



Holy Name Society Newsletter

Spreading Devotion to the Most Holy Name of Jesus

FOOD FOR THE JOURNEY

From earliest times the Christian community was very conscious of their need to reach out to the weak and vulnerable. One of the principal concerns was for sufficient food. In Acts of the Apostles, Chapters 3 and 6 we find a constant thread of concern and a priority placed on providing food for the hungry. This is still a primary Christian ministry today and a fundamental ministry of the Holy Name Society. Each year many parish Holy Name Societies remember the hun-

gry with Thanksgiving and Christmas baskets and promote and support food drives to fill the shelves of local food shelters. There is an unbreakable chain of Christian charitable works and feeding the hungry has always been a cornerstone of these corporal works of mercy.

The Christian idea of charity - love your neighbor - guides

all of us in a very practical and actionable way to address the needs of those in need. We take our cue from Jesus Himself who fed the multitude after the Sermon on the Mount with that miraculous gift of loaves and fishes. It is no wonder then that the corporal works of mercy include feeding the hungry. Nor is this activity just a narrow

“When we feed the hungry this emanates from a respect for the dignity of human life and a strong conviction of solidarity with our neighbors.”

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WHO’S HUNGRY ANYWAY?

One of the oft-repeated stories among the elder relatives of my family had to do with a hapless paper-hanger. After he finished wall-papering a room in my grandparents’ home, he was asked to stay for supper. My grandmother’s sister, my Great Aunt Frances, always a little over eager, asked if he’d like some mashed potatoes. Before he could reply, she spooned a generous serving onto his plate. Would he like some beets, she asked, as she piled them next to the potatoes. How about some carrots?

They too, equally unwanted, came to rest on his plate. So it went with all the foods. He did his best to clean his plate, but then came coffee and dessert. As she asked if he would like some coffee, he vigorously declined and place his hand over the cup, and, without a moment’s hesitation, Aunt Frances promptly poured the hot coffee through his fingers into the cup. She was bound and determined to “feed the hungry.”

Feeding the hungry presupposes that the hungry want

to be fed. While most often we think of feeding OTHERS who are hungry, we should double check ourselves to see if we’re not the ones in need of sustenance. While physical obesity is at an all time high today in America, spiritual starvation is rampant too. We may not need another meal, but maybe our soul and our mind are hungry for more knowledge of our Faith and a deeper friendship with God. Like that hapless paper-hanger, maybe, though undernourished, we don’t want

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THE NATIONAL ASSOCIATION OF THE HOLY NAME SOCIETY

- Promotes the honor and glory of our Divine God and the personal sanctification of its members by acts of love and devotion to the most Holy Name of Jesus. This spiritual life of its members is a perpetual act of reverence and love.
- Promotes respect for the most Holy Name of God, faith in the Catholic Church and the Magisterium, loyalty to one’s country, and respect for all lawful authority, both civil and religious
- Our members perform the Corporal Works of Mercy: to feed the hungry, clothe the naked, give drink to the thirsty, shelter to the homeless, tend the sick, visit those in prison, and bury the dead; as well as the Spiritual Works of Mercy: to convert sinners, instruct the ignorant, counsel the wayward, comfort the sorrowing, bear adversity patiently, forgive offenses, and pray for the living and the dead on a parochial, diocesan and national level.

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CENTENARY ANNIVERSARY OF THE HNS MEDALLION

2009 is the 100th anniversary of the Holy Name Society medallion. Prior to 1909, there were more than eight different styles of the Holy Name image. In 1908, the Holy Name Society in the USA decided that it was desirable that a uniform image should be adopted. The medallion should be the same everywhere; thus all will recognize that the wearer is a member of the Holy Name Society.

In the quest for only one official Holy Name Society medallion, Rev. John T. McNicholas, OP, who was the National Director of the Holy Name Society, commissioned John Sullivan of Washington, DC to design the medallion. On April 2, 1909, Sullivan, as assignor to Father McNicholas, applied for a patent for his design of the medallion with the United States Patent Office.

Accompanying his drawing of the medallion, Sullivan submitted the following specification: *“The figure is an enlarged plan view of a medallion showing my design, the same consisting of a profile of the head of a child upon a circular background having radial arms, a symbol or character below and to the left of*

the chin of the child and the letters HNS above the head thereof.”



