

SUNDAY, MARCH 10TH, 2024
FOURTH SUNDAY OF LENT



LENT

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The Mass

“Do This in Remembrance of Me” **A Step-By-Step Walk Through the Mass**

Fr. Luke Spannagel

✚ **Part 38: Incense** ✚

As we continue through the Offertory of the Mass, we now come to the point where **incense** can be used. Some of us may like the incense, and others may not. Do you know what incense is made of and why we use it?

What is incense, and where does it come from?

According to the *Catholic Source Book*, “Frankincense... is the main ingredient in the incense used in today’s liturgies. A resin produced by a family of desert trees that grow in southern Arabia, it is derived from a sap that dries, forming crystalline lumps of an amber/gold color. For Christians, it has a rich prayer and purification symbolism. From the earliest Christian days, it has been associated with Christ, beginning with the Magi’s gift (Matthew 2:10-11). Even before that, the Jews regarded its rich spicy scent as a pure offering, pleasing to God” (p. 307). Charles Belmonte adds, “Incense is a resinous substance which, when placed upon glowing charcoal, gives off a balsamic odor as it burns. It had a place in Israelite worship; in fact, the psalmist compares our prayers to the smoke of incense, rising up to heaven. In the Book of Revelation, it is seen as a symbol of the prayers of the saints” (*Understanding the Mass*, p. 50).

Where is incense mentioned in the Bible?

Besides the Book of Revelation, incense is mentioned in the Book of Numbers 7:14 as part of an offering for the dedication of the altar. Deuteronomy 33:10 makes reference to “the smoke of sacrifice.” Exodus 30:34-38 describes blending aromatic substances with pure frankincense in equal parts, even describing how it should be ground into fine dust. In Revelation 5:8, St. John tells us the elders had “gold bowls filled with incense, which are the prayers of the holy ones.” In another reference, Revelation 8:3-4 describes an

angel with a gold censer: “He was given a great quantity of incense to offer, along with the prayers of all the holy ones... The smoke of the incense along with the prayers of the holy ones went up before God...”

Hopefully, it is clear from these passages that there is a connection between incense and prayer and sacrifice. When incense is used in the Mass, there are times when it is clearly used to reverence people and things, which is especially clear when incense is used during the Offertory of the Mass. Referring to this part of the Mass, *The General Instruction of the Roman Missal* says, after the bread and wine are placed on the altar, “the Priest may incense the gifts placed on the altar and then incense the cross and the altar itself, so as to signify the Church’s offering and prayer rising like incense in the sight of God. Next, the Priest, because of his sacred ministry, and the people, by reason of their baptismal dignity, may be incensed by the Deacon or by another minister” (GIRM, 75). As the Diocese of Peoria teaches, “this particular incense shows a connectedness between the altar of sacrifice, those offering the sacrifice, and those uniting themselves to the sacrifice. Before being incensed we bow not only as a sign of reverence but as a sign of affirmation that, like the incense, we offer our lives to God and pray they be lifted up and transformed” (*A Study of the Mass*, p. 12).

Why is incense used at Mass?

One older priest once said to me that he loves using incense to honor holy people and holy things. As he sees the smoke rising, he is mindful that we are gathered together as God’s people in the Mass, joining Jesus in offering the perfect sacrifice to the Father. In the Mass, our prayers are joined together, and the incense gives us a visual reminder of those prayers being offered to God. He also mentioned he places one, two, or three spoons of incense (from the little container called an incense boat) onto the burning charcoal in the censer (sometimes called a thurible). For him, one spoonful calls to mind the Oneness of God; two spoonfuls point to the two natures of Christ (human and divine); and three indicate the three persons of the Trinity. For that priest, this is a simple way to recall core truths about God as we pray together in the Mass.

To summarize for us, Fr. Oury notes that incensing “is a mark of honor paid to the offerings that are going to become the Body and Blood of Christ. The honor extends to all the people participating in the celebration and to their offerings, which represent their life and work. Incensing is also a kind of petition, a deeply meaningful one. Through it we pray that the Church’s offering and the Church’s prayer may mount to heaven, to the presence of God above, like a veritable cloud of incense” (*The Mass*, p. 87).

