred Triduum

These Eucharistic Meditations are designed to help you spend 30 minutes to an hour in meditation and silent prayer with Jesus during Eucharistic adoration. Even if you cannot be physically present in a church or adoration chapel with the Blessed Sacrament, you can unite yourself spiritually to the Eucharist as you spend this time in prayer.

#### Each Eucharistic Meditation will follow this format:

- Begin with the opening prayers, asking Jesus for the grace of that week. This prayer is intended to help us learn how to seek a gift from God in prayer.
- Pray with the Scripture passage provided. Be open to this encounter with Jesus.
  - Read that week's passage, usually from the Old Testament, 3–4 times slowly. Allow the words of Scripture to wash
    over your mind and heart. Allow the Holy Spirit to speak to you through this passage.
  - Sit with a series of reflection questions for a while, being attentive to how the Lord is speaking in your heart.
  - Read the next passage, usually from the Gospels, 3–4 times slowly. Allow the Holy Spirit to speak to you personally through this passage.
  - Spend time in silence with the Lord using the next reflection question. Allow him to speak to your heart in that silence. Receive his presence. If it helps, write down what you sense the Lord communicating to you during this time of prayer.
- Pray the Closing Prayer, usually taken from the Collect for Mass.
- Reflect on the liturgical connection and Love in Action prompt each week.

Thank you for praying with us as we seek to spend time with our Eucharistic Lord.

eucharisticrevival.org/newsletter	
euchansucievival org/newsterier	



#### Palm Sunday: Trusting the Lord



WORK OF MERCY: Forgive Injuries

THE GRACE I SEEK: to trust that Jesus is with me and is transforming my life even in my suffering

#### IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN.

Pause for a few moments, and allow yourself to become aware of Jesus' gift of himself in the Eucharist. Realize that, at this very moment, the Lord of Life is gazing upon you with great love. Allow yourself to receive his loving gaze. You are his beloved child. Rest in his loving gaze.

Thank Jesus for the gift of himself in the Eucharist.

ASK FOR THE GRACE: Jesus, help me to trust you even when I am suffering.

SCRIPTURE MEDITATION — Read slowly, 3–4 times. Allow the words of Scripture to wash over your mind and heart. Allow the Holy Spirit to speak to you through this passage.

"The LORD God is my help, therefore I am not disgraced; therefore I have set my face like flint, knowing that I shall not be put to shame." (Isaiah 50:7)

REFLECTION QUESTION — Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.

Identify an area of your life where you feel shame or humiliation. Give this to the Lord, and ask how he wants to take away your disgrace. How does he want to be your "help" in the midst of this suffering, just as Isaiah says?

**SCRIPTURE MEDITATION** — Read slowly, 3–4 times. Again, allow the words of Scripture to wash over your mind and heart. Let the Holy Spirit speak to you through this passage.

"When the great crowd that had come to the feast heard that Jesus was coming to Jerusalem, they took palm branches and went out to meet him, and cried out: 'Hosanna! Blessed is he who comes in the name of the Lord, the king of Israel.'" (John 12:12-13)

REFLECTION QUESTION — Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.

Coming into Jerusalem, Jesus was met with enthusiasm by those who would soon petition for his death. However, he wholeheartedly forgave them all on the Cross. Identify one person in your life whom Jesus is inviting you to forgive. Offer this person to the Lord in a concrete way, asking for the grace to unite your pain with his own pain on the Cross.

Remain in silence with the Lord. Allow him to speak in the silence, in your heart. Receive his presence. If it helps, write down what you sense the Lord communicating to you during this time of prayer.

CLOSING PRAYER — Almighty ever-living God, who as an example of humility for the human race to follow caused our Savior to take flesh and submit to the Cross, graciously grant that we may heed his lesson of patient suffering and so merit a share in his Resurrection. Who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen. (Collect, Palm Sunday)

**SUNDAY MASS CONNECTION** — At every Mass, Jesus offers himself to the Father for us. We can always join our own offerings with Jesus at Mass. This Sunday, offer your desire to unite your humiliations and pain with the Lord's in his sacrifice on the Cross.

**LOVE IN ACTION** — Many saints and spiritual writers have encouraged an examination of your day, each day, as a central part of the spiritual life. It is not only a way to see how the Holy Spirit is moving in your life and how well (or not so well!) you are responding, but it is also a beautiful opportunity to forgive those who may have hurt you in some way. Try working an <u>examen</u> into your daily routine, and make it a way to forgive any hurts or injuries others may have inflicted on you throughout the day so you can live in greater freedom and peace.

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