

## Our Lady of the Presentation Parish



### St. Joseph Table Sunday, March 20

Table blessing at 11:00 a.m.  
and a traditional Italian meal  
served from 1:00 to 5:00 p.m.  
in the auditorium.

In addition to a delicious Italian meal,  
Italian cookies, cannolis and a variety of  
baked goods will also be for sale.

Proceeds will benefit Presentation's  
Emergency Assistance Fund for families in need  
and the Little Sisters of the Poor in Kansas City.

Free will offering accepted.

### Calling All Bakers!

Volunteers are needed to help bake cookies, for more  
information contact Mary Kay Hayde, 251-1125.

Grow  
With  
God  
This  
Lent...



Our Lady of the  
Presentation  
Lenten Guide 2011

## Grow With God This Lent!

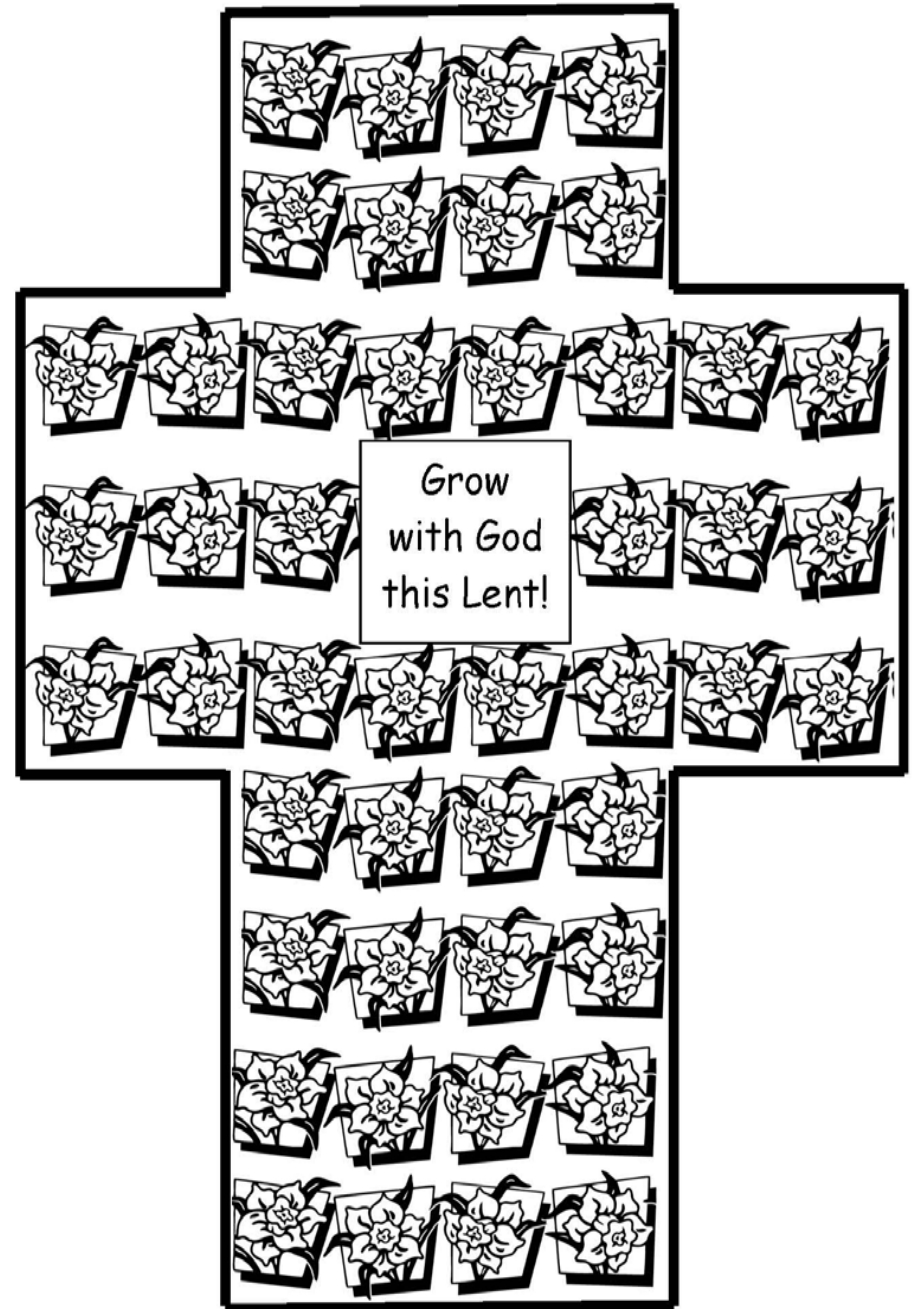
*“Insanity is defined as doing the same thing over, and over again, expecting different results.”*



Lent offers each of us the opportunity to “grow” in our relationship with God and to deepen our commitment to a new way of life. No more insanity! Lent calls us to change...our hearts, our patterns in life...our very being so that when Gods invites us to “come back to me, with all of your heart,” we will wholeheartedly say yes!

