



### What is Lent?

**The season of Lent** is a Catholic liturgical season consisting of forty days of fasting, prayer, and penitence beginning at **Ash Wednesday** and concluding at sundown on Holy Thursday. The official liturgical color for the season of Lent is violet. **Lent begins on March 6 this year.**

The observance of Lent is related to the celebration of Easter. In the first three centuries of the Christian era, most Christians prepared for Easter by fasting and praying for three days. In some places this was extended to the entire week before Easter (now known as “Holy Week”). There is evidence that in Rome, the length of preparation was three weeks.

The word *Lent* derives from the Middle English word *lenten*, meaning springtime – the time of lengthening days. In Spanish we understand the word “Cuaresma” o “Cuarenta” from (Latin: Quadragesima: Fortieth) There is biblical support for doing penance, in both the Old and New Testaments. The season of Lent builds on this biblical support, but like all Catholic liturgical seasons, it developed over time. In its early three-week form, Lent was the period of intense spiritual and liturgical preparation for catechumens before they were baptized at Easter. Many members of the community imitated this time of preparation with the catechumens.

By the fourth century (when Christianity was legalized in the Roman Empire) Lent had developed into its current length of forty days. Forty days is significant for Christians because it is the length of the fast and temptation of Jesus in the desert (cf. Luke 4:1-13). Recently, research has suggested that the development of Lent was also influenced by the forty-day span of fasting practiced by many in the early Church (especially monks). This fast, beginning right after Epiphany (January 6th) stressed **prayer** and penance.

Once Christianity became widespread and most people were **baptized as infants**, Lent lost the connection to the preparation of catechumens. Instead, the themes of repentance and fasting became dominant. Vatican II restored the order of catechumens. Since then, most adult converts to Catholicism are baptized at the Easter Vigil, which takes place after sundown on Holy Saturday. As a result, the ancient baptismal meaning of Lent is once again becoming important.

### Cuaresma otra vez?

La Cuaresma es el tiempo litúrgico de conversión, que marca la Iglesia para prepararnos a la gran fiesta de la Pascua. Es tiempo para arrepentirnos de nuestros pecados y de cambiar algo de nosotros para ser mejores y poder vivir más cerca de Cristo.

La Cuaresma dura 40 días; comienza el Miércoles de Ceniza y termina antes de la Misa de la Cena del Señor del Jueves Santo. A lo largo de este tiempo, sobre todo en la liturgia del domingo, hacemos un esfuerzo por recuperar el ritmo y estilo de verdaderos creyentes que debemos vivir como hijos de Dios.

El color litúrgico de este tiempo es el morado que significa luto y penitencia. Es un tiempo de reflexión, de penitencia, de conversión espiritual; tiempo de preparación al misterio pascual.

En la Cuaresma, Cristo nos invita a cambiar de vida. La Iglesia nos invita a vivir la Cuaresma como un camino hacia Jesucristo, escuchando la Palabra de Dios, orando, compartiendo con el prójimo y haciendo obras buenas. Nos invita a vivir una serie de actitudes cristianas que nos ayudan a parecernos más a Jesucristo, ya que por acción de nuestro pecado, nos alejamos más de Dios.

Por ello, la Cuaresma es el tiempo del perdón y de la reconciliación fraterna. Cada día, durante toda la vida, hemos de arrojar de nuestros corazones el odio, el rencor, la envidia, los celos que se oponen a nuestro amor a Dios y a los hermanos. En Cuaresma, aprendemos a conocer y apreciar la Cruz de Jesús. Con esto aprendemos también a tomar nuestra cruz con alegría para alcanzar la gloria de la resurrección.

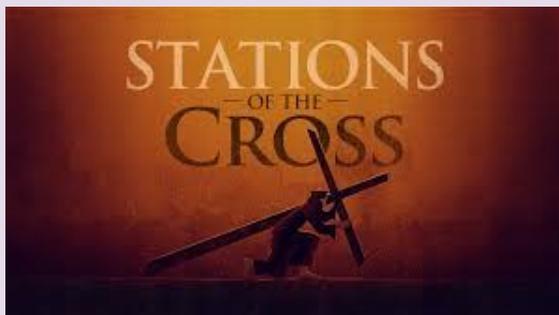
#### **40 días**

La duración de la Cuaresma está basada en el símbolo del número cuarenta en la Biblia. En ésta, se habla de los cuarenta días del diluvio, de los cuarenta años de la marcha del pueblo judío por el desierto, de los cuarenta días de Moisés y de Elías en la montaña, de los cuarenta días que pasó Jesús en el desierto antes de comenzar su vida pública, de los 400 años que duró la estancia de los judíos en Egipto.

