

The  
Resurrection  
of the Lord  
Easter Sunday



"The Lord  
is truly risen,  
*alleluia.*  
To him be glory  
and power  
for all ages of eternity,  
*alleluia, alleluia.*"

Luke 24:34; cf. Revelation 1:6



*He is Risen!*



Today, we celebrate Easter,  
Christ's Resurrection.  
Easter is the "feast of feasts,"  
"the solemnity of solemnities,"  
and the "Great Sunday."

Catechism of the Catholic Church, no. 1169

Thank you for taking part in our annual Lenten Program. Covid-19 may have changed how we do things, but our unwavering spirit will always push forward to give you, our parishioners, a reflection program during this time of prayer, fasting, and almsgiving.

[www.stbrigids.archtoronto.org](http://www.stbrigids.archtoronto.org) | [www.facebook.com/stbrigidschurch](https://www.facebook.com/stbrigidschurch)  
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St. Brigid's Catholic Church  
2021 Lenten Program

## LENT 2021:

### REPENT AND BELIEVE IN THE GOSPEL!

*By our Pastor, Fr. Carlos Sierra*

We are about to start this great journey of Lent. I do believe this season is one the busiest for the Holy Spirit, moving all the unbaptized and the baptized sons and daughters of God to go back to the original state of creation, and, mostly, after the fall of our ancestors, Adam and Eve, to go back as well to our original state of recreation acquired at baptism through the passion, death, and resurrection of Jesus Christ.

For this season of 2021, we will be listening once again to the common call that is being said now at the imposition of ashes: **Repent and believe in the Gospel!** We can say that believing and having faith, leads us to repentance; and repentance becomes a visible sign of our faith. Thus, faith without true repentance is nothing. Comparatively, apostle James says: "You have faith; I have deeds." Show me your faith without deeds, and I will show you my faith by my deeds (James 2:18). In the same way, faith and repentance intertwine so intimately that one cannot exist without the other.

In the present booklet, a humble exercise of spirituality for the journey of Lent that we propose to all our parishioners. We hope it will inspire all of us to say 'yes' to repentance as a true sign of our faith. And may this program be an instrument to help us in knowing what we need to do and to not procrastinate on our personal need to change through a deep contrition. May God bless you on your 2021 Lenten Journey.

## LENT

### PRAYER + FASTING + WORKS OF LOVE

Lent is the yearly celebration by the Church of its corporate conversion in Jesus Christ. During Lent, the liturgy prepares catechumens to celebrate the Paschal Mystery by the various stages of Christian Initiation. It also prepares the faithful for Easter as they recall their Baptism and do penance in preparation for the greatest Feast of the year.

**Lent has two major purposes:** It recalls or prepares for Baptism, and emphasizes a spirit of penance. Through forty days of closer attention to God's Word and of more fervent prayer, believers are prepared to celebrate the Paschal Mystery. Lenten instructions stress these baptismal and penitential themes.

During Lent, it is important to teach the social consequences of sin as well as the fact that the heart of the virtue of penance is hatred of sin as an offense against God.

The Church encourages penitential practices that are external and social, reflecting the circumstances of individuals and communities, as we pray and do penance for sinners.



[www.youtube.com/watch?v=Xo1mjuj1NA0](https://www.youtube.com/watch?v=Xo1mjuj1NA0)



*“Yet even now, says the Lord, return to me with all your heart.” – Joel 2:12*

Today, the first day of Lent, is called Ash Wednesday. Many people celebrate this beginning by going to church and receiving ashes, usually in the form of a cross on their foreheads or sprinkled on the head. These ashes are a sign of being sorry for our sins. They are a sign that we want to be in communion with Jesus, who carried his cross because he loves us.