Ash Wednesday marks the beginning of Lent, forty days that offer the chance to prayerfully reflect upon our lives, focus on what needs to change, and help us find our way back to God. In order to “grow with God” this Lent, we must be mindful of three things: ask God to help you to know what needs to change in your life; spend time in prayerful reflection so you can listen and hear God’s voice above all of life’s daily distractions; and put your faith into action by helping those in need. These three things are made possible through the Lenten traditions of prayer, fasting, and almsgiving.

This Lenten Season can be a season of grace if we open our hearts to the possibilities of growth that await us. The Lenten journey is not one you have to take alone. This Lenten booklet offers ways you and your family can grow this Lent through prayer, fasting and almsgiving. There are opportunities to pray together, break bread together and serve others as a faith community. Come, grow with us this Lent!



### **Directions:**

Color one flower each day before lent, beginning with Ash Wednesday.

Easter

Z J H A Q  
 S E R F Q  
 I P Z S H  
 V V I S F  
 Q C P C Z  
 H T A E D M O R F E S I R E M P T Y T O M B A  
 N O I T C E R R U S E R D I S C I P L E S O S  
 G L O R I F I E D S E P U L C H R E T S A E L  
 Y R O T C I V F C B G J E T H I R D D A Y B C  
 N A D Y O E N E L A D G A M Y R A M E A W C A  
 S O N R S  
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 O C R Q D  
 L S O U A  
 C D M A Y  
 L R S K W  
 A A W E N  
 I U G T A  
 R G J N S  
 U X G Y T  
 B E J I O  
 L E N O N  
 O D R N E  
 Y R C G X

Angel  
 Burial Cloths  
 Disciples  
 Earthquake  
 Easter  
 Empty Tomb  
 Glorified  
 Guards  
 Mary Magdalene  
 Morning

Resurrection  
 Rise from Death  
 Sepulchre  
 Spices  
 Stone  
 Sunday  
 Third Day  
 Victory



Wednesday, March 9

Masses: 6:30 am, 8:15 am,  
 5:30 pm & 7:30 pm

JKV bus transportation is available  
 for the 5:30 pm Mass. Residents  
 must call ahead, 347-2178.

O Jesus, you place on my forehead  
 the sign of your saving Cross:  
 “Turn from sin and be faithful  
 to the gospel.”

How can I turn from sin  
 unless I turn to you?

You speak, you raise your hand,  
 you touch my mind and call my name,  
 “Turn to the Lord your God again.”

These days of your favor  
 leave a blessing as you pass  
 on me and all your people.  
 Turn to us, Lord God,  
 and we shall turn to you.

Church Laws on Fasting and Abstinence

The Church’s laws on fasting and abstinence are observed on Ash Wednesday and Good Friday. Fasting applies to anyone between the ages of 18 and 59, who are allowed one full meal on Ash Wednesday and Good Friday. Two light meals sufficient to maintain strength may be consumed, but together should not equal a full meal. Eating between meals is not permitted, but liquids are allowed. Anyone over the age of 14 should abstain from eating meat on Ash Wednesday, Good Friday and all Fridays of Lent.

Does your prayer life need a jumpstart this Lenten season? If prayer hasn't been a regular part of your daily routine, it is important to begin slowly. Don't set unrealistic goals for yourself or you are doomed to repeat the pattern. You can begin by setting aside a few minutes each day, perhaps as you awake or before retiring for the night. Reflecting on a scripture passage is a great way to get started in the conversation with God. Take some deep breaths, read the passage silently, then simply listen and let God speak to you. It may be hard to keep your mind from wandering but it takes practice to tune out the distractions that surround us. Even a simple prayer of gratitude can help one connect with God in a more meaningful way.

There are many ways to pray during the Lenten season. Here are few suggestions: attend Mass, participate in the Sacrament of Reconciliation, spend time in Adoration of the Blessed Sacrament, attend Stations of the Cross, pray the Rosary, read scripture passages with family and together reflect on its meaning. As you find ways to bring prayer back into your life on a daily basis, you will desire to keep doing so long after Lent is over.

#### *Lenten Daily Devotion*

*Kyrie, Eleison.*

In your mercy, Lord, watch over me this day.

*Christe, Eleison.*

Guide me in your ways, lead me in your truth.

*Kyrie, Eleison.*

Bring me to the joy of heaven in your mercy, Lord.

#### *Reconciliation: Getting Right With God*

The Lenten season is also a season of reconciliation...a time to restore our relationship with God, our households and neighbors. Here are some ways to enter into the healing spirit this Lent:

- participate in the Sacrament of Reconciliation; apologize to someone you have hurt; forgive someone who has hurt you.
- do an examination of conscience before going to bed at night
- learn how to develop a better relationship with the environment at <http://catholicclimatecovenant.org>

receive a candle lit from the Easter fire to remind them to walk in the light of Christ.

#### *The Celebration of Confirmation:*

The newly baptized and those who are ready to be received into full communion are able to share in the outpouring of the Holy Spirit as the presider lays hands on each person and anoints them. As they are anointed, we can imagine the gifts of the Spirit that we have received and can let ourselves feel the grace offered us to be strong witnesses to the union with Jesus in mission that we are offered. The newly confirmed are now ready to receive the final Sacrament of Initiation, the Body and Blood of Jesus, and we are all ready to celebrate Easter.