En la Biblia, el número cuatro simboliza el universo material, seguido de ceros significa el tiempo de nuestra vida en la tierra, seguido de pruebas y dificultades.

La práctica de la Cuaresma data desde el siglo IV, cuando se da la tendencia a constituir la en tiempo de penitencia y de renovación para toda la Iglesia, con la práctica del ayuno y de la abstinencia. Conservada con bastante vigor, al menos en un principio, en las iglesias de oriente, la práctica penitencial de la Cuaresma ha sido cada vez más aligerada en occidente, pero debe observarse un espíritu penitencial y de conversión.

*En Cristo,  
Fr. Bernal +*



*Join us for observance of a Holy Lent  
Stations of the Cross  
6:00 p.m. Every Friday in Lent  
Light refreshments in Rice Hall  
following the Stations*

## ***From the Senior Warden...***

### **Lenten Season**

Ash Wednesday officially begins Lent and our Lenten Season will continue on for forty days. During this time we think about the fasting, sacrifice and death of Jesus. We will also celebrate Shrove Tuesday as the “unofficial” last day of Epiphany.

### **Shrove Tuesday**

This day precedes Ash Wednesday and is celebrated around the world as Pancake Tuesday or Pancake Day. This carnival day is celebrated as the last day of “fat eating or gorging” before the fasting period of Lent. Shrove Tuesday has also come to be known as “Fat Tuesday”.

Shrove Tuesday comes from the word “shrive” which means “absolve” or to ask for absolution for one’s sins by way of confession or doing penance. Christians, Roman Catholics, Lutherans, etc. who observe this day make a special point of self-examination and consider what wrongs they need to repent and what amendments of life or areas of spiritual growth they especially need to ask for God’s help in dealing with. As Ash Wednesday traditionally signifies a “forty day fasting period”, many societies ate pancakes or other foods that would be given up during the Lenten season. Why pancakes? Because pancakes are associated with a way to use up rich foods such as eggs, milk, sugar and butter before beginning the fasting season of Lent. The liturgical fasting emphasizes for us to eat simpler foods and refrain from foods that would give us undue pleasure such as meat, dairy products or eggs.

### **Ash Wednesday**

Ash Wednesday is a Christian holy day of prayer, fasting and repentance. This day is preceded by Shrove Tuesday and falls on the first day of Lent which are six weeks of penitence before Easter. Ash Wednesday derives its name by the placing of repentance ashes on the participants forehead and receiving the Gospel dictum of “remember that you are ashes and to dust you shall return”. Many Christians mark their calendar and begin Lent with a daily devotional and an abstention from a luxury (e.g. eating meat) and do (or maybe should) not partake in any luxury until Easter Sunday.

In both the Episcopal Church, USA and the Roman Catholic church, Ash Wednesday is observed by fasting, abstinence from meat and repentance – a day of contemplating one’s transgressions (sins). There is a strong Christian biblical base for fasting, particularly during the Lenten forty days because Jesus, as part of his spiritual preparation, according to the Gospels, went into the wilderness and fasted for 40 days and nights.

We begin this holy season by acknowledging our need for repentance and our need for the love and forgiveness that has been shown to us by Jesus our Christ. We should all observe this season via a self-examination and penitence, by prayer and fasting and especially by practicing the works of love by reading and reflecting on God’s holy word.

***Have a blessed Lenten Season,***

***Joe Maldonado  
Senior Warden***



## **SPAGHETTI DINNER FUNDRAISER**

**St. Christopher's Episcopal Church**

**300 Riverside Dr. El Paso, Texas**

**6:00 ~ 8:00 p.m.**

**Friday, March 1, 2019**

**Adult \$10    Child (12 and under) \$5**

**Dine In or Take-Out Available ~ No Deliveries**

**To order take-out in advance**

**call or text Julie Fuller 203-7406**

### **Menu**

***Spaghetti with choice of meat sauce  
or vegetarian sauce ~ Parmesan cheese***

***Salad ~ Garlic Bread ~ Beverage***

# *March at St. Christopher's*

## FRIDAY, MARCH 1

6:00 - 8:00 p.m.

