



We may know that Lent begins on Ash Wednesday, and we might think about “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. *How can you make this Lent a meaningful experience for growing closer to Christ?*



Journey into the wilderness with
Jesus

“During the season of Lent we renew our commitment to the path of conversion, making more room for God in our lives.”

- Pope Benedict XVI

Pray . Fast . Give

PRAYER: Putting God First

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 go deeper. 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 participating more regularly in communal worship – 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.”****



Daily: Holy Mass, 10:30am in the Chapel. Memorial Masses are offered for all residents who have died here; dates are posted at the reception counter, Family Council bulletin board, and at Center Court.

Weekly: Hymns & Prayers program is offered at 2:30pm on Tues and Thurs.

NewVolunteer-led Rosary Group prays in the Chapel on Sundays at 1pm.

2.22.23 Ash Wednesday
Holy Mass 10:30am
Ashes distributed during & following Mass
Stations of the Cross 2pm Chapel

2.24.23 Stations of the Cross
3:30pm Chapel
every Friday during Lent

3.3.23 First Friday
Adoration & Benediction ~4pm
following Stations of the Cross

3.13.23 13th of the Month Rosary Club
Chapel 1:30pm *Monthly*

3.19.23 Lenten Devotions
1:30pm Chapel
***also next two Sundays:
3.26.23 and 4.2.23***

**3.25.23 Solemnity of the
Annunciation of the Lord**

**3.28.23 Communal Preparation for
Reconciliation Service,**
Chapel 2pm



We pray, fast, and perform the works of mercy in this time of grace, so that the Lord might find our hearts ready and fill them with the victory of His love. — Pope Francis

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 or second chance at our New Year’s resolutions. It can help us to control gluttony, and our hunger reminds us of our true, deeper hunger for God in our lives.

Furthermore, 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 also helps us to recognize and respond with greater tenderness to the needs of others by freeing us to share our time, talents, and resources more generously.

Fr. Larry Richards suggests a way of prioritizing to help us cultivate this spirit of generosity and service:

“‘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).”**

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

Stations of the Cross

The Stations of the Cross are a popular Lenten devotion referring to a series of 14 images depicting Jesus on the day of His Crucifixion along with accompanying prayers. They originated in pilgrimages to Jerusalem and a desire to reproduce the Via Dolorosa or "Way of Sorrows," the actual path that Jesus walked on His way to Mount Calvary, for the many faithful who couldn't make the journey to Jerusalem. Whether actually processing from one station to the next within a church or along an outdoor path, or prayerfully contemplating images of the stations, this devotion is meant to help Christians make a spiritual pilgrimage by contemplating Jesus' Passion.

Saint Francis of Assisi held the Passion of Jesus in special veneration and, in the 15th and 16th centuries, his religious congregation, the Franciscans, began to build outdoor shrines in Europe representing pilgrimage sites in the Holy Land. Over the centuries, these stations began to be erected within churches and in 1731 the number of stations was fixed at 14. Today, thanks to the prayerful dedication of the Franciscans over hundreds of years, Stations of the Cross can be seen in nearly every Catholic Church.

The images accompanying each of the 14 stations can vary in form and style: they may be plaques or paintings placed around the interior of a church, life-sized statues along an outdoor path, or something in between. The Stations of the Cross along the interior walls of the Matulaitis Home chapel were created in a modern style along with the Altar, stained glass windows, and other interior art by the Lithuanian artist Vytautas Jonynas.



The prayers, reflections, and hymns accompanying each station may also vary depending on the demographics of the participants. A verse from the beautiful 13th-century hymn known as the "Stabat Mater" is often sung during the procession from one station to the next. The title of this song is taken from its first lines, *Stabat mater dolorosa juxta Crucem lacrimosa*, which means "The Sorrowful Mother was standing beside the Cross weeping." This moving hymn has been translated and set to music by various composers over the centuries. *Join us in this beautiful tradition!*

Join us making the Stations of the Cross and accompany Christ along the way of His Passion every Friday in Lent at 3:30pm!

Meet Our New Volunteer:

John Stewart



Greetings Matulaitis Family,

I am very excited to be here as my last job back in Syracuse NY, my hometown, was working at a skilled nursing/rehabilitation facility as a CNA at the height of the COVID pandemic. I loved my job and found it to be ever so rewarding.

The reason I left that job was to pursue a vocation to consecrated religious life as a Franciscan Friar. The good Lord's call came to me later in life, as I am 57 years old, considered a late vocation. I am currently in formation as a postulant with the Franciscan Friars of the Immaculate, and am living at their Griswold, CT friary, which has 4 priests and 3 brothers. It's such a blessing and privilege for me to have been accepted into such a traditional, orthodox and Marian order, who actually take a 4th vow (in addition to poverty, chastity, and obedience) of total consecration to our most Blessed Mother, who I have such a great affection for and devotion to, and to whom I owe so much, as She is the reason I am here.

Due to my background in nursing, my postulant master suggested I volunteer at Matulaitis as part of my formation and apostolate. I thought it was a great idea and was so happy to hear that Matulaitis is a non-profit, Catholic facility, with its own chapel and clergy, that promulgates an atmosphere of solid Christian values, which is very evident throughout the entire place. Boy, do I ever feel right at home here!

So, I am now looking forward to meeting and getting to know as many of you as possible, including your great staff, and sharing some of my time, talents, and spirituality with everyone. My regularly scheduled day here is Sunday, though I may also be able to come at other times for special occasions. I will be available to assist in getting everyone who wants to go to Mass there on time, and then later in the day, leading a Rosary group. I am also available in between and afterwards if anyone would just like to have someone to chat with, especially about things pertaining to our Christian faith, or even to just say a few prayers; know that I am here for you. Until then, stay safe and always remain united in Christ, and in His most Blessed Mother, Mary, our only hope.

Sincerely in Christ and in Mary,

John+

Check out our website:
www.matulaitisnh.org



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My Lenten Prayer

Dear Jesus

Thank you for giving Your life
for me and for everyone in the world.

You fasted 40 days in the desert, and
I want to remember Your sacrifice during Lent,
by doing the following:

Please help me to do this out of love for You,
and help me in my hour of need.

I will pray for:

And for all those preparing
for Baptism. Amen.