



March 26, 2023

He cried out in a loud voice,
“Lazarus, come out!”

John 11:43

Fifth Sunday of Lent

PARISH SCHEDULE & DIRECTORY

RECTORY OFFICE

Monday—Friday 10:00 am—2:00 pm

ADDRESS: 1 Pineswamp Road
Ipswich, MA 01938

TELEPHONE: 978-356-3944

FAX: 978-356-9592

WEEKEND MASS

Saturday 4:00 p.m.

Sunday 9:00 a.m. & 11:00 a.m.

WEEKDAY MASSES

**Monday, Tuesday, Thursday, Friday and
Saturday 9:00 a.m.**

There is no daily Mass on Wednesday

GUIDE FOR IN-PERSON WORSHIP

The requirement for Masks has been lifted. However, for those who are not vaccinated or are more comfortable wearing a mask, please continue to. We also ask those who attend to social distance from those not in your household when possible.

If for any reason these directives and guidelines need to be increased by the CDC, we will update and post them to our website www.ipswichcatholics.org.

Thank you for your understanding and cooperation.

SACRAMENTS

RECONCILIATION

SATURDAYS 3:00—3:45 PM or by appointment. Please wear a mask when in the confessional.

BAPTISM

If you are planning a baptism in the future, please call the rectory to make arrangements 978-356-3944.

MARRIAGE

If you are an engaged couple, please call Fr. Tom directly at least 6 months prior to the intended date.

RCIA & FAITH FORMATION

Questions regarding current, upcoming programs and/or sacramental programs available at our parish, please contact rectory at 978-356-3944.

STAY UP TO DATE THROUGH EMAIL

When important information is sent to registered parishioners, it is conveyed through email. Please let us know when your email has changed. Thank you.

CONTACT INFORMATION

PASTOR: Rev. Thomas E. Keyes

PRIEST IN RESIDENCE: Rev. John G. Kiley

OFFICE MANAGER: Joanne DiNatale

978-356-3944 rectory@ipswichcatholics.org

RELIGIOUS EDUCATION COORDINATORS:
978-356-3944 EXT. 28

Elementary: Gabriela Twaalfhoven
gtwaalfhoven@ipswichcatholics.org

Middle and High School: Elisa St. Clair
elisastclair@ipswichcatholics.org

MUSIC MINISTER: John Maher
978-500-6789 johnmaheripswich@gmail.com

MAINTENANCE: Branden Soroka

FINANCE COUNCIL CHAIR: Michael Nelligan

PARISH MINISTRY CONTACTS

CATHOLIC WOMEN'S CLUB

Bonni Berkowitz, President | 617-549-2744
berky000@gmail.com

MUSIC MINISTRIES

John Maher | 978-500-6789
johnmaheripswich@gmail.com

SAINT VINCENT DE PAUL

James McCarthy, President | 978-992-6151

KNIGHTS OF COLUMBUS

James Foley | 978-360-2799

For more information, contact the parish office.

Consider sharing your gifts and talents.

NEW TO OUR PARISH?

If you are new to Our Lady of Hope, please introduce yourself to Fr. Tom following Mass. To formally register with our parish, contact the rectory office at 978-356-3944.



Let the Priest know if you would like to use a hearing assist box before Mass. If you have any questions, please call the rectory at 978-356-3944.

Thank You

MASS INTENTIONS

Saturday, March 25

9:00 am—Weekday Mass

4:00pm—William Macullar

Sunday, March 26

9:00am—Weekend Mass

11:00am—Weekend Mass

Monday, March 27

9:00 am—Kathleen Flynn

Tuesday, March 28

9:00 a.m.—Richard Phillips

Wednesday, March 29

No Daily Mass

Thursday, March 30

9:00 a.m.—Weekday Mass

Friday, March 31

9:00 a.m.—Weekday Mass

Saturday, April 1

9:00 am—Weekday Mass

4:00pm—Weekend Mass

Palm Sunday, April 2

9:00am—Margaret Littlefield

11:00am—Weekend Mass



ONLINE GIVING

We offer this convenience to our parishioners and visitors. Online giving is an easy and secure way to make contributions to support our parish. You may contribute using direct withdrawals (ACH) or credit cards. Visa, MasterCard and American Express are all accepted.