### **Easter Sunday Masses:**

**7 am & 8:30 am in the Church**

**10 am (Masses in the Church & Gym),**

**12 Noon (English-Church, Spanish-Gym)**

*JKV bus transportation is available for the 10am Mass on Easter Sunday.  
Residents must call 347-2178 to arrange for pick up.*



## Saturday Easter Vigil: April 23, 8 pm

The Easter Vigil is the high point of the Easter triduum celebrating the passion and resurrection of Jesus. With a rich display of symbols, rites and readings, the church in worship expresses her faith in the mystery that brings her into being.

### *Light conquers darkness:*

The vigil opens with a service of light. Like the Jewish Passover, our Easter celebration coincides with the beginning of spring, when the sun offers new warmth and earth is ready to flower again. Our words “lent” meaning “spring”, or “lengthening days” and “Easter” signifying “the east”, “the rising sun” point to the long tradition of seeing this holy mystery through signs of the natural world. The lighting of the fire and the Easter candle go back to rites that long preceded Christianity. The candle, carried with loving reverence and lyrically praised in word and song, is a sign of Christ, “the light of the world,” and celebrates the victory of light over darkness that humanity has ever longed for.

### *God’s love endures forever:*

A series of readings recalls the great interventions of God in history, from creation to the redemption of Israel from Egypt, and ends with the story of Jesus’ resurrection. The great “alleluia” proclaims with quiet joy the triumph of God’s Son. Those preparing for Baptism then receive the sacraments of initiation. The blessed water sprinkled over others signifies the blessing of new life. Rejoice! This night says as it brings before us the deepest symbols of our hopes and fears. The darkness, sign of evil and death, has been overcome by light. A lamp, a candle has been lit; a fire is enkindled in our hearts; a nourishing water flows through our lives; a baptism destroys what is unclean and brings to life again. Rejoice! this night says to all creation. The Word who made all things, as a new Adam, freshly proclaims God’s promise of life. All creation celebrates God’s love.

### *The blessing of the water:*

The presider or deacon blesses with water by inserting the Paschal candle in the water and then lifting it up for all to see. As a community we profess our faith and renounce evil.

### *The Rites of Baptism:*

The candidates are then baptized. They are clothed in a white garment and

### *Prayer Before Meals*

An easy way to build pray into a daily routine is at meal times. Prayers before meals can be short (so the meal doesn’t get cold) yet meaningful. Pausing to give thanks for the food we eat keeps us connected to God in a way that nourishes our soul just as the food we eat nourishes our bodies.

### **Sample Table Prayer:**

*Lord, we thank you for the blessings of this day and for this time together as family. We thank you for this wonderful meal and for this hour we can share it.*

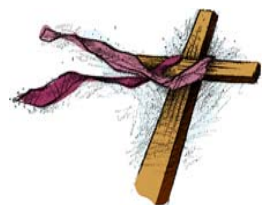
### *Prayer Through Symbols and Rituals*

Surrounding ourselves with things that help us be mindful of God’s presence in our lives can lead us to prayer in many ways.

- **Crucifix:** placing a crucifix in a prominent place in your home can be a powerful reminder of God’s love.
- **Water:** a small bowl of water symbolizes our journey of baptism that renews our commitment to a life in Christ. Saying a prayer of blessing over the water and then signing ourselves with it each day can help keep our focus on God.
- **Sand:** a small bowl of sand reminds us how God led the people in their journey through the desert. The desert can be a place we create for ourselves, free from distractions thus enabling us to face our temptations.
- **Candle:** having a central candle to light and then spend some time in family prayer can keep us mindful of Jesus as “light” in our lives who helps dispel the “darkness” that surrounds us each day. Using a child’s baptismal candle is a meaningful way to recall his or her baptism.
- **Bible:** creating a sacred space for God’s Word and sharing the Word with one another can lead to a deeper understanding of what God is calling each of us to do.

### *Praying At Other Times*

In our busy lives, we can find opportunities to pray ... as we awaken each day, during the car ride to and from work, school, church or other activities, while waiting in line at the store, during an exercise routine, etc. These short “prayer bursts” at different times of the day keep us rooted in God’s presence. Also, it is important to pray for others. Lent is a good time to reflect on the people who mean the most to us, to pray about our family lives and how we can be more thoughtful and prayerful about Lent as a family.



## Special Times of Prayer

### ***Morning Prayer:***

Morning prayer will be offered at 8:00 a.m. Monday through Friday, beginning Mar. 10 and continuing through Holy Week.

### ***Weekday Mass:***

Mass will be offered at 6:30 a.m. and 8:15 a.m. Monday through Friday during Lent.

### ***Adoration of the Blessed Sacrament:***

During Lent: Eucharistic Adoration is offered on Mondays, & Wednesdays from 9:00 a.m. to 8:00 p.m. and on Fridays from 9:00 a.m. to 7:30 p.m. in the Cooper Room. There is no adoration on Good Friday.

### ***Rosary:***

Mondays, 6 pm: Spanish  
Tuesdays, 5 pm: English

### ***Stations of the Cross:***

Stations of the Cross will be offered on Fridays during Lent at 2:15 p.m. (except Mar. 18 & 25) with the school community and at 7:30 p.m. in the church. The Friday evening Stations will be March 11, 18, 25, April 1, 8 and 15. The Fifth Grade classes will present the "Shadow Stations" on April 8. All other Friday evening stations will be led by our parish deacons.  
**April 22 (Good Friday): Stations of the Cross will be at 3:00 p.m.**

### ***Parish Reconciliation Service:***

Sunday, April 10, 7:00 p.m.

