



We may know that Lent begins on Ash Wednesday, and we might think of “giving up” something like chocolate or coffee until Easter, but what is this season really all about?

Lent is the period of 40 days leading up to Holy Week and Easter during which Christians dedicate themselves with greater intensity to deepening their relationship with God, shedding habits of sin, and developing new habits for growing in holiness. It is a time for reflection and conversion of heart, recommitting to our faith as we “repent and believe in the Gospel” (Mk 1:15). Jesus spent 40 days in the desert praying, fasting, and enduring temptations (Lk 4:1-13, Mt 4:1-11), and Lent is our opportunity to join Him there through our own practices of prayer, fasting, almsgiving, and works of love and charity.



PRAYER: For those who find they “don’t have time for prayer” or whose prayer life has become stale and repetitive, Lent is a good time to re-prioritize and grow closer to God by growing deeper in prayer. This can mean spending more time in personal prayer – praying with Scripture, practices like praying the Rosary or the Divine Mercy Chaplet, Adoration of the Blessed Sacrament – and engaging more regularly in corporate prayer – attending Mass, Stations of the Cross, prayer groups, and other church services. Popular speaker Fr. Larry Richards offers some provocative thoughts on putting relationship with God and prayer at the center of our lives: “Too many try to fit God and prayer into their lives instead of building their lives around God. Now that does not mean that someone has to spend hours in prayer every day, but it does mean that they start with prayer and a listening obedient heart, and God will show them what to do next. He knows all about how busy we are, and He still says put Him first.”*



LENT & EASTER

Daily – Holy Mass, 10:30am Chapel

Every Wednesday –

Spirituality Group, 1:30-2pm

March 6, 14, 20 & April 3, 11, 17, 24 –

Sensory Spirit Group, 3:30-4:15pm

3.6.19 Ash Wednesday

Holy Mass 10:30am

Ashes distributed during and following Mass in the Chapel

3.8.19 Stations of the Cross

3:30pm Chapel

every Friday during Lent

3.25.19 Solemnity of the Annunciation of the Lord

Rosary D-Lounge 3:30pm

4.5.19 First Friday

Adoration & Benediction

~4pm following Stations of the Cross

4.7.19 Holy Mass 10:30am

Exposition of the Blessed Sacrament & Lenten Devotions 3pm Chapel

4.10.19 Communal Reconciliation

Service in preparation for Easter 1:30pm Chapel

4.12.19 Holy Mass with Sacrament of the Sick 10:30am

4.14.19 Palm Sunday

Holy Mass 10:30am

Exposition of the Blessed Sacrament & Lenten Devotions 3pm Chapel

4.16.19 Holy Mass 4pm
No morning Mass

4.18.19 Holy Thursday

Holy Mass 4pm

4.19.19 Good Friday

Stations of the Cross 10:30am Chapel

Passion Service 3pm Chapel

4.20.19 Holy Saturday

No Mass

4.21.18 Easter Sunday

Holy Mass 10:30am

Adoration & Benediction 3pm

FASTING & ALMSGIVING – Works of Love

“Fasting makes sense if it...benefits someone else, if it helps us cultivate the style of the good Samaritan, who bent down to his brother in need and took care of him.”

–Pope Francis



We don’t fast just for the sake of fasting; it’s a spiritual practice, not a diet.

We “give up” so that we can give – give charitably to others and give ourselves more freely to God. Fasting reminds us of our own need and dependence on God and helps us to recognize and respond with greater tenderness to the needs of others.

Fr. Larry Richards proposes a way of prioritizing what we give our time, talents, and resources to so that we can, as Pope Francis describes, “cultivate the style of the good Samaritan”:

“‘I am Third’ is a way to make sure that we get our priorities right. God is first. Others are second. I need to be third. This was the way that Jesus lived and thus it must be the way we live. He said: ‘I did not come to be served but to serve’ (Mark 10:45).”*

How will your Lenten practices help you to live this more fully, with greater sincerity of heart? What can you do this Lent to put God and others before yourself?

* (Knights of Columbus Book Club Chat with Fr. Larry Richards, 30 March 2010, <https://kofc.org/un/chat/findChatInfo.action?broadcastChatId=1064>.)

Spiritual Sensory Groups —

Sharing God's Love through Hymns, Prayer, Scripture, Touch

A goal of the Pastoral Care Staff is to reach all our residents with love in the name of Jesus Christ. There are various group services, and during this Lenten season there are even more opportunities to participate in times of worship, prayer, reflection and study.

These opportunities can take different forms for each person, depending on their ability. Some of the more traditional Christian services can't necessarily reach the people with profound memory loss.

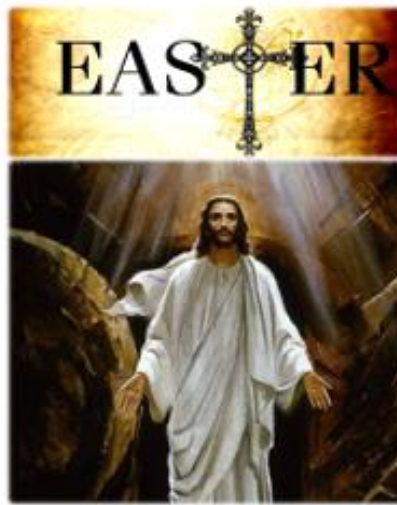
A very special program is offered once a week at Matulaitis Home for these residents. The team leads a group, regardless of their level of ability, in singing familiar Christian songs, praying familiar prayers, and reading and reciting familiar passages from the Holy Bible. Team members interact individually with each resident who attends the program and engage their senses through music, seasonal scents from an aroma diffuser, and tactile objects like flowers that they can touch and smell, or electric candles they can hold that may evoke memories of candlelit church services or lighting a votive candle in a chapel for prayer. For some who were once involved in their church choir, gathering together to sing brings them back to those bygone days and they readily agree to come and join us for "choir practice."



The response of several of the residents is nothing short of remarkable! Some people who barely ever talk will start singing along to those old hymns. Others recite parts of familiar prayers or Bible verses or make eye contact and smile when reminded of God's love. It is truly a privilege to witness these precious moments and perceive the Holy Spirit alive and moving among our residents. Recently, a resident who was sitting quietly with her eyes closed, appearing to be asleep and unaware of her surroundings, began moving her toes in time to the music.

Romans 5:5 says that "the love of God has been poured out in our hearts by the Holy Spirit who was given to us." As we seek to pray and serve God, there is a blessing to be received. These Spiritual Sensory groups are a blessing to all – staff, residents, and family – who participate.

~Christina Bourquin, *Spiritual Care Assistant*



Easter is the most important Christian feast, the reason for our faith and hope. Our faith is rooted in the mystery of Jesus' life, death, and resurrection, and He assures us, "I came so that they might have life and have it more abundantly" (John 10:10). To have life "abundantly" is more than merely getting by; it is living with joy and hope, trusting that our lives and future are in God's hands. It is holding firmly the conviction that life is always worth living, that God desires relationship with us and will welcome us back when we go astray, empowering us by His grace to overcome death and fear in our daily lives. This is what Easter promises us; this is God's will for your life. May this Resurrection joy be yours!



*Wishing you a Blessed and Happy Easter!
We thank God always for you!*

*The Spiritual Care Team:
Olivia, Father Sadauskas,
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