



What is Lent? Written By Olivia McKinney

Lent is a time of spiritual preparation. Jesus went into the desert for 40 days to fast,

pray, and prepare for His mission. Lent begins Ash Wednesday and it will end six weeks later, before Easter Sunday. This year Lent is approaching on February the 14th. It lasts for 40 days until Easter Sunday, which is April 1st, but this is without Sundays being included in the amount, if they were counted it would be 46 days. Lent is a period of fasting, moderation, and prayer. It is a time to

open and examine our hearts and understand our relationship with Our Lord a little deeper, and so that when we reach Holy Week which begins on Palm Sunday accompanying Jesus as He rides into Jerusalem to the cheers of "Hosanna" to the Triduum of where our lord celebrates The Last Supper, His crucifixion on Good Friday, the silence of waiting on Holy Saturday and Easter Sunday comes, it is not just another day going to church but an opportunity to receive the graces that God has to offer to all of us. Lent is a time to examine our sinful actions and return to the God we

have, it is also an opportunity to evaluate what our Lord really did for us on the Cross. Nevertheless, the purpose of Lent does not mean all sadness and sorrow but it's a time to walk with Christ and to grow closer to him and strengthen our relationship with Him throughout the journey of the 40 days. Those who journey through the Lenten season will enter the Easter season with an increased appreciation for who God is and what He has done for us, the rejoicing of the Resurrection, as well as the promises of an eternity in heaven, and we will not soon forget.

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Updates and News

We are excited for the beginning of Lent and the great events coming up. Lent and Confirmation start up on February 14. Jeremy Suazo will be teaching Confirmation classes. The first weekend of lent PCCYMA is hosting its annual Hunger Retreat. This 24hr retreat is a great way to live out the themes of Lent.

Students will fast, pray, and serve at many local organizations that benefit from the CRS Rice Bowl. The Rice Bowls will be available the first weekend of Lent for more info read the article on page 2.

Looking for something to do Sunday besides Church? Junior High students meet for

fun, fellowship and learning from 11:15-12:30. Senior High students meet for fun, fellowship, learning, and food Sunday evenings from 6-8. We would love to see you there!

Looking for more info or ways to help contact Sonia Martinez via email: soniamartinez@stjbosco.org.

Prayer, Fasting, and Almsgiving

Written By David Whitesell

Lent comes from the word for “spring season”. We normally think of tulips, daisies and new offspring for spring, don’t we? It’s an interesting paradox that the death, burial & resurrection of our Lord is preceded by a “spring season” of fasting, almsgiving and prayer; a season of self-reflection and sacrifice for the least of our brethren. Lent is the 40 days preceding the great Feast-of-Feasts, the most solemn feast of the year, the Easter Triduum (Latin for “three days”). Holy Week, including the Triduum, is the heart of the church year and includes Holy Thursday, Good Friday, Easter

Vigil on Saturday, and Easter Sunday.

Why are we called to Prayer, Fasting & Almsgiving during Lent? Quite simply, a person who is only fixated on one’s self is a person walking the proverbial treadmill of life. Prayer, Fasting & Almsgiving force us to look outward at our world and help us grow the courage to lay our lives down for the least of these, our brothers and sisters. You see, when I pray and when our family prays together,

our prayers transform us. When I fast, I sacrifice the cravings of my palate. When I give extra money to the poor, I relinquish my selfish desires.

So get engaged this Lent, continue to educate yourself on what it is and what we should do. Talk to your children (including your teens & young adults) about Lent. Pray together. Fast together. Give together and go serve together. Good luck and see you on the other side.

“Pray

Together.

Fast together.

Give together

and go serve

together.”

Written By Terri Nelson

During Lent our community will participate in Catholic Relief Services (CRS) Rice Bowl, a faith-in-action program that invites us to encounter our neighbor, as companions on the journey, through prayer, fasting and almsgiving. It is an opportunity to reflect on what it means to live out our Gospel call to go out and encounter those most in need.

Nearly 14,000 parishes in 180 dioceses around the U.S. support CRS Rice Bowl. Together we will serve our neighbors most in need around the world while forming families and parishes in global solidarity. Seventy Five percent of funds raised support humanitarian aid pro-

jects overseas, while 25% of funds stay here in our archdiocese for local needs. Here in Tacoma and Lakewood, those funds supported the following programs: LASA, SFC & SJB Christmas Giving Tree, SJB Food Bank Garden, SJB St. Vincent de Paul Conference, Friday Meal Program at FISH Food Bank, Family Housing Network, Nativity House, PREPARES (Pregnancy and Parenting Support), Backpack Program, Operation Keep ‘Em Warm & Fed.

Last year, our parish saw a 31% increase in Rice Bowl donations over 2016.

With your Rice Bowl, you can participate in daily almsgiving by thinking of creative ways to sacrifice for the blessings you have. Some daily examples:

- 25¢ for every faucet in your home
- 25 ¢ for each neighbor you greeted today
- \$1 for every snack you had today
- 25 ¢ for every month since your last confession :-o

How will you contribute to the culture of encounter this Lent?



YOUTH Q&A

DO WE COME BACK AS SPIRIT ANIMALS?