### ***Individual Reconciliation:***

Saturdays, 3:30 - 4:15 p.m. or by appointment.

give himself to us, let him be our servant. And in turn, we serve one another.

***The Table of the Lord:*** when we remember and celebrate how Jesus loved us, the words are joined to the ritual of foot washing, servanthood and ministry to others. When we open our hands to receive his body and blood, we feel with great devotion, the power of this gift and the meaning of its mission.

***The Stripping of the Altar and Sanctuary:*** After we share in the Eucharist, the Body and Blood of Jesus is taken to a special place, so that we may continue to be nourished with this Sacrament on Good Friday. As the altar is stripped bare, it helps us strip our focus down to Jesus alone. We leave in silence and with the image of Jesus, as servant for us, our hearts readied to celebrate the mystery of his passion and death for us.

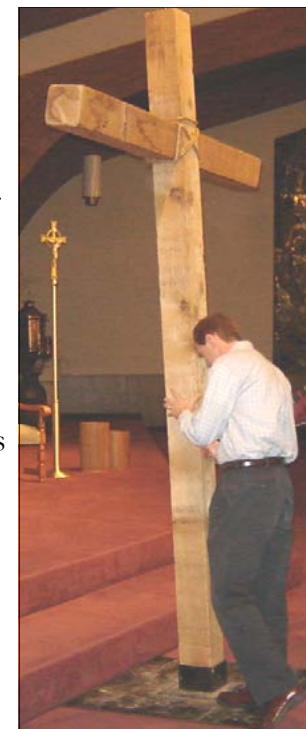
***Altar of Repose:*** Adoration of the Blessed Sacrament will be in the gym until Midnight.

## Good Friday: April 22, 7 pm

The Good Friday rites center around the reading of the Passion of Jesus. With simple dignity that story is retold, followed by prayers for the entire world, for this powerful mystery brings blessings to the world. According to ancient tradition, an image or relic of the cross is venerated this day, and the sacrament of Christ's love for his church is received. It is a day of fasting and quiet mourning.

***Venerating the Cross:*** we revere and venerate the wood of the cross because our Savior was nailed there, and gave his life for us there. We do so by touching, kissing, embracing or kneeling at the cross with the greatest devotion we can express.

*JKV bus transportation is available for the 7pm Holy Thursday & Good Friday services. Residents must call 347-2178 to arrange for pick up.*

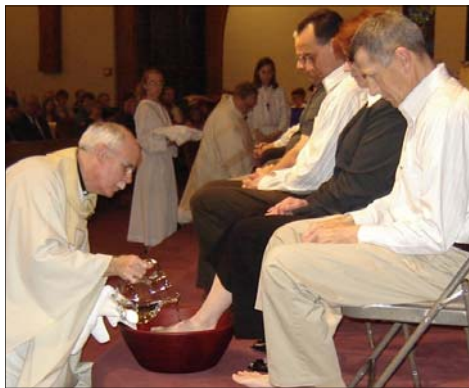


The Easter triduum, marking the days of Jesus' passion and resurrection, is the most important time of the church year. It begins with the evening Mass of Holy Thursday, reaches its high point in the Easter Vigil, and closes on Easter Sunday evening. Prepared by the days of Lent, Christians celebrate on these holiest of days the saving work God has accomplished in Christ. From the events remembered these days, so sorrowful and so joyful, the church learns the deepest lessons. In rites and words the mysteries of Jesus' final hours are with us again, his passion, his cruel suffering, his rising from the dead. And we discover the answer to age old questions: Does God love us? Is God merciful? Does God care for us? We have only to look and learn from Jesus Christ. These are days for fixing our eyes on the holy mystery of his cross and filling our ears with the words of his gospel. Nowhere else does God's love appear so vividly. In the love Christ showed for a sinful world we find the beginning of our church, the source of our sacraments, the key to understanding the human story, and our hope for eternal life.

**Holy Thursday: April 21, 7 pm**

As this liturgy begins, Lent has ended. Our 40 days of Lent helped us prepare to celebrate the Paschal Mystery with mind and heart renewed. On this night, we act out the meaning of the Eucharist, the meaning of salvation, and the meaning of discipleship.

**The Foot Washing:** In this ritual we will experience Jesus washing our feet. There are twelve representatives of our community who will have their feet washed, but everyone is invited to participate. Each of us needs to feel the resistance of Peter. We have to let Jesus wash our feet, let Jesus



Presentation  
Women's  
Ministry

*Reconciliation: Receiving God's Mercy*

*A Lenten Retreat for Women  
with Fr. Paul Turner*

Friday, April 8  
7:30 to 10:00 pm  
Mulligan/Scheer

Cost: \$10

*Light refreshments will be provided.*



*This evening retreat will help you understand the sacrament of reconciliation, remind you how to celebrate it, and help you prepare for it. It will inspire you to make a good confession this Lent and on many occasions in the future.*

- 7:00: Retreat check-in, Mulligan/Scheer
- 7:30: Stations of the Cross, Church
- 8:00 - 10:00: Presentation by Fr. Paul Turner, Mulligan/Scheer



Paul Turner is pastor of St. Munchin parish in Cameron, MO and its mission, St. Aloysius in Maysville. A priest of the diocese of Kansas City-St. Joseph, he holds a doctorate in sacred theology from Sant' Anselmo in Rome. He has authored several books on the catechumenate, sacraments and liturgy. He is a former President of the North American Academy of Liturgy and a team member for the North American Forum on the Catechumenate. He serves as a facilitator for the International Commission on English in the Liturgy.