To contribute using online giving, simply visit our website: ipswichcatholics.org and follow the instructions. For assistance, call the rectory.

Remember God's will in yours...

When you leave a bequest to the Church in your will or estate plan, you express your commitment to the future of your parish. You also return some of the blessings God gave to your life and leave an eternal message of what is important to you. Please consider including Our Lady of Hope Parish when preparing your will.

For more information contact Fr. Tom Keyes or call the rectory office at 978-356-3944 or email: rectory@ipswichcatholics.org



PRAYER REQUESTS

WE ASK PARISHIONERS TO PRAY...

† For all those who are sick, especially Cathryn Lally, Denise Polli, Gerrie O'Brien, Melissa Faino Palelli, Mikey Grover, Kyrsten Weber, Arline Thornell, Irene Stackpole, Connie Donovan, Connie, Christine & John Vallis, Maria Masse, Ed Manning, Patricia Foley, J. P. Quinn and Virginia Morin and all those infected with the Covid-19 virus.

† For the children attending our Faith Formation classes.

† For those who work on front line with Covid-19 virus

† For those who work and live in war-torn countries, especially in the Ukraine

† For all the deceased member of our parish

† For the safety and good health of all missionaries

† For all who serve our country in the Armed Forces

† For peace in our world, especially Ukraine.

† For the unborn children

† For all those affected by natural disasters

PLEASE NOTE:

In order to keep our prayer list current, names will remain on the list for four weeks. Please resubmit by contacting the rectory office. Names should be submitted by the individual or immediate family member.



DONATION FOR MARCH 19, 2023

OFFERTORY: \$3,273.00

THANK YOU TO ALL WHO GENEROUSLY SUPPORT OUR PARISH.

THE ANNUAL CATHOLIC APPEAL PUTS

Faith into Action *It all starts with* **YOU**

SCAN HERE TO MAKE YOUR GIFT OR VISIT bostoncatholicappeal.org/donate-now

The 2023 Catholic Appeal officially launched here in our parish and across the Archdiocese. Catholics throughout the Archdiocese are asked to partner with one another to support their parish and the many outreach ministries by contributing to the Catholic Appeal. Many of you have received a letter from Cardinal Seán requesting your early support of the 2023 Appeal. We hope that you will respond to his invitation with a generous gift, knowing that each contribution transforms faith into action. You can make a gift by returning your pledge card or by making an online donation at www.bostoncatholicappeal.org/donate-now.

For those who have already made a gift, thank you for your early support! The Appeal is a primary means by which we care for our brothers and sisters, and it all starts with YOU.



WELCOME
Shores Mamie Lemire
Georgia Zoey Moore
who were baptized into the
Family of God.

OUR LADY OF HOPE MEN'S GROUP

Our Lady of Hope Men's Group invites you to come join us Saturday mornings from 7:00 - 9:00 in the church hall, for light refreshments and Christian fellowship in an easy-going, informal atmosphere.

PARISH ROSARY GROUP

Praying the Rosary for those affected by abortion

Please join us every Tuesday at 7 PM in the upper Church for reciting the Rachel Rosary, intercessory prayer for victims of post-abortion syndrome. Rachel Rosary is a positive and appropriate means of praying for those affected by abortion. All are welcome to attend each week or as you are able.

VOCATIONS

Interested in learning how you can lend your talents to encouraging those men called to be holy priests? Want to explore vocational discernment, life, and the life of seminarians and? Come see the new vocations website at www.vocationsboston.org feel free to contact the Vocation Office by phone at 617-746-5949.

WORLDWIDE MARRIAGE ENCOUNTER

Lent has begun. Psalm 51: "Create a clean heart in me, O God, and a steadfast spirit renew within me." Renew and transform your relationship. How? Apply for a Worldwide Marriage Encounter Experience:

Jun 23-25, 2023 in Huntington, NY

Worldwide Marriage Encounter sponsors a variety of in-person and virtual marriage experiences, some on weekends and some on seven weekdays. Couples explore their relationship with each other, God, and the Church. Registration is limited; there is a \$100 application fee. For more information or to apply, call Joe & Ginny Vatele at 978-870-5646 or <https://www.mema.org/>.