### **SPAGHETTI DINNER FUNDRAISER**

(See flyer on page 5)

## SATURDAY, MARCH 2

### **DRG VESTRY and FINANCIAL WORKSHOP**

9:30 a.m. - 3:00 p.m. at St. John's Episcopal Church, Alamogordo, NM  
(No Men's Group at St. Christopher's)

## SUNDAY, MARCH 3

11:15 a.m. VESTRY MEETING



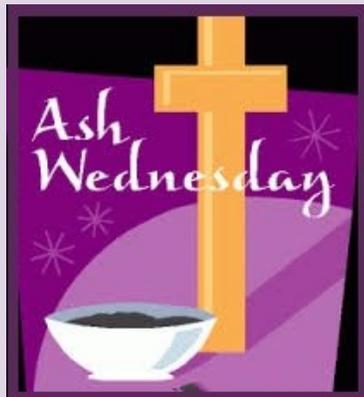
## TUESDAY, MARCH 5

6:00 - 8:00 p.m.

### **SHROVE TUESDAY PANCAKE SUPPER**



Donations gratefully accepted ~ Invite your family, friends, and neighbors!



*Season of Lent Begins*

*on*

*Ash Wednesday*

*March 6*

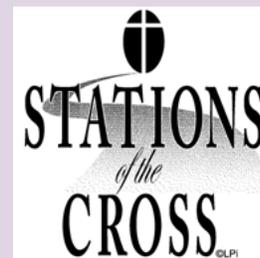
*12:00 noon and 6:00 p.m.*

*Holy Eucharist with Imposition of Ashes*

*Stations of the Cross*

*6:00 p.m. every Friday in Lent*

*Beginning on Friday, March 15*





**SUNDAY, MARCH 10**

**10:00 a.m. HOLY EUCHARIST with Baptism  
Reception in Rice Hall will follow the service**



**WEDNESDAY, MARCH 13**

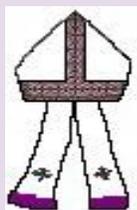
**10:00 a.m. BIBLE STUDY IN SPANISH  
in the Founder's Room**

**SATURDAY, MARCH 16**

**9:00 a.m. - 1:00 p.m.  
SACRAMENTAL RETREAT**

**For all who are being Confirmed, Received, or Making First Communion  
(Parents please attend with your children)  
Coffee and Light Refreshments at 8:30 and Lunch at 12 noon**

**SUNDAY, MARCH 24**



**VISITATION BY BISHOP MICHAEL B. HUNN**

**10:00 a.m. Holy Eucharist  
with Baptism, Confirmation, Reception,  
and First Communion**

**Reception in Rice Hall will follow the service**



**Come as we welcome Bishop Hunn  
on his first visitation to**

**St. Christopher's!**

***Happy  
Birthday***

**MARCH  
BIRTHDAYS**

***Iker Herrera 2  
Deacon Ken Anderson + 11  
Holly Truesdale 26  
Chelly Reyes 31***

**MEETINGS**

**SUNDAY, MARCH 3  
11:15 a.m. Vestry Meeting**

**WEDNESDAY, MARCH 13  
10:00 a.m. Bible Study in Spanish  
in the Founders' Room**



## MARCH PRAYER LIST

*Please keep these members and friends of St. Christopher's in your daily prayers...*

*Fr. JJ Bernal and his brother Raul, Deacon Ken Anderson (Member), Katie Hudak (Member), Patty Lane (Member), Leslie Mowad (Member), Luis Garcia (Member), Mary Reyes (Cano), Ray Vega (Vega), Gary Welsh, The Schofill family (Truesdale), Kevin Salcedo, Joe Heidrick (Shinn), Christie Lechuga (Perez), Fernando Peña, Christy Darling, Jerry Brown (Shinn), Octaviano Tavares (Rodriguez), Donna Hvizdos (Hudak), Maria Morgan (Anderson), Irma Lopez (Mowad), John Hudak (Hudak), Skip Bambrook, James Mowad (Mowad), Bill Fields (Fields), Heather (Navidomskis), Manuel Vida, Helen Bell (Hudak), Bunky Mitchell, and Mrs. Mitchell, Alyson (Navidomskis), Mariann Chavez (Shinn), Cristy Kime (Middleton), Natividad Cano (Cano), Bob St. Jean (Truesdale), Buddy and Tilly Jack (Anderson), Roman Morales and family, Clay Cantrell (Truesdale)*