*Come early and enjoy a delicious fish fry dinner from 5:00 to 7:30 p.m. in the Auditorium. Cost of dinner is not included in the retreat registration fee.*

*Register after Masses the weekend of April 2-3. Registration forms available in the gathering space or parish office. The deadline to register is Tuesday, April 5.*

# A Centen Evening of Story & Song



www.tomjacobs.com

**Where:** Our Lady of the Presentation Parish  
130 N.W. Murray Rd., Lee's Summit, MO 64081  
**When:** Thursday, March 31st  
**Time:** 7 p.m.  
**Cost:** Freewill Donation  
**Register:** None necessary - just come.

## Description:

Come enjoy an evening of inspirational stories and songs that will help enhance not only your Lenten road, but also the Journey of Life. Tom's stories and songs have a poignant and prayerful message that brings you into another dimension in how to view the world, challenging circumstances and difficult people - and how your spiritual practices help you view it all with love, optimism and gratitude.

Tom Jacobs is a recording artist, storyteller, retreat facilitator, and yoga and meditation instructor who sings and officiates at funerals, weddings and cantors for liturgies. Tom and his wife Beth are in the construction phase of a retreat house (a guesthouse and chapel) on their 80 acres of Missouri timberland (located 15 minutes west of Harrisonville, MO). The retreat house is called: Timber Creek Hearth House (an ecumenical house of prayer). They plan to be opened in the early spring of 2012. For more info see: [www.tomjacobs.com](http://www.tomjacobs.com) or [www.timbercreekretreat.org](http://www.timbercreekretreat.org). To inquire, call 816-251-1113.

## San Rafael Cedros, El Salvador

Presentation Parish began a sister relationship with the community of San Rafael Cedros in 2006. Our parish El Salvador Committee works closely with the Center for Exchange and Solidarity (CIS) and its director, Leslie Schuld, to determine how our parish can assist the people of San Rafael Cedros. We met our goals in 2010. Our goals for 2011:

- 20 high school scholarships @ \$300 each
- 10 university scholarships @\$1200 each
- Grassroots Organizer Stipend: \$4800
- Leadership Training: \$1700

**Total: \$23,000**

The El Salvador Committee meets the First Tuesday of the Month at 7:00 p.m. New members welcome!



## Ways To Serve Others During Lent & Through the Year

### *Monthly Food Drive to benefit Lee's Summit Social Services:*

Shop for suggested grocery items published in the parish bulletin and bring them to the church on the first weekend of the month, year-round.

### *St. James Food Kitchen:*

Help serve already prepared food on the 1st Thursday and the 3rd Tuesday of each month. For information, call Christy, 251-1107.

### *Project UPLIFT:*

Project UPLIFT takes care and compassion to the homeless camps in the Kansas City area. Our parish is committed to helping the 2nd Monday of each month. Three to four volunteers travel to the UPLIFT Warehouse to help load supplies and then go out on a designated route with UPLIFT drivers to deliver hot meals, etc. to the homeless. For information, call Christy, 251-1107.

### *Presentation Parish Fish & Shrimp Fry Fridays in Lent*

Volunteer are needed for the following tasks: bake desserts, food preparation, cook/fry team, food servers, bus tables, greeters/cashiers, clean up & more. To volunteer, call the Youth Ministry Office, 251-1103.

Almsgiving has always been an important part of Lent. It is important to give ourselves the experience of fasting from being un-generous. Generosity is not simply giving my excess clothes to a place where poor people might purchase them. It's not even writing a "generous" check at the time a collection is taken up for a cause that benefits the poor. Although these are wonderful practices, generosity is an attitude. It is a sense that no matter how much I have, all that I have is gift, and given to me to be shared. It means that sharing with others in need is one of my personal priorities. That is quite different from assessing all of my needs first, and then giving away what is left over. A spirit of self-less giving means that one of my needs is to share what I have with others. Lent is a wonderful time to practice self-less giving, because it takes practice. This kind of self-sacrificing generosity is a religious experience. It places us in solidarity with the poor who share with each other, without having any excess. It also joins us with Jesus, who gave himself completely, for us. Establishing new patterns of giving will give real life and joy to Lent and beyond.