*“With these ashes, we know your love, O Lord.”*

[www.youtube.com/watch?v=4RHeY4meo90](http://www.youtube.com/watch?v=4RHeY4meo90)



<p>We mark our foreheads with ashes to remind ourselves that <b>we are not of this world</b> and are made for <b>eternity with God.</b></p>	<p><b>Where do the ashes come from?</b> The ashes are made from the <b>blessed palms</b> used in the Palm Sunday celebration of the previous year.</p>	
<p><i>“For You have made us for Yourself, and our hearts are restless until they find rest in You.”</i> -St. Augustine of Hippo</p>		<h1>WHY THE ASHES?</h1>
<p>Ashes are a public sign of our intent to <b>die to our worldly desires</b> and <b>live in Christ.</b></p>	<p>As our foreheads are marked with ashes, these words are said: <b>“Remember, that you are dust, and unto dust you shall return.”</b></p>	
<p><b>PRAY TOGETHER AND GROW TOGETHER</b></p>	<p><b>Ashes were used as a sign of repentance in the Old Testament:</b> <i>“Then I turned to the Lord God, to seek an answer by prayer and supplication with fasting and sackcloth and ashes. I prayed to the Lord my God and made confession.”</i> - Daniel 9:3-4</p>	

**ACTION:** Pray together and grow together. For the rest of this week, think about or discuss the different forms of praying or good habits of praying. Discuss the different ways of fasting and giving something up both personally or as a family. This is a time of reflection and a time to grow and become closer to God.

# ONE THING IS CERTAIN

Taking up our cross  
trains us in discipleship

—Luke 9:22-25



WHAT DOES IT MEAN TO “TAKE UP THE CROSS”?



[www.youtube.com/watch?v=3zIwaKgJrbU](https://www.youtube.com/watch?v=3zIwaKgJrbU)

## What are you doing for Lent?

10 IDEAS FOR A MORE MEANINGFUL LENTEN SEASON

### 1. Give up sin

Show your love for God by keeping his commandments. Turn away from sins.

### 2. Fast

An empty stomach can lead to more attentive prayer. Give the money you saved on food to others in alms.



### 3. Pray

Be in constant prayer. Pray for your family and friends, for those who suffer, and for the Church and the world.

### 4. Do good works

Help those in need. Pray for them and be ready to serve them in their time of need.



### 5. Give alms

Help the poor and support the good works of the Church. Give cheerfully to God who has given us everything we have.



### 6. Abstain

Give up meat or other desirable foods during Lent, especially on Friday, the day of Christ's saving death on the cross.



### 7. Do meditative reading

Nourish your faith by spending time in quiet reading and reflection. Prayerful reading of God's word each day will open your heart to the Spirit, and let God's thoughts and ways influence yours.

### 8. Control desire for possessions

Build up treasures in heaven rather than on earth. Cut down on material possessions, eliminate frills, lessen wants, share yourself – your time and your talents – with others.

### 9. Control desire for entertainment

Too much entertainment and other distractions can lead to less or no time for the works of the Lord.

### 10. Carry out duties in life

Serve God by living out your vocation in love each day. God is calling each of us to be a living sacrifice. Offer your daily life through Christ!

May God bless you on your  
2021 Lenten Journey.

Text from Canadian Conference of Catholic Bishops "Living Lent"

**WATCH: I Will Turn.** An inspiring and challenging prayer for drawing close to God during Lent this year. It is suitable for daily prayer devotion and meditation as you fast and seek the Lord for spiritual renewal.

[www.prayerscapes.com/FilmPages/prayer\\_for\\_lent.html](http://www.prayerscapes.com/FilmPages/prayer_for_lent.html)