*Almighty God, we commend to your care and keeping all of the men and women of our armed forces at home and abroad: Capt. Matthew Barchie USAF, Sgt. Charles Barden, Charles East, Navy, Matthew Barnes, Jerry Carreon, Adam Garcia, Navy, Magie Gonzalez, Lt. Jody M. Daniels, Navy, Roberto Salgado, Mark Logan, USAF, PFC Jose Gonzalez, Oscar I. Gonzalez, Comd. Darren Rich, Oscar Camuniz, SP Woody Needler, Dr. Richard Nahouraii, Army, PO2 Chester B. (Chip) Thomson IV, SST. Tim Hayes, Raymundo Ubina,*

*The families and friends of all who are serving at home and abroad  
Please contact Holly to add or delete names*

## OUR MINISTRIES

### \* SUNDAY TELLERS NEEDED \*

At least 2 but preferably 4 new Tellers are needed immediately for Sunday Offerings

The duties of a Teller are:

Count all plate monies, pledges, and other offerings

Properly record all offerings on the Weekly Offering Sheet

Prepare the bank deposit

Sign the Weekly Offering Sheet

We can train you to serve as a Teller, and any new Teller will be assigned with an experienced Teller

If you would like to serve in this vital ministry, please talk to Bruce, Holly, or Fr. JJ as soon as possible!

### SOUP KITCHEN

#### Saturday, March 9

Gloria Rodriguez and Raquel Gonzalez  
Menu: Soup, Salad, Burrito, Postre

#### Saturday, March 16

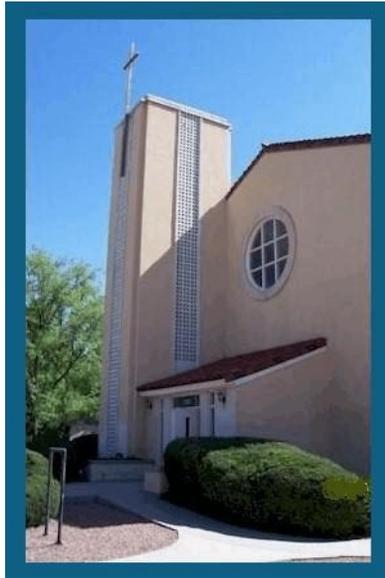
Carol Garcia and Denise Anderson  
Menu: Soup, Salad, Tacos, Postre

\*Menus may change without previous notice

If you would like to contribute to the Soup Kitchen, make your check out to St. Christopher's with *Soup Kitchen* on the memo line



**CHECK OUT OUR  
WEBSITE AND  
LIKE US ON FACEBOOK!**



## **ST. CHRISTOPHER'S EPISCOPAL CHURCH**

**300 Riverside Drive El Paso, Texas 79915**

**Church Office: 915 859-9329**

**THE EPISCOPAL CHURCH WELCOMES YOU!**

**Email:**

**stchristopherselpaso@gmail.com**

**Website:**

**www.stchristopherselpaso.org**

### **WORSHIP SERVICES**

**Sunday**

**Holy Eucharist 10:00 a.m.**

**Thursday**

**Eucharist & Healing 10:30 a.m.**



**St. Christopher's**

**Soup Kitchen**

**Outreach**

**11:00 a.m.**

**2nd & 3rd Saturday of each month**

**BISHOP OF THE DIOCESE  
OF THE RIO GRANDE  
The Right Reverend Michael B. Hunn**

**CLERGY AND STAFF  
The Reverend Canon José J. Bernal  
Rector**

**The Reverend Miguel Ramirez  
Associate Priest**

**The Reverend Kenneth Anderson  
Deacon (Ret.)**

**Holly Truesdale  
Parish Administrator**



**VESTRY  
Joe Maldonado - Senior Warden  
Virgie Shinn - Junior Warden  
Alex Reyes  
Bruce Truesdale**

### **CHURCH OFFICE HOURS**

**Rector**

**9:00 a.m. - 3:00 p.m.**

**Tuesday through Friday**

**Fr. Bernal will be also available  
on Saturdays by appointment.**



**Administrator  
and Church Office  
9:00 a.m. - 12:00 p.m.  
Tuesday and Thursday  
Administrator in Office  
at home on**

**Monday and Wednesday  
852-3954 or 252-2475**

**Church Offices Closed on Friday**

### **ST. CHRISTOPHER'S MISSION STATEMENT**

*Our Mission, as vessels indwelt  
by the Holy Spirit, is to proclaim  
the Gospel and teach the Faith;  
to bring Christ's healing power to  
those who are wounded and hurting;  
to share our blessings with those in  
need; to administer the Holy  
Sacraments; and to live our lives to  
God's glory, sharing the love of  
Jesus Christ with all people.*