For Reflection:

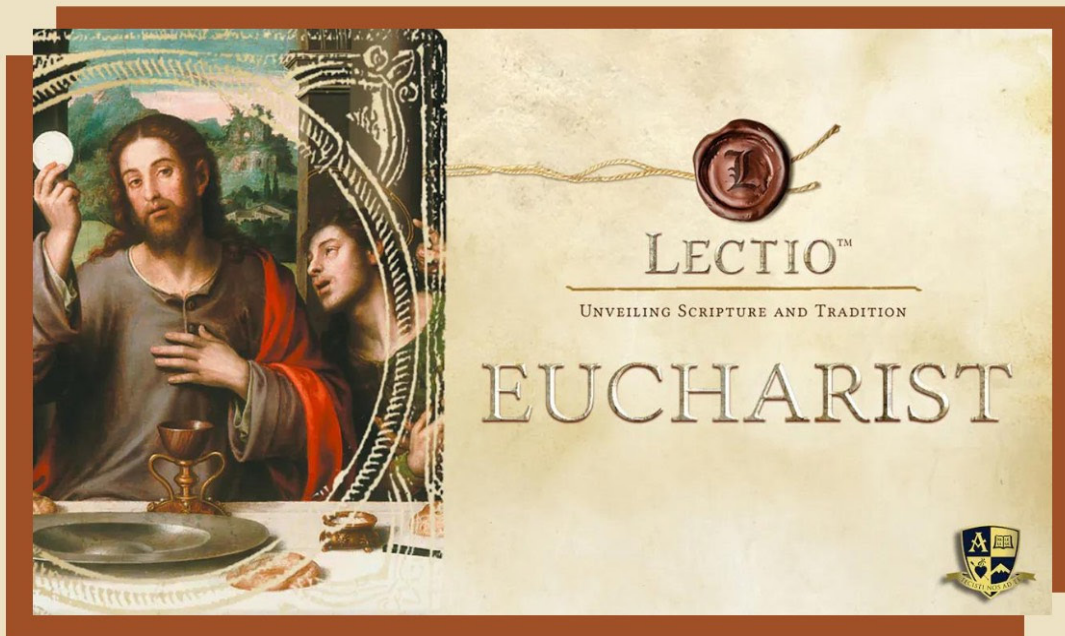
1. Read and pray with one or all of the Old Testament uses of incense Father Luke cites (Numbers 7:14, Deuteronomy 33:10, and Exodus 30:34–38). As you reflect on what you read, allow the historical uses of incense to enrich your understanding of the role of incense in the holy sacrifice of the Mass.
2. Reflect on the role of incense in Revelation 5:8 and 8:3–4. As you pray, privately or liturgically, imagine your prayers rising to God like incense.

Source: www.eucharisticrevival.org/blog





FRESH BAKED BREAD AND HOT SOUP



EVERY THURSDAY OF LENT AT 6:00PM FOLLOWED BY ADORE AT 7:00PM

"The Lamb of God," "The Bread of Life," "The Body and the Blood of Christ"... these are phrases we know from the Mass. But do we understand what they mean in the greater and deeper context of Scripture and Church teaching? Join us to watch the series and discover God's wondrous plan for our salvation.

In this 10-part series acclaimed author and teacher Dr. Brant Pitre digs down to the biblical roots of the Eucharist, through its foreshadowing in the miraculous events of the Old Testament, the Gospels, and Apostolic teaching.

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FOR OUR NEIGHBORS IN NEED

WAYS TO HELP

Purchase items on the suggested list, double bag them in paper bags, and place them on top of the wooden collection boxes at the Church entrances. You can make a bag of the essential items or purchase multiple quantities of individual items.