MOBILE APPS FROM EWTN!

Download the EWTN mobile app for FREE and carry Catholic programming with you! Enjoy live streams of many of our popular TV and radio shows, prayers and devotionals, as well as the latest Catholic news. Also available is the EWTN Bible App featuring the brilliantly recorded "Truth & Life" dramatized audio New Testament! Visit www.ewtnapps.com for more information and to download

ST. VINCENT DE PAUL



On your behalf, the Our Lady of Hope Parish Saint Vincent de Paul Society continues to serve the poor, disadvantaged, and all experiencing challenges brought on by health or economic conditions. Since the beginning of the year, we have provided rental assistance to a family dealing with serious health issues that have dramatically impacted their income. We've also offered ongoing food assistance to many households struggling with the higher cost of food. With your Poor Boxes donations and prayers, we will continue to present the face of Jesus to those in need.

Please keep SVDP in mind if you hear of someone locally in need to whom we may be of assistance. We can also bring Vincentian Spirituality into the homes of the sick or homebound, who may benefit from our Christian companionship through our visits.

Contact us at 978-992-6151.

PROTECTING GOD'S CHILDREN

All volunteers who minister in the Archdiocese must attend the Protecting God's Children training and complete the Code of Conduct form. In addition, every year all current volunteers and new volunteers must complete a CORI Form. Our Lady of Hope has begun the process for CORI completion for all volunteers and forms are available at the exit of the hall. Contact the rectory office to verify your ID (driver's license or passport) once completed. There have been downsides to the Pandemic, but an upside has been online training sessions for the Protecting God's Children (Virtus) program. Which might be more convenient to those with busy schedules.

If you will be volunteering and have not yet attended a training, the Child Advocacy office is now providing 'live' weekly PGC trainings on Zoom through Virtus throughout the summer. Just go to the usual Virtus.org, the 'Live Training' tab and Pre-register for an [upcoming live training session](#) – and you will find the schedule for adults to complete their PGC requirement with the Archdiocese of Boston via Zoom (Braintree).

You will also see other Live sessions being offered in person throughout the diocese, so if you prefer; you can attend in person at others listed too. If you register for a training, please let us know once completed and forward a copy of your completion certificate to the rectory office.

**EVENING MISSION ALSO
LIVE STREAMED ON WEBSITE AT:
www.ipswichcatholics.org**

JOIN US

**2023 LENTEN MISSION
with Sr. Briege McKenna, O.S.C. and
Fr. Pablo Escriva De Romani**

Monday, March 27 to Thursday, March 30

Monday

**Theme: Reconciliation
9:00 am Mass and Mission
6:30 pm Mission Talk and
Reconciliation Service (No Mass)**

Tuesday

**Theme: Prayer and
The Power of the Holy Spirit
9:00 am Mass and Mission Talk
6:30 pm Mass and Mission Talk**

Wednesday

**Theme: The Power of the Cross
9:00 am Mass and Mission Talk
6:30 pm Mass and Mission Talk**

Thursday

**Theme: The Source and
Summit of our Faith
9:00 am Mass and Mission Talk
6:30 pm Mass and Mission Talk and
Eucharistic Healing Service**



SISTER BRIEGE MCKENNA, O.S.C. was born in Ireland and entered the Sisters of St. Clare at the age of fifteen. Following her final vows and after suffering for more than three years with rheumatoid arthritis, she was transferred to her community in Tampa, Florida, hoping that the Florida sunshine would relieve her suffering. At the age of twenty-four, she was miraculously and instantaneously healed during the celebration of the Eucharist and some time later received, in prayer, the gift of healing for which she has become so widely known. In 1974, again during prayer, she was given a deep spiritual insight into the mystery of the call to priesthood. Since then, bishops and priests in many parts of the world have invited her to speak and minister at their retreats and conferences. Sr. Briege ministered to priests in collaboration with Fr. Kevin Scallon, CM for over forty-two years until his death in June 2018. She now continues with this ministry working with Fr. Pablo Escriva de Romani. Her books "Miracles Do Happen" and "The Power of the Sacraments" have been translated into many languages throughout the world.