### Lenten Almsgiving Project: The Blessing Box

The *Blessing Box* is our Lenten almsgiving program. All the money collected from the *Blessing Box* goes to our sister city, San Rafael Cedros in El Salvador. We work closely with the Center for Exchange and Solidarity (CIS) and their director, Leslie Schuld. Together with CIS we developed three main goals: high school and university scholarships; stipend for the community's Grassroots Organizer; and Leadership Training for the scholarship students and their parents. Just as we come together as a community to celebrate the Eucharist on Sundays, we can use the *Blessing Box* as a way to "break bread" together with family and loved ones. We invite you to join in the traditional practices of Lent and pray as a community, fast through making sacrifices, **learn** about the joys and challenges in the lives of our brothers and sisters in San Rafael Cedros, and give concrete assistance to those most in need. The *Blessing Boxes* are available in the gathering space.

**YOU ARE INVITED**  
Our Lady of the Presentation Catholic Church's Lenten

**Annual**

# Fish & Shrimp Fry

**Something for everyone!**

**Every Friday during Lent 2011**

**March 11, 18 & 25 and April 1, 8\* & 15**

**5:00 pm—7:30pm Parish Auditorium**

**Proceeds benefit our youth service mission trip this summer!**

Enjoy the *All You Care to Eat Buffet* featuring:

**Baked Fish** (Cod)  
**Fried Fish** (Tilapia)  
**Butterfly Fried Shrimp**  
**Baked Potato Bar**  
**Salad Bar**  
**Golden Buttery Corn**  
**Homemade Coleslaw**  
**Garlic Bread**



**Fresh Broccoli with Cheese Sauce**  
**Gourmet Macaroni & Cheese**

*And a beverage of Lemonade, Tea or Coffee*

Variety of **Delicious Desserts** available for a donation at our dessert buffet!

*Menu subject to change based on availability.*

*Also featuring:*

♦ **42" LCD TV RAFFLE**

Win a 42" Vizio LCD HDTV!  
Raffle tickets \$2 each or 3 for \$5.  
Proceeds support the youth mission trip!



♦ **Entertainment**



*\*Classical Symphony Night April 8*

♦ **Children's Activities**

♦ **Dessert Buffet**

Annual Fish Fries are sponsored by the Youth Ministry Office (816) 251-1103.

**2011 Ticket Prices (same low price since 2007!)**

Children up to 3 years	<b>Free</b>
Ages 90 & above	<b>Free</b>
Ages 4—10	<b>\$4.00</b>
Ages 11 thru Adults	<b>\$9.00</b>

**Bring Your Friends & Family!**

**Your Support for our mission trip team is sincerely appreciated!**

Fasting is one of the most ancient practices linked to Lent. The early Church fasted intensely for two days before the celebration of the Easter Vigil. This was later expanded to a 40-day period of fast. Vatican II called us to renew the observance of the ancient paschal fast.

Fasting during Lent isn't about losing weight or getting in shape, but more so about being alert. Centuries ago, the monks in the desert discovered that fasting—simply not eating—caused a tremendous boost to their consciousness. The whole purpose of fasting was to aid prayer—to make it easier to listen to God more openly, especially in times of need.

Ash Wednesday and Good Friday are designated as days of fasting. We are also encouraged to abstain from meat on Fridays of Lent as well. (See Church Laws on Fasting and Abstinence on page 3). What is the difference between fasting and abstaining? To fast is to do without food. To abstain is to not eat meat. Both fasting and abstinence are acts of penance or sacrifice. But these simple gestures can also put us in greater solidarity with the poor of the world. Thinking about those who have so little can enable us to deepen our spirituality.

### *Basic Steps to Fasting and Prayer*

#### **1. Identify your goal.**

Are you fasting for spiritual renewal, guidance, healing, etc.?

#### **2. Make a commitment.**

Determine how long you will fast, i.e., one meal a day or perhaps one day per week, what type of fast you want to do; what, if any, activities you will restrict; how much time per day you will devote to prayer.

#### **3. Prepare yourself spiritually.**

A great way is to start with a clean slate, i.e. the Sacrament of Reconciliation; or private prayer.

#### **4. Prepare yourself physically.**

Start a fast slowly, especially beginners. You may feel some physical changes during fasting, be sure to get rest and moderate your physical activity.

depending upon the type of rice used. Along with the onions, any of the following can be sautéed and added in a variety of combinations. Sliced peppers - sweet or hot, whole or crushed olives, chopped cilantro, diced tomatoes, a variety of uncooked pastas, barley.

### **Ratatouille**

This dish is full of flavor and easy to make, and can be adapted in a variety of ways.

- 1 Eggplant
- 3 Zucchini
- 3 Yellow Squash
- 5 or 6 Plum Tomatoes (or canned tomatoes)
- 2 bell peppers
- 1 medium onion
- 6 cloves of garlic
- 1 Tablespoon of Basil and Oregano
- 1/2 Teaspoon of ground black pepper.
- 1/2 Teaspoon crushed red pepper (optional)
- 3 Bay Leaves
- olive oil
- parmesan cheese

Peel and cube the Eggplant, Zucchini and Squash. Slice the tomatoes. (Hand crush canned tomatoes.) Remove tops and inner membranes from peppers; slice and cut slices in half. Slice Onion, and then quarter the slices. With flat side of knife, press down on garlic cloves; remove skin; slice. In a large soup pot, sauté peppers, onions and garlic in a small amount of olive oil - adding peppers first, then onions, then garlic - until onions are turning transparent. Then add Eggplant, Zucchini, Squash, Tomatoes and seasonings. Add enough water to cover vegetables. Cook on medium heat until liquid begins to boil. Lower to a simmer and cook for one hour, stirring occasionally. (Mixture may also be poured into a casserole dish and baked at 350 degrees for 45 minutes, uncovered for the last 15 minutes.) Serve in bowls, topped with grated parmesan cheese. Freeze leftovers, or share with a family or friend who may need a wonderfully prepared home cooked meal.