Make a donation to the St. Vincent de Paul Society and we will purchase the food to give to the needy. Please put your donation in an envelope marked "SVDP Fill a Plate" and place it in the collection basket or mail/drop at the Church office any time.

SUGGESTED ITEMS

- Cans of fruit
- Cans of vegetables
- Soup
- Cans of tuna or chicken
- Pasta and sauce
- Cans of whole meals (chili, pasta, stews)
- Mac and Cheese
- Cereal
- Crackers

NO GLASS

POP TOP CANS PREFERRED





LENT

AT ST. CATHARINE

PRAYER, FASTING, ALMSGIVING

During Lent, we are asked to devote ourselves to seeking the Lord in prayer and reading Scripture, to service by giving alms, and to practice self-control through fasting.

Many know of the tradition of abstaining from meat on Fridays during Lent, but we are also called to exercise self-discipline and fast in other ways throughout the season.

In addition, the giving of alms is one way to share God's gifts—not only through the distribution of money, but through the sharing of our time and talents. As St. John Chrysostom reminds us: "Not to enable the poor to share in our goods is to steal from them and deprive them of life. The goods we possess are not ours, but theirs."

WEEKLY CONFESSION TIMES

Tuesdays • 7:30pm
Thursdays • 7:00pm
Fridays • 7:30pm
Saturdays • 9:00am

*Whether it's been three months, three years, or 30 years since your last Confession, **you can always begin again** and receive the healing mercy of Jesus.*

STATIONS OF THE CROSS

*Fridays of Lent
7:30pm*

*Confessions will be heard immediately following Stations of the Cross
Children's Stations of the Cross will take place on Good Friday at 9:00am
No evening Stations on Good Friday*

FASTING & ABSTINENCE

Days of Fasting: Ash Wednesday and Good Friday (ages 18-59)
Days of Abstinence from meat: Every Friday

St. Catharine



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FISH FRY DAYS

NEW!
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FEB 16 • MAR 8 • MAR 22

5:00-7:30PM DINE-IN & DRIVE-THRU

ALL YOU CAN EAT!

- ♦ Fried Perch ♦ Baked Cod
- ♦ Fries ♦ Mac & Cheese
- ♦ Cole Slaw ♦ Apple Sauce
- ♦ Roll & Butter

FREE Lemonade, Water & Coffee

Desserts Provided by Various Parish Organizations!

ADULTS-\$14
KIDS (5-12)-\$5
BEER & WINE-\$5
DRIVE-THRU
SIDES-\$5



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HOLY WEEK AND EASTER SUNDAY

AT ST. CATHARINE CHURCH

PALM SUNDAY OF THE LORD'S PASSION • MARCH 24TH

Eucharistic Adoration // 6:00am - 12:00am in the Adoration Chapel

Holy Mass // 8:30am • 11:00am • 5:00pm



RECONCILIATION MONDAY • MARCH 25TH

Eucharistic Adoration // 6:00am - 12:00am in the Adoration Chapel

Holy Mass // 8:00am

Confessions // 4:00pm - 7:00pm

TUESDAY OF HOLY WEEK • MARCH 26TH

Eucharistic Adoration // 6:00am - 12:00am in the Adoration Chapel

**No Mass or Confessions at St. Catharine today*

Diocesan Chrism Mass // 3:30pm, St. Paul, Westerville

All of the faithful are invited to join the Most Rev. Earl K. Fernandes and the priests of the Diocese of Columbus for the Chrism Mass.

SPY WEDNESDAY • MARCH 27TH

Eucharistic Adoration // 6:00am - 12:00am in the Adoration Chapel

Holy Mass // 9:00am

Tenebrae Service // 8:00pm // Sacred Music by *Ensemble Una Voce*, under the direction of William Heyer

Tenebrae (meaning 'darkness' or 'shadows') dates back at least 1,000 years. Similar to the Lessons and Carols service at Christmas, Tenebrae consists of hymns and readings in a church lit only by 15 candles. These candles are then extinguished one by one until the church is left in darkness. At that point, a loud noise ("strepitus") is produced by the congregation symbolizing the earthquake after Christ's death.

