

St. Therese—Carmelite Chapel

At the Northshore Mall, Peabody, MA



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Director

Assisting

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www.carmelitechapel.com

Wednesday, March 9th is Ash Wednesday.

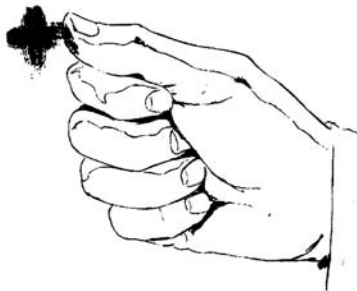
Ash Wednesday marks the beginning of the Season of Lent. It is a season of penance, reflection, and fasting which prepares us for Christ's Resurrection on Easter Sunday, through which we attain redemption.

Why we receive the ashes

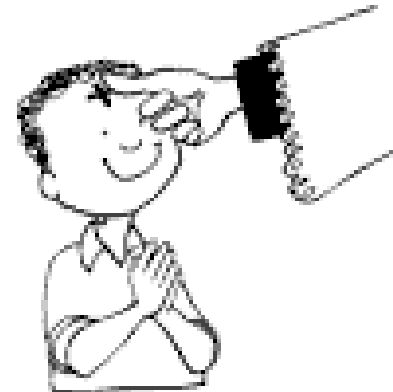
Following the example of the Ninevites, who did penance in sackcloth and ashes, our foreheads are marked with ashes to humble our hearts and reminds us that life passes away on Earth. We remember this when we are told

"Remember, Man is dust, and unto dust you shall return."

Ashes are a symbol of penance made



Ashes are a symbol of penance made sacramental by the blessing of the Church, and their purpose is to help us develop a spirit of humility and sacrifice.



The distribution of ashes comes from a ceremony of ages past. Christians who had committed grave faults performed public penance. On Ash Wednesday, the Bishop blessed the hair shirts which they were to wear during the forty days of penance, and sprinkled over them ashes made from the palms from the previous year. Then, while the faithful recited the Seven Penitential Psalms, the penitents were turned out of the church because of their sins -- just as Adam, the first man, was turned out of Paradise because of his disobedience. The penitents did not enter the church again until Maundy Thursday after having won reconciliation by the toil of forty

days' penance and sacramental absolution. Later, all Christians, whether public or secret penitents, came to receive ashes out of devotion. In earlier times, the distribution of ashes was followed by a penitential procession.

The Ashes

The ashes themselves are made from the blessed palms used in the Palm Sunday celebration of the previous year. The ashes are christened with Holy Water and are scented by exposure to incense. While the ashes symbolize penance and contrition, they are also a reminder that God is gracious and merciful to those who call on Him with repentant hearts. His Divine mercy is of utmost importance during the season of Lent, and the Church calls on us to seek that mercy during the entire Lenten season with reflection, prayer and penance.

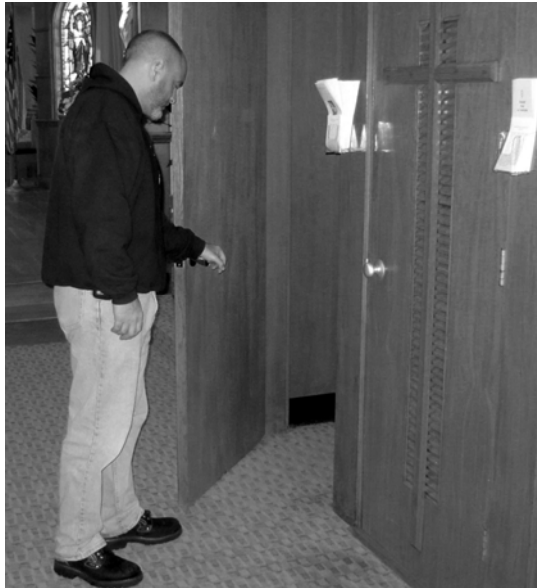
Here in the Chapel-in-the-Mall ashes will be distributed during each of the three Masses, i.e., 8:30 A.M., 12:00 Noon and 3:00 P.M.