### **Pretzels: the name comes from braccellae “little arms” because of their shape of two arms crossed in prayer. Easy to make:**

Mix 1 pkg. active dry yeast with 1 Tbsp. sugar in 1-1/2 cups lukewarm water. Mixture should bubble. Stir in 1 tsp. salt and 4 cups flour. Place on floured board and knead in 1/2 cup more flour. Knead about 8 minutes. Divide into pieces, roll into ropes, and shape into pretzels. (As you fold the little arms say a prayer). Let rise until double in size. Preheat oven to 425 degrees. Place pretzels on greased cookie sheet. Brush with mixture of 1 egg yolk mixed with 2 Tbsp. water, and sprinkle with kosher salt. Bake 12 minutes or until golden brown.



### **For more recipes go to:**

<http://onlineministries.creighton.edu/CollaborativeMinistry/Lent/cooking.html>

Lent is a time to remember what Jesus went through during His forty days in the desert. He not only fasted, He also withstood Satan's challenges and taunting. We might be able to convince ourselves we're suffering when we observe Lent, but we know we will never come close to what Jesus endured. Simplifying gives us time to pay attention to the essentials. Making a homemade soup instead of a roast allows us more time to share the day as we chop the ingredients. Spending less per serving with a meatless meal makes it easier to invite friends to stay for dinner. Shopping less saves time that can be used for conversations about whether your family might be happier if you had less, instead of putting all your energy into accumulating more. Here are some Lenten recipes to help nourish you...

### Spaghetti with Garlic and Olive Oil

1 pound thick spaghetti	4 tbsp. olive oil
2 garlic cloves, sliced	2 pinches red pepper flakes
¼ tsp. salt	¼ tsp. black pepper
2 tbsp. fresh parsley	½ cup fresh Parmesan Cheese
1 anchovy fillet, mashed with a fork (optional)	

Boil spaghetti until al dente. Drain, but save 2-3 tablespoons of the hot pasta water. Heat oil in a pan. Add the anchovy fillet and assist the breaking-up process with a wooden spoon or fork. Add garlic and red pepper flakes. Sauté 2-3 min. Carefully add the hot oil mixture to the pot and stir ingredients together. Add salt and pepper. Add the freshly chopped parsley and Parmesan cheese and mix together. Serve on individual plates, adding Parmesan cheese according to taste. Serves 4. Serve with your favorite tossed salad.

*Grace Before Meals by Father Leo Patalinghug. He also has a website with other great recipes and discussion starters at [www.gracebeforemeals.com](http://www.gracebeforemeals.com).*

### Rice and Beans

Preparing rice and beans is very simple. In its most basic form, a variety of dry beans can be soaked overnight (itself a reflection on our "dryness" and our need for "living water" to be restored). A variety of ingredients are optional, but not necessary, to add different flavorings and cultural leanings to the beans. It is common to sauté onions and garlic in a pot, and simply to add the beans along with enough water to cover them. This is brought to a boil and then let simmer for an hour. This is served over a generous bed of rice. The rice is easily prepared by putting a cup or two of rice in a pot, with twice as many cups of water, and a touch of salt. This is brought to a boil and then reduced to a simmer for 20-40 minutes,

### Spring Cleaning for Freedom

Lent is a wonderful time to clear the clutter from our lives and simplify our lives in a prayerful and intentional way. It is easy to get rid of stuff we don't need anymore, but why not challenge yourself to give up some of the "good" stuff that is in your closet, garage and basement? To truly experience the exercise of freedom, we must be able to let go of things to which we are attached...clothing, jewelry, electronics, etc. You will be amazed at how little you can survive on and how rewarding living more simply can be.

### Fasting From More Than Food

Think back to your childhood growing up Catholic, did you ever give up something for Lent? Perhaps it was candy, soda pop, desserts or another food item. Have you ever considered fasting in a way that adds something as opposed to giving up something? For example, attending Mass during the week, going to weekly reconciliation, spending more time in prayer, reading scripture, or volunteering your time for someone in need. Have you ever considered fasting from or limiting something other than food? For example, television, computer use i.e. blogging, Facebook or twitter, swearing, drinking alcohol, smoking, eating out, energy use (gas, electricity) or using credit cards. Find ways of fasting to help you grow with God this Lent.