THE SACRED PASCHAL TRIDUUM

The summit of the Liturgical Year is the Easter Triduum—from the evening of Holy Thursday to the evening of Easter Sunday. Though chronologically three days, they are liturgically one day unfolding for us the unity of Christ's Paschal Mystery.

Eucharistic Adoration ends just prior to Holy Thursday Mass and resumes Monday, April 1st.

HOLY THURSDAY • MARCH 28TH

Evening Mass of the Lord's Supper // 7:00pm

Adoration Vigil in the Adoration Chapel until 12:00am midnight

Confessions // Following Mass until all are heard

GOOD FRIDAY OF THE LORD'S PASSION • MARCH 29TH

Children's Stations of the Cross // 9:00am

Divine Mercy Novena: Day 1 // 2:30pm

Liturgy of the Lord's Passion with Holy Communion // 3:00pm

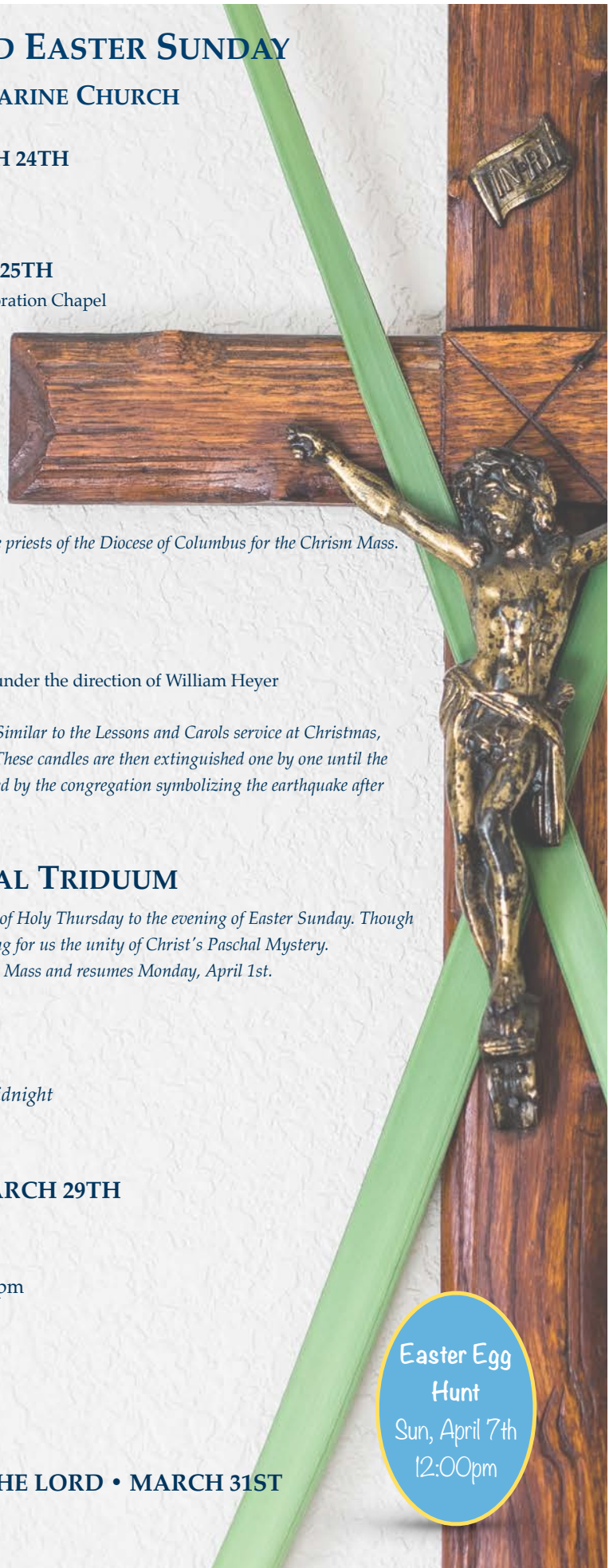
Confessions // Following the Liturgy until all are heard

