



Discovering **hope** and **joy** in the Catholic faith.

March 2026

Holy Family Church

A community empowered through the Holy Spirit to promote the Kingdom of God

One Minute Meditations

St. Turibius of Mogrovejo

Born in Mayorga, Spain, in 1538, St. Turibius studied law at the University of Salamanca. Known for his prudence and integrity as a judge, St. Turibius was nominated by King Philip II to be archbishop of Peru. After witnessing the need of the faithful in Lima, St. Turibius agreed and was ordained. He spent his office reforming the Peruvian diocese of corruption, founded schools, seminaries, and hospitals, and worked to protect the rights of the natives.

Lent is about love

Lent can feel discouraging. After all, we give up things we like and focus on suffering. Yet, in Holy Week, for which Lent is the preparation, we see God's response to us in our sins. He meets us in our mess. He returns our rejection with freely offered love, our selfishness with radical self-gift, and our suffering with unfathomable mercy. We give up things for Lent because Love gave Himself up for us.

"[Our Lord] is thinking about you and not only about you but about every hair of your head: this is an article of faith and you must not have the slightest doubt about it... you have no cause to doubt that he is looking upon you with love..." — St. Francis de Sales, *Selected Letters*

Create space for grace

Lent is not just a season of temporary sacrifice, but a call to lasting conversion. Consider choosing disciplines that reshape daily habits and create space for grace. Here are five meaningful ways to begin redirecting your path:

Practice trust. *"Which of you by being anxious can add one cubit to his span of life?"* (Matthew 6:27). Concern is human, but persistent worry bears little fruit. When anxiety rises, turn it into prayer, "Jesus, I trust You, I place this moment and its outcome in Your hands." Trust grows through repetition.

Refocus your heart. Lasting fulfillment does not come from appearance or possessions, but from knowing God and resting in His love. Keep a daily record of blessings received. Review it often.

Create quiet. St. Teresa of Calcutta said, "God is the friend of silence." Silence begins by turning off what

competes for attention. Place screens in another room. Silence notifications. Turn to God in the silence.

Give rather than acquire. Learn to distinguish between wants and needs. Limiting spending to what is truly necessary challenges the habit of

"Do you wish your prayer to fly toward God? Make for it two wings: fasting and almsgiving."

St. Augustine

seeking comfort or status in possessions. When we forgo nonessential purchases and redirect those resources to others, we cultivate detachment, strengthen generosity, and put our security in God.

Choose mercy. Resentment binds the heart; forgiveness frees it. On the Cross, Christ chose mercy. This Lent, choose the same path toward healing and peace.

Why Do Catholics Do That?

Why do Catholics practice prayer, penance, and almsgiving during Lent?

Prayer, penance, and almsgiving are grounded in the prophets' call to genuine conversion. Joel urges the people to return to God with their whole hearts, not merely with outward gestures. Isaiah makes clear that the fast God desires feeds the hungry and shelters the poor, linking worship with justice. Jesus deepens this teaching in

Matthew 6. He assumes His followers will pray, fast, and give alms, but warns against practicing them for recognition.

When done in secret, these disciplines purify motives, reshape desire, and free us from attachment to possessions and approval. Properly embraced, they train the heart to seek lasting treasure in God rather than passing reward.

The right time is now

When is the right time to proclaim the Gospel, live the faith with greater intention, and renew our commitment to God's plan? During a January Angelus address, Pope Leo said, "God is at work at all times; every moment is 'God's time'." The call to discipleship is not reserved for a future time when life feels more settled. It is meant for us today.

God works in uncertain moments. The Gospels show that Jesus did not wait for favorable conditions. Matthew records that His public ministry began after John the Baptist's arrest, a moment marked by instability and threat. Rather than withdraw, Jesus proclaimed, "*Repent, for the kingdom of heaven is at hand*" (Matthew 4:17). What seemed like a setback became the starting point of His mission. If we postpone

necessary change until circumstances improve, we may never act. Every moment, even a difficult one, can become the moment of conversion because God is always at work.

God draws close. Jesus also chose an unexpected location. He began not in Jerusalem, the religious center, but in Galilee, a region known for cultural and religious diversity. His mission made clear that God's grace is not confined to a single place or people. As Pope Leo explained, the Gospel reveals a God who draws near to all. No environment is beyond His presence. In our own lives, this means that God's invitation unfolds in ordinary settings. He calls us to deeper friendship, lasting conversion, and faithful witness wherever we are.

from Scripture

Matthew 26:14-27:66, God turns suffering into glory

In this passage, we read Matthew's account of the Passion, which begins with Judas agreeing to betray Jesus for thirty pieces of silver and continues through the preparations for the Last Supper. At that meal, Jesus institutes the Eucharist, giving His Body, Blood, Soul, and Divinity to His disciples. The contrast is striking. While Judas pursues his own self-interest, Jesus gives Himself in total self-offering.

In Gethsemane, the contrast deepens. As Jesus endures profound anguish, He asks His closest companions to remain with Him in prayer. They fall asleep. Soon after, Judas arrives with an armed

crowd and identifies Jesus with a kiss. Jesus is then bound, falsely accused, mocked, and beaten. By the next day, He is scourged, condemned, crucified, and laid in the tomb.

Through these events, Matthew highlights Jesus' trust in the Father and His commitment to the Father's will. The Passion is not a sign of divine abandonment. It reveals the depth of God's mercy. In Christ's willing sacrifice, suffering becomes the means of redemption, grace is poured out, and death itself is conquered. Holy Week shows that God can transform even the darkest hour into the path to glory.

Feasts & Celebrations

March 1 – St. David of Wales (c. 601). St. David is the patron saint of Wales. He was born into Welsh nobility, but instead chose to become a priest. He was later consecrated a bishop. He is best known for founding an ascetic monastery, and ridding the area of the Pelagian heresy, which states that we must earn our salvation. He was known for his inspiring preaching, penitential life, and kindness to the poor.

March 4 – St. Casimir of Poland (1483). Born to King Casimir IV of Poland, St. Casimir became known for his piety and integrity at a young age. When

the prince was older and his father sent him to conquer Hungary, Casimir assessed the odds against winning the war and turned back out of concern for his troops. He resolved never to be involved in war again. He died of illness when he was twenty-five.

March 19 – St. Joseph, Husband of Mary (1st Century). Jesus' earthly father and husband to the Blessed Mother, St. Joseph is a model of fatherhood and a protector of families.

March 29 – Palm Sunday of the Lord's Passion (1st Century). On Palm Sunday of the Lord's Passion, we recall Jesus' triumphant entry into Jerusalem, when He was greeted by crowds waving palms and cheering. This Sunday marks the beginning of Holy Week.

Q & A Does repeated failure change how God loves me?

It can be discouraging to struggle with the same sins repeatedly. The pattern may feel discouraging. Yet discouragement should never become despair. The central truth of the Christian life is that when repentance is sincere and there is a real desire to improve, God always receives us. As Pope Francis said, "He does not tire in forgiving. We are the ones who tire in asking for forgiveness." His mercy does not diminish with repetition.

At times, God may permit ongoing struggles to deepen our humility. Repeated weakness can protect us from spiritual pride, which blinds us to our faults and keeps us from seeking grace. Humility, however, recognizes imperfection without losing trust. A humble person is not shocked by failure but returns to God with greater dependence.

If you feel anxious about Confession, whether for a new sin or a familiar one, remember the father in the parable of the Prodigal Son. He waits, watches, and runs to meet his child. This is how God receives us. In every sincere confession, we encounter not frustration, but mercy renewed.

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