# Presentation Parish

## March 2011

S	M	T	W	T	F	S
		1	2	3	4	5
		Rosary, 5pm	Adoration, 9am - 8pm, Cooper		Adoration, 9am - 8pm, Cooper	Vigil Mass 4:30pm
6	7	8	9	10	11	12
Mass: 7, 8:30 10am, Noon, 5pm Spanish	9am - 8pm, Cooper  Spanish Rosary 6pm, Church	Rosary, 5pm	<i>Ash Wednesday</i>  Masses: 6:30, 8:15am 5:30, 7:30pm  Adoration, 9am-4 pm, Cooper	Prayer 8am Mass 6:30 & 8:15am	Prayer 8am Mass 6:30, 8:15am  Adoration, 9am-7:30pm, Cooper  Stations w/school, 2:15pm  Fish Fry 5-7:30pm	Vigil Mass 4:30pm
13	14	15	16	17	18	19
Mass: 7, 8:30, 10am, Noon, 5pm Spanish	Prayer 8am Mass 6:30 & 8:15am  Adoration, 9am-8pm Cooper  Spanish Rosary 6pm, Church	Prayer 8am Mass 6:30, 8:15am	Prayer, 8am Mass 6:30, 8:15am  Adoration, 9am - 8pm, Cooper	Prayer 8am Mass 6:30 & 8:15am	Prayer, 8am Mass 6:30, 8:15am  Adoration, 9am- 7:30pm, Cooper  Fish Fry 5-7:30pm  Stations 7:30pm	Vigil Mass 4:30pm
20	21	22	23	24	25	26
Mass: 7, 8:30 10am, Noon, 5pm Spanish  <i>St. Joseph Table, 1-5 pm, Auditorium</i>	Prayer 8am Mass 6:30 & 8:15am  Adoration, 9am-8pm Cooper  Spanish Rosary 6pm, Church	Prayer, 8am Mass 6:30 & 8:15am	Prayer, 8am Mass 6:30 & 8:15am  Adoration, 9am-8pm, Cooper	Prayer, 8am Mass 6:30 & 8:15am	Prayer, 8am Mass 6:30, 8:15am  Adoration, 9am- 7:30pm, Cooper  Fish Fry 5-7:30pm Stations, 7:30pm	Vigil Mass 4:30pm
27	28	29	30	31		
Mass: 7, 8:30 10am, Noon, 5pm Spanish  1st Scrutiny Catechumens	Prayer 8am Mass 6:30 & 8:15am  Adoration, 9am-8pm  Spanish Rosary 6pm, Church	Prayer 8am Mass 6:30 & 8:15am	Prayer, 8 am Mass 6:30 & 8:15am  Adoration, 9am - 8pm, Cooper	Prayer, 8am Mass 6:30 & 8:15am  <i>Lenten Evening of Story &amp; Song, 7pm, Church</i>		

# Lent/Easter Calendar

## April 2011

S	M	T	W	T	F	S
					1	2
					Prayer, 8am Mass 6:30, 8:15am  Adoration, 9am- 7:30pm, Cooper  Stations w/school 2:15pm  Fish Fry 5-7:30pm Stations 7:30pm	Vigil Mass 4:30pm
3	4	5	6	7	8	9
Mass: 7, 8:30 10am, Noon, 5pm Spanish  2nd Scrutiny Catechumens	Prayer 8am Mass 6:30 & 8:15am  Adoration, 9am- 8pm  Spanish Rosary 6pm, Church	Prayer 8am Mass 6:30 & 8:15am	Prayer, 8am Mass 6:30 & 8:15am  Adoration 9am - 8pm, Cooper	Prayer, 8am Mass 6:30 & 8:15am	Prayer, 8am Mass 6:30, 8:15am Adoration, 9 am- 7:30pm, Cooper  Fish Fry 5-7:30pm <i>Women's Retreat, 7pm, Mulligan</i> Stations 7:30pm	Vigil Mass 4:30pm
10	11	12	13	14	15	16
Mass: 7, 8:30 10am, Noon, 5pm Spanish  3rd Scrutiny Catechumens  Parish Reconciliation Service, 7pm Church	Prayer 8am Mass 6:30 & 8:15am  Adoration, 9am- 8pm Cooper  Spanish Rosary 6pm, Church	Prayer 8am Mass 6:30 & 8:15am	Prayer 8am Mass 6:30 & 8:15am  Adoration, 9am - 8pm, Cooper	Prayer 8am Mass 6:30 & 8:15am	Prayer 8am Mass 6:30 & 8:15am  Adoration, 9am- 7:30pm, Cooper  Stations w/school, 2:15pm  Fish Fry 5-7:30pm	Vigil Mass 4:30pm
17	18	19	20	21	22	23
<i>Palm Sunday</i>  Mass: 7, 8:30 10am, Noon, 5pm Spanish	Prayer 8 am Mass 6:30 & 8:15am  Adoration, 9am- 8pm Cooper  Spanish Rosary	Prayer 8am Mass 6:30 & 8:15am	Prayer, 8am Mass 6:30 & 8:15am  Adoration, 9am - 8pm, Cooper	<i>Holy Thursday</i>  Prayer 8am  Mass 7pm, Church	<i>Good Friday</i>  Prayer 8am No adoration Stations 3pm Service 7pm, Church	<i>Holy Saturday</i>  Prayer 8am  Easter Vigil Mass, 8pm, Church
24	25	26	27	28	29	30
<i>EASTER SUNDAY</i>  Mass: 7, 8:30, 10am, Noon, English & Spanish	Adoration, 9am - 8pm, Cooper  Spanish Rosary 6pm, Church	Rosary, 5pm	Adoration, 9am - 8pm, Cooper		Adoration, 9am - 8pm, Cooper	Vigil Mass 4:30pm