FR PABLO ESCRIVA DE ROMANI was born in Spain and ordained in Madrid 2009. He studied Theology in the Faculty of San Damaso in Madrid, Spain. He worked predominantly with the youth in the parish of St. Teresa of Jesus in Madrid for several years. After that period, he went to Ukraine as a missionary, working with Bishop Jan Sobilo in the Shrine of Merciful God the Father, giving retreats and helping people from the war zone, pro-life missions with doctors, and spiritual exercises for priests. Fr. Pablo has been ministering at retreats as a missionary in different countries, including France, Mexico, Italy, Poland, Belarus, Switzerland, Bosnia-Herzegovina, Ethiopia, Dominican Republic, USA, Belgium, Lebanon, Holy Land, Guatemala, Chile, Portugal, Puerto Rico, Ukraine, and Costa Rica. He is now working as a diocesan missionary from Madrid in Costa Rica, residing with Bishop Javier Roman in the Diocese of Limon and helping in the indigenous zone, working with youth and giving spiritual exercises to priests. He is now beginning to restore a retreat house to receive priests willing to have a missionary experience and renew their priesthood. Additionally, Fr. Pablo has joined Sr. Briege in ministering to priests and at parish missions.

**Our Lady of Hope Parish ~ 1 Pineswamp RD. ~ Ipswich, MA
978-356-3944**



In previous Bulletins I have mentioned that Our Lady of Hope Parish in Ipswich will enter into Collaboration with Saint Paul Parish in Hamilton/Wenham. This Collaboration will take effect on June 1, 2023. As of this date, there will be One Pastor for two Parishes. This means that there will be only One active, full time Priest for the two Parishes. There may be a retired Priest to be of assistance, but he will not be considered full time. Thus, all future scheduling of Masses and other events will be determined based on One active Priest for both Parishes. All changes will be determined by the New Pastor and the Parish Staffs and Councils.

Who the New Pastor will be, I do not know. Cardinal Sean is the one who appoints new Pastors. When I am informed, you will be informed. In preparation for the Collaborative and new Pastor, I have resigned as Pastor, as requested by the Cardinal, as of June 1, 2023. I have also asked the Cardinal to allow me to retire as of June 1st. Where I will go is still to be determined.

As we get closer to June 1st I will keep you informed of the future.

Be good!

Fr. Tom Keyes, Pastor

PARISH PASTORAL COUNCIL

Below you will find a list of Parish Council members' email addresses.

As the Collaboration date with St. Paul's Parish nears, we want to make ourselves available. We are still learning ourselves, but feel free to speak with us after Mass or email us if you have any questions. We are here for all of you to help in any way we can.

Mike Antell mikeantell@gmail.com

Bonni Berkowitz BerkY000@gmail.com

Joanne Bialek BialekJo@gmail.com

JoAnne Kelleher jkelleher829@gmail.com

Linda Murphy lmem@comcast.net

SCRIPTURE READINGS 2023

5TH SUNDAY OF LENT March 26	Ez 37:12-14/Ps 130:1-2, 3-4, 5-6, 7-8/Rom 8:8-11/ Jn 11:1-45 or 11:3-7, 17, 20-27, 33b-45
MONDAY March 27	Dn 13:1-9, 15-17, 19-30, 33-62 or 13:41c-62/ Ps 23:1-3a, 3b-4, 5, 6/Jn 8:1-11
TUESDAY March 28	Nm 21:4-9/Ps 102:2-3, 16-18, 19-21/Jn 8:21-30
WEDNESDAY March 29	Dn 3:14-20, 91-92, 95/Daniel 3:52, 53, 54, 55, 56/ Jn 8:31-42
THURSDAY March 30	Gn 17:3-9/Ps 105:4-5, 6-7, 8-9/Jn 8:51-59
FRIDAY March 31	Jer 20:10-13/Ps 18:2-3a, 3bc-4, 5-6, 7/Jn 10:31-42
SATURDAY April 1	Ez 37:21-28/Jeremiah 31:10, 11-12, 13/Jn 11:45-56
PALM SUNDAY April 2	Mt 21:1-11/Ls 50:4-7/Ps 22:8-9, 17-18, 19-20, 23-24/ Phil 2:6-11/Mt 26:14—27:66 or 27:11-54