# LENT 2021: TAKE THE 40 DAY JOURNEY TOWARDS EASTER

<b>02 / 17 / DAY 1</b> fasting: no meat today & on Fridays	<b>02 / 18 / DAY 2</b> reach out to a friend in need	<b>02 / 19 / DAY 3</b> give up all social media for the day	<b>02 / 20 / DAY 4</b> donate to a local charity like ShareLife	<b>02 / 21 / DAY 5</b> do one or two acts of kindness	<b>02 / 22 / DAY 6</b> read or watch something uplifting	<b>02 / 23 / DAY 7</b> quit an unhealthy habit	<b>02 / 24 / DAY 8</b> visit your Church for private prayer
<b>02 / 25 / DAY 9</b> meditate or pray for one hour	<b>02 / 26 / DAY 10</b> avoid all forms of gossip	<b>02 / 27 / DAY 11</b> give up watching television	<b>02 / 28 / DAY 12</b> give up junk food and sweets	<b>03 / 01 / DAY 13</b> start a gratitude journal	<b>03 / 02 / DAY 14</b> wake up one hour earlier and pray	<b>03 / 03 / DAY 15</b> pray for your family and friends	<b>03 / 04 / DAY 16</b> learn about one or two Saints
<b>03 / 05 / DAY 17</b> create a prayer list and meditate	<b>03 / 06 / DAY 18</b> pray the Rosary	<b>03 / 07 / DAY 19</b> reach out to your pastor	<b>03 / 08 / DAY 20</b> pray to the Souls in Purgatory	<b>03 / 09 / DAY 21</b> avoid eating out or ordering in	<b>03 / 10 / DAY 22</b> make a donation to your Church	<b>03 / 11 / DAY 23</b> avoid online shopping	<b>03 / 12 / DAY 24</b> make a meal for someone in need
<b>03 / 13 / DAY 25</b> continue in your gratitude journal	<b>03 / 14 / DAY 26</b> pray the Stations of the Cross	<b>03 / 15 / DAY 27</b> donate to the homeless or those in need	<b>03 / 16 / DAY 28</b> pray for those in jail & their families	<b>03 / 17 / DAY 29</b> do meditative reading & praying	<b>03 / 18 / DAY 30</b> prayer for those in need	<b>03 / 19 / DAY 31</b> be positive & show your love for God	<b>03 / 20 / DAY 32</b> avoid eating unhealthy foods
<b>03 / 21 / DAY 33</b> share something with a friend	<b>03 / 22 / DAY 34</b> meditate and give thanks	<b>03 / 23 / DAY 35</b> go to Confession	<b>03 / 24 / DAY 36</b> avoid all forms of social media	<b>03 / 25 / DAY 37</b> take time to care for the environment	<b>03 / 26 / DAY 38</b> reconcile with God through prayer	<b>03 / 27 / DAY 39</b> take a moment to self-reflect	<b>03 / 28 / DAY 40</b> prepare for Holy Week

# WHY PRAY THE STATIONS OF THE CROSS?

8 REASONS FROM  
POPE FRANCIS

## 1. THEY ALLOW US TO PLACE OUR TRUST IN HIM

“The Cross of Christ contains all the love of God; there we find his immeasurable mercy. This is a love in which we can place all our trust, in which we can believe.... let us entrust ourselves to Jesus, let us give ourselves over to him, because he never disappoints anyone! Only in Christ crucified and risen can we find salvation and redemption.”

—Address, World Youth Day, Way of the Cross, July 26, 2013

## 2. THEY PUT US INTO THE STORY

“And you, who do you want to be? Like Pilate? Like Simon? Like Mary? Jesus is looking at you now and is asking you: do you want to help me carry the Cross? Brothers and sisters, with all the strength of your youth, how will you respond to him?” —Address, World Youth Day, Way of the Cross, July 26, 2013

## 3. THEY REMIND US THAT JESUS SUFFERS WITH US

“The Cross of Christ bears the suffering and the sin of mankind, including our own. Jesus accepts all this with open arms, bearing on his shoulders our crosses and saying to us: ‘Have courage! You do not carry your cross alone! I carry it with you. I have overcome death and I have come to give you hope, to give you life’ (cf. Jn 3:16).”

—Address, World Youth Day, Way of the Cross, July 26, 2013

## 4. THEY COMPEL US TO ACTION

“But the Cross of Christ invites us also to allow ourselves to be smitten by his love, teaching us always to look upon others with mercy and tenderness, especially those who suffer, who are in need of help, who need a word or a concrete action.” —Address, World Youth Day, Way of the Cross, July 26, 2013

## 5. THEY HELPS US MAKE A DECISION FOR OR AGAINST CHRIST

“[The Cross] reveals a judgment, namely that God, in judging us, loves us. Let us remember this: God judges us by loving us. If I embrace his love then I am saved, if I refuse it, then I am condemned, not by him, but my own self, because God never condemns, he only loves and saves.” —Address, Good Friday, March 29, 2013

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“The Cross of Christ contains  
all the Love of God”

## 6. THEY REVEAL GOD'S RESPONSE TO EVIL IN THE WORLD

"The Cross is the word through which God has responded to evil in the world. Sometimes it may seem as though God does not react to evil, as if he is silent. And yet, God has spoken, he has replied, and his answer is the Cross of Christ: a word which is love, mercy, forgiveness."

