



CCB Parent Connector
Catholic Community of Billerica
St. Andrew, St. Mary & St. Theresa



MARCH 2018

www.billericacatholic.org

Dear Parents,

This past Sunday, we had Andy LaVallee from *Live the Fast* come and speak on why prayer & fasting are a team. It was an important reminder that when we fast, whether it be from food, coffee, television, Facebook, etc., it is necessary that our Lenten sacrifice comes from a place of prayer. Otherwise, what is the point? We want to offer up our fasting to God so that it creates more time and space for Him in our life. We also want to ask God to help us with our fast, so that we can be strong and endure. I mentioned to Andy that I have always struggled with fasting on bread and water. It causes me to get severe migraines. He suggested an “adoration” fast, where I could take some time to “fast” from the noise of life and sit before the tabernacle for an hour or so. Perhaps, this is something that could work for you as well. St. Andrew and St. Mary churches are open during the day until about 4 PM. You might want to stop in, if only for 15 minutes, and sit quietly in the presence of Jesus. Allow yourself to just be with Him.

The cartoon below is a funny, yet very true, scenario of what “fasting” can look like in our lives. It also speaks to the point of prayer being at the center of whatever it is we decide to do for this Lenten journey. As parents, we need to set an example for our children as to what it means to be a disciple of Christ and this includes how we practice prayer and fasting in our own lives. In last month’s newsletter I included a fasting prayer by Fr. Slavko Barbaric. It might be helpful to take a look at it again. There was also a link to www.livethefast.org.

We are only two weeks into Lent. There is plenty of time to implement some small thing that will help you grow in your Faith & relationship with Jesus. It could be that you decide to read “Rediscover Jesus” (the book you received at your baptism preparation meeting!). Whatever you decide, **please** make plans to attend Mass on Easter Sunday. Easter is the highest Holy Day of the Catholic Church because we are celebrating the resurrection of Jesus Christ, our Savior! It doesn’t get any better than that. Your children deserve to grow up knowing that Jesus loves them, died for them, and conquered death so that we could live with Him forever one day in Heaven. It’s a big deal.



Schedule for Holy Week & Easter Triduum

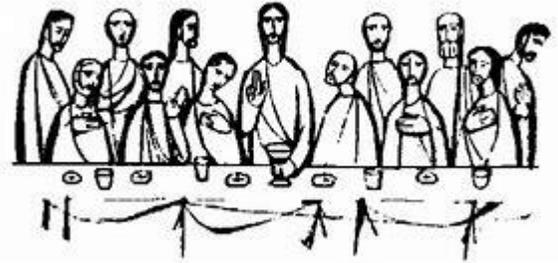
Weeping Tree – Monday, March 26 at 7 PM at St. Andrew Church.

Holy Thursday – March 29

- Morning Prayer at 9 am at St. Theresa Church
- Mass of the Lord's Supper at 7 PM at St. Theresa Church

Good Friday – March 30

- Morning Prayer at 9 am at St. Theresa Church
- Passion Service at 3 PM at St. Andrew Church
- Passion Service at 7 PM at St. Mary Church



Holy Saturday – March 31

- Morning Prayer at 9 am at St. Theresa Church
- Confession is available from 10 am till noon in St. Theresa Hall
- Easter Vigil Mass at 7:30 PM at St. Theresa Church

Easter Sunday – April 1

- Mass at 8 am at St. Theresa Church
- Mass at 9 am at St. Mary Church
- Mass at 10 am at St. Andrew Church
- Mass at 10:30 am at St. Theresa Church & Hall
- Mass at noon at St. Mary Church

"Lent is a fitting time for self-denial; we would do well to ask ourselves what we can give up in order to help and enrich others by our own poverty. Let us not forget that real poverty hurts: no self-denial is real without this dimension of penance. I distrust a charity that costs nothing and does not hurt."

-Pope Francis

What is the Easter Triduum?

The summit of the Liturgical Year is the Easter Triduum—from the evening of Holy Thursday to the evening of Easter Sunday. Though chronologically three days, they are liturgically one day unfolding for us the unity of Christ's Paschal Mystery.

The single celebration of the Triduum marks the end of the Lenten season, and leads to the Mass of the Resurrection of the Lord at the Easter Vigil.

The liturgical services that take place during the Triduum are:

- Mass of the Lord's Supper
- Good Friday of the Lord's Passion
- Mass of the Resurrection of the Lord

(from www.usccb.org)