What happens to us when we die? What happens to our body? Does our soul morph into something else?

These are the real questions that are being asked here.

The Catechism of the Catholic Church says that when we die, our bodies decay and perish but the soul "is immortal: It does not perish when it separates from the body at death, and it will be reunited with the body at the final Resurrection" (CCC 366)

So we know what happens to our body, now what happens to the soul?

"Each man receives his eternal retribution in his immortal soul at the very moment of his death, in a particular judgment that refers his life to Christ:

either entrance into the blessedness of heaven—through a purification or immediately—or immediate and everlasting damnation." (CCC 1022)

Our soul could take one of three paths; go straight to heaven like a saint, go to purgatory for "purification," or "everlasting damnation."

So spirit animal? No.

Didn't I just say the body decays and perishes? So, where does the body come from that we are reunited with

at the final Resurrection?

"These will be the same bodies people had in earthly life—but our resurrection bodies will not die and, for the righteous, they will be transformed into a glorified state, freed from suffering and pain, and enabled to do many of the amazing things Jesus could do with his glorified body" (cf. 1 Cor. 15:35–44, 1 John 3:2).

"We believe in the true resurrection of this flesh that we now possess' (Council of Lyons II). We sow a corruptible body in the tomb, but he raises up an incorruptible body, a 'spiritual body' (cf. 1 Cor 15:42–44)" (CCC 1017).

DO CATHOLICS BELONG TO THE FIRST CHRISTIAN CHURCH?

Let's start with the fact that the first Christians were Jews; Jews that believed in Jesus as the Christ-- our savior. Jesus' Apostles shared his teachings, healed, and forgave sins. From these Apostles a structure was created with the leader being the man who was called to "build" the church; Peter.

Jesus tells Peter, "I also say to you that you are Peter, and upon this rock I will build My church; and the gates of Hades will not overpower it. 19 I will give you the keys of the kingdom of heaven; and whatever you bind on earth shall have been bound in heaven, and whatever you loose on earth shall have been loosed in in heaven." (Mathew 16:18-19)

Peter was given the authority to lead the church; he was the first Pope. He passed this authority on to other leaders who were the first Bishops. In Peter passing on this authority, he began Apostolic succession—"the succession or descent believed to be uninterrupted from the apostles and perpetuated by successive ordinations of bishops...

necessary for valid administration of the sacraments and the transmission of orders."

From this the church was created with the structure we have today in the Catholic Church.

The Catholic Church's teachings began here with these original followers of Jesus Christ.

The Christian faiths of today can be traced to an original leader that their beliefs are based on.

Lutheranism — Martin Luther

Baptist — Thomas Helwys

Mormonism — Joseph Smith

Church of England/Episcopal Church — Henry the VIII

Unitarianism — Theophilus Lindsey

Roman Catholicism — Jesus Christ

So, YES! The Roman Catholic faith is the first and original Christian faith. It is the first and original Christian Church. It is the Universal (all encompassing) Church.

Know it! Love It! Live it!

HUNGER RETREAT

FASTING · SERVICE · PRAYER



FEBRUARY 16-17

SRHS

SUNDAY 6-8

YOUTH GROUP

SUNDAY 11:15-12:30

SRHS

ST JOHN BOSCO

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YOUTH MINISTRY COORDINATOR

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WEBSITE

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FOLLOW US!



@stjboscoym



St John Bosco YM

CALENDAR

February 4 Jr High Youth Group 11:15-12:30

Sr High Youth Group 6:00-8:00

February 8 Confirmation Orientation 7:00

February 11 Jr High Youth Group 11:15-12:30

Sr High Youth Group 6:00-8:00

February 14 ASH WEDNESDAY

Confirmation Class 6:00-8:00

February 16-17 Hunger Retreat 7:00-7:00

February 21 Confirmation Class 5:00-8:30

February 24 Jr High Youth Group 11:15-12:30

Sr High Youth Group 6:00-8:00

February 28 Confirmation Class 5:00-8:30

Learn More!

So many great resources to learn more about your faith. Lots of them free.

Check out crs.org to learn more about the rice bowl and what they do.

The United States Conference of Catholic Bishops has the website usscb.org, where you can find the Bible, the Catechism of the Catholic Church (CCC), and lots more.

Bishop Robert Baron (Catholicism Series, Pivotal Players) has many resources on wordonfire.org.

Seattle Archdiocese has great resources to check out

- seattlearchdiocese.org
- seattlevacations.com

FORMED®

Formed has great resources for free through the Parish's subscription. Head to formed.org, click Register and enter the parish code F2F6TP to create your own account to access inspirational Catholic video series, e-books, Catholic movies, and audio series for people of all ages. Then download the app to access it anywhere.

Other sites to check out are:

- NewAdvent.org
- EWTN.org
- Loyolapress.org

Looking for some great videos YouTube has a lot. We have a couple playlist on our page:



www.youtube.com/channel/UC1rwWi5_BggTbsIDDBv5cMQ

Always on your phone? Lots of great apps out there too.

For prayer:

- Laudate
- 3 Minute Retreat

Lent:

- CRS Rice Bowl
- Lentsanity

Looking for more check out the Parish Website: www.stjbosco.org