– Address, Good Friday, March 29, 2013

## 7. THEY GIVE US THE CERTAINTY OF GOD'S LOVE FOR US

"What has the Cross given to those who have gazed upon it and to those who have touched it? What has the Cross left in each one of us? You see, it gives us a treasure that no one else can give: the certainty of the faithful love which God has for us." – Address, World Youth Day, Way of the Cross, July 26, 2013

## 8. THEY GUIDE US FROM THE CROSS TO THE RESURRECTION

"O, Our Jesus, guide us from the Cross to the resurrection and teach us that evil shall not have the last word, but love, mercy and forgiveness. O Christ, help us to exclaim again: 'Yesterday I was crucified with Christ; today I am glorified with Him. Yesterday I died with Him, today I live with Him. Yesterday I was buried with Him, today I am raised with Him'"

– Address, Good Friday, April 18, 2014

ST. BRIGID'S STATIONS OF THE CROSS 2020

[www.facebook.com/stbrigidschurch/videos/159940525276115](https://www.facebook.com/stbrigidschurch/videos/159940525276115)












# HOLY WEEK IN THREE MINUTES



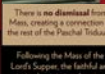


Why do Catholics wave palms on Palm Sunday, wash each other's feet on Holy Thursday, or kiss the cross on Good Friday? This video by Busted Halo explains the significance of the final week we spend preparing for Easter.



[www.youtube.com/watch?v=qdrPhxqRP9I](https://www.youtube.com/watch?v=qdrPhxqRP9I)

<h2>Paschal Triduum</h2> <p>The <b>Easter Triduum</b> or <b>Holy Triduum</b> is the three-day celebration of the <b>Paschal Mystery</b>: the Passion, death and resurrection of Jesus Christ</p>	<p><b>PASCHAL</b>: associated with the Hebrew <b>Passover</b>, referring to Jesus as the Lamb of God</p> <p><b>TRIDUUM</b>: derived from the Latin for <b>three days</b></p>	<p>The Paschal Triduum bridges the seasons of <b>Lent</b> to <b>Easter</b>.</p> <p>In the Sacred Triduum, the Church solemnly celebrates the greatest mysteries of our redemption, keeping by means of special celebrations the memorial of her Lord, crucified, buried, and risen.</p> <p><i>The Roman Missal</i></p>
<p><b>DAY 1:</b> sundown on Holy Thursday to sundown on Good Friday</p>		<p><b>HOLY THURSDAY:</b></p> <p>"Jesus gives himself to us as food and, in the washing of feet, teaches us the model to serve others."</p>
<p><b>DAY 2:</b> sundown on Good Friday to sundown on Holy Saturday</p>		<p><b>GOOD FRIDAY:</b></p> <p>"In the mystery of Christ's death on the cross, we contemplate that undying divine love which embraces all mankind and summons us in turn to love one another in the power of the Spirit."</p>
<p><b>DAY 3:</b> sundown on Holy Saturday to sundown on Easter Sunday</p>		<p><b>HOLY SATURDAY:</b></p> <p>"The day of God's silence - invites us not only to solidarity with all who are abandoned and alone, but also to trust in that faithful love which turns death into life."</p>
	<p>“These, then, are days which speak to us <b>powerfully</b> of God's <b>love and mercy.</b>"</p> <p>- Pope Francis</p>	