Lenten Regulations

- **•• Abstinence** from meat is to be observed by all Catholics 14 years and older on **Ash Wednesday, Good Friday**, and all ***Fridays** of Lent
- **•• Fasting** is to be observed on **Ash Wednesday** and **Good Friday** by all Catholics over the age of 18 but not yet 59. Those bound by this may only take only one full meal. Two smaller meals are permitted to maintain strength according to one's needs, but eating solid foods between meals is not permitted.

Catholics should not lightly excuse themselves from these prescribed minimal practices.

(Those who are ill, pregnant, on medication or special diets for health concerns, or those who work at extremely physical jobs may be exempt from these regulations)

*In the United States, the bishops have asked Catholics over the age of 14 to abstain from meat on all Fridays of Lent.

EASTER FLOWERS

We will celebrate Easter on April 9, 2022. We will once again memorialize the flowers and plants used around the altar and sanctuary. If you would like to make a donation in memory of a deceased member of a particular family or in someone's memory please follow the process below:

Using a plain white envelope, write "**Easter Flowers**" on it. **Please print (clearly)** the name of the person, couple (mother/father) or the name of the family you want remembered on the outside of the envelope; or you may also include the names on a piece of paper inside the envelope. The donation request is **\$25.00 (or more if you desire)** per name, couple or family.

Flower request envelopes can be placed in the weekend collection basket, incoming mail bin on the rectory porch or mail them to: **Our Lady of Hope, 1 Pineswamp RD, Ipswich**

We will publish the names of all those in whose memory the flowers and plants are intentioned in our Easter Bulletin. The **deadline** to have your intentions printed in the Easter Bulletin will be **Wednesday, April 3, 2023** This is due to early submission of bulletin for Holy Week. Thank you in advance.

May these flowers assist us in our
"Alleluia to the Risen Lord"

Summer of 2023:

Fr. John will be leading a pilgrimage to Ireland with **206 Tours** in the summer of 2023 from July 30 to August 8. We will visit **Dublin · Wicklow · Glendalough · Tipperary · Rock Of Cashel · Kerry · Dingle Peninsula · Shannon · Cliffs Of Moher · Corcomroe Abbey · Galway · Corrib Lake · Clonmacnoise · Knock.**

For more info:
www.pilgrimages.com/frkiley

WINTER STORM CANCELLATIONS

When there is inclement weather, there is concern for the safety of parishioners to our parish and our ability to clear the parking lot and walkways to make them safe and free of snow/ice. When conditions are extreme and local authorities are warning of travel we will also follow this same decision and cancel celebrating daily Mass and possibly weekend Masses. We will post this on our website, cancellations on Channel 7 (NBC), Channel 56(CW) and by logging onto www.whdh.com.



All our welcome

to a regional **Ultreya** @ Our Lady of Hope **Church in Ipswich on**

Friday March 31, 2023 @ 6:30 PM. Join us for prayer, song and a fourth day witness talk given by Shannon Martin. The theme of Shannon's sharing is "**Being Close to Jesus**". Please contact Anne Girard @ 978.239.9854 with any questions.

Join Catholic in Recovery at Our Lady of Hope Parish

1 Pineswamp Road, Ipswich, MA | PARISH HALL

New day!

2ND & 4TH SUNDAYS
@ 6:30 p.m.



Catholic sacramental recovery and fellowship for those seeking freedom from addictions, compulsions, and unhealthy attachments.