LENTEN REGULATIONS Since the season of Lent is a season of penance and repentance, all Catholics are expected to enter into the spirit of this season. Traditionally, Catholic fast (i.e., limit their food consumption during the course of a day to one full meal and two other repasts that do not equal a full meal) and abstain (i.e., refrain from eating meat) on Ash Wednesday and Good Friday. All Catholics are expected to abstain from meat on those two days., and all Catholic from the age of 14 to their 59th birthday are expected to fast on Ash Wednesday .

THE LIGHT IS ON FOR YOU.

As we did last year, Frs. Felix, Mario and I are responding to Cardinal O'Malley's call to join all

the parishes and public chapels of the archdiocese in having a confessor available from 7:00 to



8:00 P.M. on all the Wednesdays of Lent. "The Light is on for YOU" refers to that little light over the confessional. The Cardinal's hope is that many who have been away from the sacraments for a long time will be open to Christ's healing love through the Sacrament of Reconciliation and return to the practice of their faith. The Sacrament of penance is the first step. Let us all pray for the success of this endeavor and spread the word among your families and friends of this invitation of Cardinal Sean and spread the word of this special outreach of mercy through this wonderful sacrament of Reconciliation. The Archdiocese has set up a website, www.TheLightIsOn-ForYou.org, to help you prepare. It has videos on

the Sacrament of Reconciliation, sheets on how to make a good confession and answers to frequently ask questions and much more.

MARCH MEMORIALS

Altar Breads in

memory of **Marguerite Foley**, donated by a friend. Candle Oil in memory of all the benefactors of the Carmelite Chapel.

Sanctuary Lamp for the health of Joseph Unanue.

The Missalettes for

the Lenten and Easter Seasons have been donated in memory of Jean Gerard Barbeau by his loving wife.

CHAPEL FINANCES

Our principal source of

income for the Chapel are the Offertory Collections at the 4:00 and 5:30 Masses on Saturday evening. Please be as generous as possible, The weather has had a disastrous effect on our income this winter, but our rent stays the same. Please be as generous as possible to help us get through this winter season without going too deeply in the red.

ALTAR SERVERS

I am just

delighted to report that we will very soon have altar servers at the Saturday evening Masses. The members of Magis Christi, the men's prayer group, have volunteered to fulfill this very real need here in the Chapel. They will be given a short course of instruction on the role of Altar Servers, and will be ready to begin very soon. They will be fully vested in cassock and surplice and will add a degree of solemnity to our celebration of the Liturgy. Thank you, gentlemen, we really appreciate your offer to help. If anyone should wish to join in this ministry, please feel free to volunteer.

BOOK REVIEW

Our Carmelite Provin-

cial recently sent all of us a copy of "Upon This Mountain - prayer in the Carmelite Tradition" by Mary McCormack, OCD. From the back cover of the book we read: Christian prayer can sometimes seem like a mystery. How to Pray? What method? Whom to turn to? The Carmelite Order — a tradition of prayer and contemplation — is blessed with great teachers of prayer, including Teresa of Avila and John of the Cross. But rather than suggest a method, they take us to the essence of prayer, which Teresa describes as 'nothing else than an intimate sharing between friends'. And they focus on what makes up a true relationship with God; humble knowledge of our selves, authentic living, exposure to the reality of a self-surrendering God, contemplation of his Presence within. I hope to have copies of this book on hand in the Gift Shop in the very near future. I recommend it highly.

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"The Good Catholic Life" program will debut on **Ash Wednesday** on Boston's Catholic Radio Station, 1060AM WQOM. The program is hosted by Scot Landry, Archdiocesan Secretary for Catholic Media, and has many priests, deacons, religious and lay leaders as co-hosts and guests. The show discusses local Catholic initiatives and events, explains Catholic teaching and profiles local Catholic leaders and ministries. Please tune in each weekday from **4-5pm** at 1060AM or listen live at www.TheGoodCatholicLife.com.