



The Marian Messenger

Bi-monthly newsletter of the Sodality of Our Lady

“O Jesus living in Mary, Come and live in thy Servants”

Prefect's Perspective

Lent begins in a few days. Pope Benedict XVI described Lent as a “long retreat”; a time away from our regular busy lives to spend time with Jesus in fasting, prayer and almsgiving. So what would this retreat look like in our daily lives? Peggy Hool shared an idea she found in the February 17, 2013 issue of **Our Sunday Visitor** and I think you may find it helpful. It's called the KISS (Keep It Simple Sinner)/1-1-1 (One Sin, One Add-In, One Give Up) Plan.

One Sin: Choose one sin or fault that is getting in the way of your relationship with God and with others to work on during Lent. If you have trouble finding one, review the traditional seven deadly sins as a guide (pride, lust, gluttony, greed, sloth, anger and envy).

One Add-In: Add one new thing of God to your routine. Ideas include going to Mass in the middle of the week, reading a psalm a day, getting up early to pray, going to Stations of the Cross, or praying the Seven Penitential Psalms.

One Give Up: Giving up something for Lent has been a part of the Church for many years. Instead of giving up sweets, consider giving up one thing that you like or enjoy. Choose something that let you feel the deprivation and is at least a little bit challenging. You might consider fasting from gossiping, criticizing others or nagging; going on a financial fast—no impulse buying; giving up an unhealthy habit, like smoking; limiting the time you watch TV, surf the internet or spend time on social media sites; or giving up fast food and donating the money you save. Another way to show discipline during Lent is to do something positive like exercising more, praying more or being nicer to your friends and family.

Whatever you do, be positive and reflect Christian joy.

May you and your families have a Blessed Easter.

JoEllen

RESURRECTED from JOELLEN'S LENTEN TALK on March 6, 2011

---For the complete article go to www.sthughofgrenoble.org/sodality

I can't resist sharing with you a clever idea to use with children to help them better understand Lent. It's called the Jelly Bean prayer.

Red is for the blood He gave.
Green is for the grass He made.
Yellow is for the sun so bright.
Orange is for the edge of night.
Black is for the sins we made.
 White is for the grace He gave.
Purple is for His hour of sorrow.
Pink is for a new tomorrow.
 And handful of jelly beans,
 Colorful and sweet, Is a prayer, a promise,
 A loved one's treat!
 Happy Resurrection Sunday!

On Ash Wednesday, set out a glass jar for each child, with a small copy of the jellybean prayer attached to it. Each day during Lent, each child can earn a jellybean of any color they followed through on. They cannot eat the jellybeans until Easter. They cannot earn white jellybeans—they represent the Grace of Christ, which is a gift, not something we earn ourselves. On Easter morning, fill the jar with white jellybeans to represent Christ's grace.

Red: Each morning we choose something to sacrifice that day to earn the red jellybean. It has to be something they would have had the opportunity to have or do on that day.

Green: Earned for doing good deeds. (It was a good deed to provide shade for Jesus with the palm).

Yellow: Earned for sharing God's light through kindness to others.

Orange: Earned for attentive behavior during bedtime, prayer time, and night time Bible stories.

Black: Earned for going to bed without a fuss.

White: Cannot be earned. Jesus gives us grace—it is not something that we can earn ourselves.

Purple: Earned through apologizing to anyone we hurt with our words or deeds that day.

Pink: Earned when we forgive those who apologized to us for hurtful behavior.

March and April Birthdays

March 2 Barbara Ford

March 13 Sally Bershach

March 22 Martha Loutsch

March 23 Frances Marra

March 24 Laurie Njoku

April 7 Mary Ann Tretler

April 14 Cindy Perry

April 20 Blanche Rumbold



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MARY WADE, EDITOR

PRAYER CORNER

Let us remember to pray for all our deceased Sodalists, for parishioners and their family members, and for all those intentions written in the Sodality Prayer Book.

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2012-2014

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Saint Alphonsus Liguori (1696-1787)

Eternal Father, your Son has promised that you would grant all the graces we ask of you in His name. Trusting in this promise, and in the name and through the merits of Jesus Christ, I ask of you five graces:

First, I ask pardon for all offenses I have committed, for which I am sorry with all my heart, because I have offended your infinite goodness.

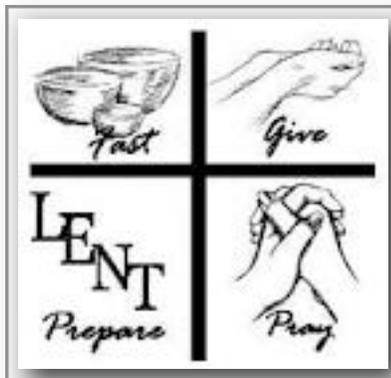
Second, I ask for your divine Light, which will enable me to see the vanity of all the things of this earth, and see also your infinite greatness and goodness.

Third, I ask for a share in your love, so that I can detach myself from all creatures, especially from myself, and love only your holy will.

Fourth, grant me the grace to have confidence in the merits of Jesus Christ and in the intercession of Mary.

Fifth, I ask for the grace of perseverance, knowing that whenever I call on you for assistance, you will answer my call and come to my aid; I fear only that I will neglect to turn to you in time of need, and thus bring myself to ruin.

Grant me the grace to pray always, O Eternal Father, in the name of Jesus. Amen.



Reminder...

Our lector for...

March 2: Suzanne Lomax

April 6: Rita Radich

April 27: 8am Mass Lector

May 4: JoEllen Sarff

Calendar of Events

- Mar 02 Mass & Meeting @ 8am
- Mar 04 Pancake Supper @6-8pm
- Mar 05 Ash Wednesday
- Mar 09 Blessing of the Rice Bowls
- Mar 10-11 40 Hours Adoration
Lenten Mission@7pm
- Mar 25 Annunciation Holy Hour @ 7pm
- Mar 27 EC Meeting @ 7pm
- April 1 Feast of St. Hugh Internat'l Dinner
- April 5 Sodality Union Meeting
- April 6 Mass & Meeting @ 8am
- April 11-13 Palm Sunday Retreat @ WRH
- April 20 Easter Sunday
- April 27 May Mass & Meeting @ 8am
- May 03 Sodality Union Meeting
- May 07 UMD Taste of Home

For back issues of the Marian Messenger and other Sodality documents go to:
www.sthughofgrenoble.org
Click on "Our Church" and then "Sodality of Our Lady".