For more information visit:
catholicinrecovery.com or contact Eileen K. at (978) 500-1282 or cireileen@gmail.com



Catholic In Recovery



Faith | Freedom | Fellowship

IPSWICH KNIGHTS OF COLUMBUS



The Knights of Columbus is the world's largest Catholic fraternal service organization. It was founded by the Venerable Father Michael J. McGivney in New Haven, Connecticut, in 1882, and named in honor of the navigator Christopher Columbus. Originally serving as a mutual benefit society to low-income immigrant Catholics, it developed into a fraternal service organization dedicated to providing charitable services, promoting Catholic education, and actively defending Catholicism in various nations.

The Knights of Columbus is not just a fraternity in name. It is a brotherhood of Catholic men who each play a part in improving the world around them, one community at a time. They are dedicated to upholding the principles they cherish - Charity, Unity, and Fraternity. The Knights stand together in faith and lend their support to the parish, home, and fellow Knights. From charity for worldwide causes, to helping closer to home with volunteer activities, to a top-rated insurance program that protects those closest to you, the Knights make the most of its brotherhood.

All men in the parish are welcome and should consider joining the Knights of Columbus. We'd love to have you! For more information on joining the Knights, please contact Jim Foley Grand Knight of Ipswich Council 498 at: Jamesfoley2233@gmail.com.

STATIONS OF THE CROSS



9:30 am after the daily Mass on the following Fridays 17, 24 & 31.
Good Friday Stations will be at 3:00p.m.

CATHOLIC TV BROADCASTS DAILY AND SUNDAY MASS

Cardinal Seán encourages Catholics to participate in the daily and Sunday Masses broadcast from the CatholicTV chapel, especially those who still cannot attend Mass in person.

Daily Mass airs live at 9:30am and is rebroadcast at 7pm and 11:30pm.

Sunday Masses air throughout the day at 10am, 4pm, 7pm, and 11:30pm. Viewers can watch these Masses on demand at any time at www.WatchtheMass.com.

For more information about CatholicTV and where you can watch it, **CHANNEL 296 VERIZON AND 268 COMCAST** or visit <http://www.catholicTV.org/>



5th SUNDAY OF LENT

In today's Gospel, Jesus says to Martha, "Did I not tell you that if you believe you will see the glory of God?" Lent is a time for reflection and restoration. Reflect on what strengthens your faith and ways in which you can continue to build a strong foundation. How can you be more open to God's will in your life?

SPECIAL COLLECTIONS

April 7—GOOD FRIDAY - HOLY LAND SHRINES

APRIL 9—EASTER - CLERGY HEALTH & RETIREMENT TRUST

Learn authentic, traditional Catholic meditation & contemplation in 8 weekly sessions

LECTIO DIVINA COURSE

AT OUR LADY OF HOPE CHURCH
IN THE PARISH HALL

Tuesdays during Lent 6-8 pm

Starting February 21

To learn more & register, scan the code



Each weekly session will consist of

- A **lesson** rooted in Tradition featuring the Saints and spiritual masters of the Catholic faith.
- **Small group practice** of the lesson.
- **Exercises** to practice at home.



Led by
Craig St. Clair, MA
Catechist-at-large

(www.facebook.com/groups/LDOLH/)

Journey to Easter with Exodus Lent

EXODUS

40 days to grow closer to God and become a better man.

The Men's Group at Our Lady of Hope is inviting all men in the parish to participate in Exodus Lent, a program of prayer, fasting, and fellowship.

We meet each week at 7:15 am on Saturdays. Come join us on this spiritual journey toward Easter!

Use your smartphone's camera to click on the QR code above for more information.

Freedom begins
Ash Wednesday

Exodus90.com





A REFLECTION ON LENTEN FASTING

BY REV. DANIEL MERZ

In the early Church and, to a lesser extent still today, there were two fasts. There was the "total fast" that preceded all major feasts or sacramental events. The ancient name for this fast was "statio" from the verb "sto, stare" to stand watch, on guard or in vigil. The second fast was a fast of abstinence from certain foods, e.g., meats or fats. This was more an act of self-discipline and self-control. The *statio* fast was total and a means of watching and waiting ... i.e. *for* something. The fast of abstinence was more general and personal, to help oneself be more disciplined or self-controlled. The total fast is still kept today prior to reception of Holy Communion. Following Holy Communion, the total fast ceases because Jesus had explicitly stated that we don't fast when the bridegroom is here, in other words, what we're keeping vigil for has arrived, the wait is over. On the other hand, the fast of abstinence was allowed on Sundays because the continuity of abstinence can be important for it to be effective.