HOLY SATURDAY • MARCH 30TH

Easter Vigil in the Holy Night // 8:30pm

EASTER SUNDAY • THE RESURRECTION OF THE LORD • MARCH 31ST

Holy Mass // 8:00am • 10:00am • 12:00pm noon



Easter Egg

Hunt

Sun, April 7th

12:00pm

Easter Lillies

Help adorn the Church by remembering someone special this Easter season

Easter Lillies are \$10 per flower and names will be listed
in the Easter Sunday bulletin

Listing Name(s) : _____

*Please indicate "In honor of" for living individuals/groups or "In memory of" for deceased individuals.
Use separate lines for each separate listing.*

Your Name : _____

Phone Number: _____

\$10 x Number of Flowers: _____ Total Enclosed

*Make checks payable to St. Catharine Church
Forms and payment can be put in the collection basket or Church office.*

Deadline for Easter Sunday Bulletin: Friday, March 22nd





*Be a part of the
lifesaving cause.*



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Tuesday, March 19, 2024
12:00 p.m. to 6:00 p.m.

To schedule an appointment visit RedCrossBlood.org, sponsor code: StCatharine or call 1-800-RED CROSS.

Come to give March 1-24 for a \$10 e-gift card to a pet supply merchant of choice! Give blood, treat your pet & make a paw-sitive impact this spring. PLUS automatically be entered for a chance to win a \$3K gift card (5 winners!)! Terms: rcblood.org/Pets.



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ST. CATHARINE WOMEN'S MINISTRY

FATHER DAUGHTER DANCE

**FRIDAY, APRIL 19
6PM-9PM
NEON THEME!**

The Father/Daughter Dance is a fun night that gives dads (and other father figures!) an opportunity to spend the evening together with their little girls. There will be pizza, snacks, tons of dance music, and a photo booth for you to preserve your memories!

\$25.00 PER PAIR • \$5.00 FOR EACH ADDITIONAL DAUGHTER

GIRLY GIFT RAFFLE BASKETS FOR A CAUSE!

Bring baby diapers, wipes, or baby clothes and receive a raffle ticket.

Raffle tickets also available for \$5 a piece or 5 for \$20.

All proceeds and items from raffle go to Women's Care Center.

Please register by Tuesday, April 16th
Questions? Kate Allwein • kateallwein@yahoo.com

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Proverbs 3:5-6

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The Next Two Weeks...

Week of March 10th Fourth Week of Lent

Sunday, March 10th

Fourth Sunday of Lent: *Laetare Sunday*

8:30am Holy Mass (John Dendiu)
9:30am Catechesis of the Good Shepherd
9:30am First Communion/Reconciliation Prep
11:00am Holy Mass (Thomas Fredrick Beck)
5:00pm Holy Mass (People of Parish)

Monday, March 11th

No School March 11th-15th: *Spring Break*

8:00am Holy Mass (Patricia Lucas)
6:30pm Scouts
7:00pm Choir Practice

Tuesday, March 12th

7:00pm Holy Mass (Patricia Lucas)
7:30pm Confessions

Wednesday, March 13th

9:00am Holy Mass (Richard Lumpe)

Thursday, March 14th

8:00am Holy Mass (Rose Adamescu)
9:30am Little Saints
3:05pm Society of St. Clare
6:00pm Eucharist: *Discovering the Mass in the Bible*
7:00pm ADORE Night (Confession & Adoration)
7:30pm Knights of Columbus

Friday, March 15th

8:00am Holy Mass (John Robert Barra)
7:30pm Stations of the Cross & Confessions

Saturday, March 16th

7:15am That Man Is You!
8:30am Holy Mass (Bill Diehl Sr. and Jr.)
9:00am Confessions
10:00am Eucharist: *Discovering the Mass in the Bible* Retreat