SOURCE: POPE FRANCIS, GENERAL AUDIENCE, MARCH 25, 2016



<h2>Holy Thursday</h2> <p><b>Mundy Thursday</b></p> <p>The <b>Paschal Triduum</b> begins...</p>	 <p><b>The Gospel</b> (John 13:1-5) focuses on Jesus washing the feet of the disciples.</p> <p>"So if your Lord and Teacher, having washed your feet, may then say to you, 'Sit down to eat,' that you also should do it to him who has loved you." — John 13:1-5</p>	<p>In the Washing of Feet, the priest pours water and dries the feet of those who have been chosen from among the people of God as a sign of unity and love in obedience to Christ.</p> 
<p>At the Mass of the Lord's Supper, we recall that Christ:</p> <ul style="list-style-type: none"><li>• "washed the feet and commended his apostles to celebrate it until his return"</li><li>• "commemorate them words of the New Testament"</li></ul> <p>and</p> <ul style="list-style-type: none"><li>• "commended them to love one another" as he has loved them.</li></ul> <p>— Pope Francis, 16 April 2013</p>	<p>"Mundy" means <b>commemoration</b></p> <p>On this day, Jesus gives the <b>Apostles the commandment</b> to love one another.</p> <p>"Love one another, just as I have loved you, you also should love one another." — John 13:34</p>	<p>There is <b>no dismissal</b> from Mass, creating a connection to the rest of the Paschal Triduum.</p> <p>Following the Mass of the Lord's Supper, the faithful are invited to join in adoration before the <b>Blessed Sacrament</b>.</p> 
<p>During the <b>Liturgy of the Word</b>, we recall the first Passion.</p> 	<p><b>Blessed Sacrament</b> is the name given to the Holy Eucharist, the "sacrament of presence" reserved in the tabernacle for adoration (Liturgy).</p> 	

**Good Friday:** On this day, we meditate on the mystery of Christ's death and we venerate the Cross.





Watch our Passion Play 2019:

[www.youtube.com/watch?v=hoScp4XMJWl](https://www.youtube.com/watch?v=hoScp4XMJWl)

<h2>The Easter Vigil in the Holy Night</h2> <p><b>HOLY SATURDAY</b></p>	<p>On Holy Saturday, the Church waits at the Lord's tomb in prayer and fasting, meditating on his Passion and death and on his descent into Hell, and awaiting his Resurrection.</p> 	<p>The Easter Vigil is made up of four parts: darkness, dawn, and the paschal candle lighting.</p> 
<p>1. The <b>Lucernarium</b> and <b>Easter Proclamation</b> (The terms of Light)</p> <p>A great fire is blessed. The <b>Paschal Candle</b> is lit from this sacred fire with the words:</p> <p>"May the light of Christ, rising in glory, dispel the darkness of our hearts and minds."</p>	<p>2. <b>The Liturgy of the Word</b></p> <p>FROM THE GOSPEL READING</p> <p>"Why do you look for the living among the dead?" — Luke 24:5</p>	<p>3. <b>Baptism</b></p> <p>We celebrate Christ's death and Resurrection. After water is in the font is blessed, catechumens are initiated into the Church through baptism. The faithful also renew their baptismal promises at this time.</p> 
		

SOURCE: The Roman Missal

**Holy Thursday:** In the Washing of the Feet, the priest pours water and dries the feet of the 12 chosen parishioners. It is a sign of unity and love in obedience to Jesus Christ.

<h2>Friday of the Passion of the Lord</h2> <p><b>Good Friday</b></p>	<p>On this day, we meditate on the mystery of Christ's death and we venerate the cross. Behold the wood of the cross, on which hung the salvation of the world. Come let us adore!</p> 
<p>We observe the <b>PASCHAL FAST</b> on Good Friday to prepare us to celebrate the Lord's Resurrection. The paschal fast continues until the Easter Vigil, if possible. We may do so by prayer, fasting and by abstinence from meat.</p>	<p>"Let the paschal fast be kept sacred. Let it be celebrated everywhere on Good Friday and, where possible, prolonged throughout Holy Saturday, so that the joy of the Sunday of the Resurrection may be attained with spirit and clear mind."</p> <p><i>Communion of the Paschal Vigil (1968)</i></p> 
<p>All praise to you, Father in heaven, for leading us out of the darkness of sin into the light of your kingdom. We bless you for sending us your Son to save us, to die for us that we might die to sin, to be raised that we might share your life. We thank you for giving us your Spirit of love, to live in our hearts and lead us to you. All glory, praise and honour be yours, Father, Son and Holy Spirit, now and evermore. Amen.</p>	

From the Canadian Catechism of Catholic Instruction

**Holy Saturday:** On this day, the Church waits at the Lord's tomb in prayer and fasting, meditating on his Passion and death and on his descent into Hell, and awaiting his Resurrection.