These initial observations, then, teach us that the Eucharist is always the end of a preparation. It is always the fulfillment of an expectation. In the Orthodox Church during Lent, they have Eucharist only on Saturday and Sunday. But because Wednesdays and Fridays are total fast days, those two days are also days for the Communion service (Liturgy of the

PreSanctified) which are held in the evening, i.e., after the day of preparation. Fasting is always preparatory.

But how did *fasting* become such an important means of preparing for the Eucharist and of learning virtue through self-discipline? Christian fasting is revealed in an interdependence between two events in the Bible: the "breaking of the fast" by Adam and Eve; and the "keeping of the fast" by Christ at the beginning of his ministry.

Humanity's "Fall" away from God and into sin began with eating. God had proclaimed a fast from the fruit of only one tree, the tree of knowledge of good and evil (Gen. 2: 17), and Adam and Eve broke it. Fasting is here connected with the very mystery of life and death, of salvation and damnation. Food perpetuates life in this physical world, which is subject to decay and death. But God "created no death." (Wis. 1:13) Humanity, in Adam and Eve, rejected a life dependent on God alone for one that was dependent rather on "bread alone." (Dt. 8:3; Mt. 4:4; Lk. 4:4)

The whole world was given to man as a kind of food, as a means to life, but "life" is meant as communion with God, not as food. ("Their god is their belly." Phil. 3:19) The tragedy is not so much that Adam ate food, but that he ate the food for its own sake, "apart" from God and to be independent of Him. Believing that food

had life in itself and thus he could be "like God." And he put his faith in food. This kind of existence seems to be built on the principle that man does indeed live "by bread alone."

Christ, however, is the new Adam. At the beginning of his ministry in the Gospel of Matthew, we read, "When He had fasted 40 days and 40 nights, He became hungry." Hunger is that state in which we realize our dependence on something else-when we face the ultimate question: "on what does my life depend?" Satan tempted both Adam and Christ, saying: Eat, for your hunger is proof that you depend entirely on food, that your life is in food. Adam believed and ate. Christ said, "Man does NOT live by bread alone." (Mt. 4:4; Lk. 4:4) This liberates us from total dependence on food, on matter, on the world. Thus, for the Christian, fasting is the only means by which man recovers his true spiritual nature. In order for fasting to be effective, then, the spirit must be a part of it. Christian fasting is not concerned with losing weight. It is a matter of prayer and the spirit. And because of that, because it is truly a place of the spirit, true fasting may well lead to temptation, and weakness and doubt and irritation. In other words, it will be a real fight between good and evil, and very likely we shall fail many times in these battles. But the very discovery of the Christian life as "fight" and "effort" is an essential aspect of fasting.

This article draws in part on the writings of Alexander Schmemmann, "Notes in Liturgical Theology," St. Vladimir's Seminary Quarterly, Vol. 3, No. 1, Winter 1959, pp. 2-9. Rev. Daniel Merz is a former Associate Director of the USCCB Divine Worship office. This article was originally published on usccb.org. Copyright 2020, United States Conference of Catholic Bishops, Washington DC.



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It gets better: your car donation can be picked up within
24 hours, and in some cases even the same day.



Donate Your Vehicle Today
844-518-0031



While we appreciate every donation, in some cases, we find that we are unable to accept certain vehicles, watercraft, and/or recreational vehicles due to the prohibitive costs of acquisition. If you have any questions, please give us a call at (844) 518-0031



How Your Vehicle Donation Helps Veterans

Your vehicle donation directly helps us to provide our nation's
heroes with much needed programs and services, such as:

- Essential Medical Care and Mental Health Services
- Mentoring, Job Skills Training, and Employment Assistance
- Food, Emergency Shelter, and Housing for Homeless Veterans
- Post-Traumatic Stress Disorder (PTSD) Therapy and Grief Counseling

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