Week of March 17th Fifth Week of Lent

Sunday, March 17th

Fifth Sunday of Lent

8:30am Holy Mass (HT Zettler)
9:30am St. Vincent de Paul
11:00am Holy Mass (Margaret Petrosky)
12:00pm Coffee and Donuts
5:00pm Holy Mass (People of Parish)
6:00pm High School & Middle School Youth Group

Monday, March 18th

Memorial of St. Cyril of Jerusalem, Bishop and Doctor of the Church

8:00am Holy Mass (Martin Caridi)
6:30pm Scouts
7:00pm Choir Practice

Tuesday, March 19th

Solemnity of Saint Joseph, husband of the Blessed Virgin Mary

12p-6p Red Cross Blood Drive
7:00pm Holy Mass (Richard H. Muellerleile)
7:30pm Confessions

Wednesday, March 20th

6:30am Working Challenges: Men's Retreat Series
9:00am Holy Mass (Greg Caridi)

Thursday, March 21st

8:00am Holy Mass (Brandon Kahoun)
3:05pm Virtues & Arrows
6:00pm Eucharist: *Discovering the Mass in the Bible*
7:00pm ADORE Night (Confession & Adoration)

Friday, March 22nd

8:00am Holy Mass (Marge Burkhart)
2:15pm School Stations of the Cross
5p-7:30 Knights of Columbus Fish Fry
7:30pm Stations of the Cross & Confessions

Saturday, March 23rd

Memorial of St. Turibius of Mogrovejo, Bishop

7:15am That Man Is You!
8:30am Holy Mass (Intentions of Seeking the Lost, Bronx, NY)
9:00am Confessions

St. Vincent De Paul Society March Food Pantry Need Canned Fruit

Please leave donations at wooden boxes near Church entrances.

Sunday, March 3rd

Total Offering \$14,536.27
Diocesan Tax ~~-\$1,162.90~~
Net \$13,373.37

Seminarian Fund: \$5,047.00

Sunday Mass Attendance

8:30am 294
11:00am 336
5:00pm 278
Total 908

Securely Give Online

To quickly give online, simply scan this QR Code. This will take you to our secure online giving platform at Our Sunday Visitor.



Eucharistic Adoration Chapel

Sunday-Friday
6:00am-12:00am
Saturday
6:00am-4:00pm

Chaplet of Divine Mercy
Every Friday at 3:00pm

Confession Times

Tuesday 7:30pm
Thursday 7:00pm
Saturday 9:00am

By appointment
info@stcatharine.com
614-231-4509

SATURDAY, MARCH 23RD 6-11PM

GREENWAVE FOOTBALL FUNDRAISER



Come have some pizza, soda/beer, and help raise funds for the return of the Greenwave. Come share stories, relive memories, and see memorabilia from the past Greenwave.

**SUPPORT THE
NEW GREENWAVE**



PLANK'S CAFE & PIZZERIA

743 PARSONS AVE,

COLUMBUS, OH 43206



Christ the King/St. Catharine Appalachian Project



What is the Appalachian Project?

- * An outreach program that serves the disadvantaged families in southern Ohio since 1994
- * Participants are 9th grade through college-age students assisted and trained by a team of skilled adults
- * Volunteers are expected to attend monthly meetings to form community, learn construction skills, discuss social justice and Appalachian culture
- * During our project week we provide home repairs, such as painting, siding, building decks, etc
- * Every year, the Appalachian Project is full of faith, fellowship, fun, and hard work!

Meet

Monthly Meetings @
Christ the King

7 - 8 PM

March 3
April 7
May 5
June 2

? 's

[https://
sites.google.com
/view/
.appalachianpro-
ject94/home](https://sites.google.com/view/appalachianproject94/home)



Cost

For each participant the cost is \$100.

Opportunities to reduce the cost are available.



No skills are needed, just a hammer, safety glasses, a pair of work gloves, and a generous spirit.



We camp in sleeping bags at Holy Trinity Parish Hall, Pond Creek and all meals are provided.



2024 Project Work week:
Sunday June 23 -
Saturday June 29