

St. Michael Church Newark, NY

A time to consider the
giving up of what we are,
for what we may become.



Lenten Customs

Fr. Jeffrey S. Tunncliff
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Lenten Customs



What comes to mind
when you hear the
word "Lent"?

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What comes to mind when you hear the word “Lent”?

- Ashes
- RCIA
- Stations of the Cross
- Giving up something
- Abstaining from meat
- Three Pillars of Lent
 - Fasting
 - Almsgiving
 - Prayer

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What comes to mind when you hear the word “Lent”?

Ashes

- Gen 18:27 - Abraham spoke up again negotiating for God not to destroy Sodom: "See how I am presuming to speak to my Lord, though I am only dust and ashes!"
- Numbers 19:1-10 – speaks of the heifer being burned and keeping the ashes for the purification water
- Judith 4:9-15; v11 – “And all the Israelite men, women, and children who lived in Jerusalem fell prostrate themselves in front of the temple and sprinkled ashes on their heads, spreading out their sackcloth before the Lord.”
- Mt 11:21 - "Woe to you, Chorazin! Woe to you, Bethsaida! For if the mighty deeds done in your midst had been done in Tyre and Sidon, they would long ago have repented in sackcloth and ashes."

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What comes to mind when you hear the word “Lent”?

Stations of the Cross*

- Apostolic Times – There is a tradition that Mary, Mother of Jesus would walk the streets of Jerusalem meditating upon Jesus’ passion.
- 5th Century – From St. Jerome, we know that pilgrims in this time made the Stations of the Cross in Jerusalem. There is also evidence that they were found in a few churches in Europe. Pilgrimages to the Holy Land were a common penance.
- 13th Century – The Franciscans became the custodians of the Holy Land and promoted the Stations. The Franciscans would begin to erect Stations outside the Holy Land.

*taken from my website - <http://www.renewaloffaith.org/stations-of-the-cross.html>

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Stations of the Cross

- 1686 – Pope Innocent XI grants the Franciscans permission to erect the Stations in all their churches and for all Franciscans who make these stations to receive indulgences.
- 1726 – Pope Benedict XIII extends this to all
- 1731 – Number of Stations Fixed at 14
- 1862 – All Bishops are given right to erect the Stations of the Cross in their churches.

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Do you “give up” something for Lent?

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What effect does Lent have on You?



Happy



Miserable



Sad



Hungry



Blessed



Other

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Why Fast and & Abstain? Why give something up?

- It is not primarily for punishment or to be cruel
- Put God first!
 - 1 Timothy 6:10 - "For the love of money is the root of all evils."
 - Matthew 6:24 - "No one can serve two masters. He will either hate one and love the other, or be devoted to one and despise the other. You cannot serve God and mammon."
- Develop Discipline
- Help us to become better people
 - How about adding something?

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**When does
Lent end?**

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How are the dates of
Easter and Ash
Wednesday
determined?

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How are the dates of Easter and Ash
Wednesday determined?

“Easter follows a lunar, rather than a solar, calendar and is celebrated on the Sunday that follows the first full moon after March 21, the vernal (spring) equinox. Therefore Easter cannot fall earlier than March 22 or later than April 25.” – Rev. Edward McNamara, “Pick the Day Lent Begins,” Zenit email news column, 2/28/06

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- Why even have Lent?
- Why forty days?
 - Holy week vs. 3 weeks vs. 6 weeks
 - Jesus went out into the desert for 40 days. Now, it's our turn.
 - Matthew 4:1-11, Mark 1:12-13, Luke 4:1-13
 - 40 days of rain – the great flood
 - Genesis chapters 6-9
 - 40 days – Genesis 7:4, 7:12, 7:17
 - 40 days of Moses on the mountaintop to receive 10 commandments
 - Exodus 24:18, 34:28

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Forty Days??

- Sundays don't count
- Good Friday and Holy Saturday count for fasting

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Pope Francis' Message for Lent 2017 – “The Word is a gift. Others Persons are a gift”

[“https://zenit.org/articles/popese-message-for-lent-2017/](https://zenit.org/articles/popese-message-for-lent-2017/)

- “Lent is a new beginning, *a path leading to the certain goal of Easter*, Christ’s victory over death. This season urgently calls us to *conversion*” (italics my emphasis)
- “Lent is a favorable season for *deepening* our spiritual life through the means of sanctification offered us by the Church: fasting, prayer, and almsgiving.”
- “Lent is a favorable season for opening the doors to all those in need and recognizing in them the face of Christ.”

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What don't we sing
and why?



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What is the liturgical color for Lent?

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A time to consider the giving up of what we are, for what we may become.



So what are you doing for Lent?



Upcoming Presentations/Discussions

- Monday, March 20th at 7:00 p.m. – “Navigating the Bible” where we address questions like “we know it is the Word of God but how do we use it?” and “Where do we begin and what does it mean for us today.”
- Monday, April 3rd at 7:00 p.m. – “Evangelization and Apologetics” where we will discuss ways of sharing and talking about our faith.