The profile of the Christ Child was selected for the official medallion because the sacred Name of Jesus was given Him when He was an infant. This is to give full honor and reverence to Christ in His infancy, that is, from the time that the Divine Name was conferred upon Him. One of the first rules drawn for the Holy Name Society on January 1, 1433 was that the infant Jesus was to be the Patron of the Holy Name Society.

The symbol or character below and to the left of the chin of the Christ Child is the Dominican Shield. HNS are the initials of the Holy Name Society.

On June 8, 1909, the United States Patent Office issued patent number D40, 029 for the medallion. On May 28, 1936, the patent was extended

for 14 years. On October 25, 1949, it was extended for another 14 years.

In 1909, gold samples of the Holy Name medallion were presented to Pope Pius X by the Master General of the Dominicans. The Holy Name medallion was blessed and made official by Pope Pius X. The pope conceded that every priest who is Confessor in the United States may impart the pope's blessing to the official Holy Name medallion which bears the image of the Christ Child. On November 4, 1909, the pope granted that an indulgence of 300 days may be gained once a day by all members of the Holy Name Society who regularly but visibly wear the official Holy Name medallion while they are in any public place, provided they say once a day, ***Blessed be the Name of the Lord.***

At the first National Convention of the Holy Name Society Unions at Baltimore in October 1911, the official Holy Name medallion was formally adopted.

The best way to celebrate the centenary of the Holy Name medallion is to wear it. It's a "badge of honor!"

*Edward J. Redding
Diocese of Allentown Pennsylvania*

Prayer for Vocations to the Holy Name Society

Most Divine Jesus, we ask in Your most Holy Name that You bless the members who have heard Your call to the Confraternity of the Most Holy Names of God and Jesus and have answered it with faith, hope and charity. We pray that you will open the hearts and minds of many more whose souls are stirred by your voice and the invocation of Your Name. Please lead these individuals into this Confraternity. We humbly ask this through Jesus Christ our Lord. **Amen**

FOOD FOR THE JOURNEY

(Continued from page 1)

parochial expression of charity.

Throughout the world Catholic Charities have been in the forefront of famine relief coming to the aid of the victims of drought and other natural crisis.

It is very important to view these activities not as something extrinsic but rather very intimately connected with Christ-like values and motives. When we feed the hungry this emanates from a respect for the dignity of human life and a strong conviction of solidarity with our neighbors. As children of God, they are our family and we have an obligation to care for them. When the Christian feeds the poor, it is not the same as a person who might do this out of fear, out of guilt, shame, or expediency. It is not mere

philanthropy or “throwing a bone” to the ones in need. It is not giving from our abundance or superabundance. It is an act of true sacrifice motivated by our love for God and therefore for His poor and hungry - for they are **our** poor and **our** hungry brothers and sisters in Christ. The motive and attitude are quite different.

Remember what Jesus said of the woman praying in the temple when she donated what appeared to be meager alms. Because it was given with love and with great sacrifice it was far more pleasing to God than the superfluous offering made by the one who was giving from his abundance. There is a world of difference between mere philanthropy and true Christian charity and we as

“There is a world of difference between mere philanthropy and true Christian charity and we as Holy Name members ... must always act in true Christian charity.”

Holy Name members, acting in the Name of the Lord Jesus must always act in true Christian charity.

The term “Rice Christian” is sometimes used in a pejorative sense downgrading the value of missionary activity, as

though the missionary was bribing the catechumen non-believer

by the promise of material food. Certainly in many circumstances food was important to prospective converts - they might be in a starvation mode - but the motive of missionary activity was and is to feed the soul, not neglecting the immediate needs of the body. No one can become a Christian unless he or she wills it. When the motives of the Christian are purified and

elevated the evangelizing mission given by Christ to reach out to all peoples and invite them into the Kingdom of Heaven is most efficacious.

The reception of the Holy Eucharist in preparation for a person completing the journey of this life and preparing for the everlasting life with God is called Viaticum. It can be translated as “something for the road.” Truly it is our food for the most important journey we take. This is why the Church prescribes it for a person in danger of death. Surely we need and want all that is necessary to sustain our spiritual life, just as we seek food for the body. As Holy Name members let us be diligent in feeding the hungry in both body and soul. And above all be sure to take something for the journey, or if you please, “One for the Road.”

*Fr. Thomas Hayes, OP
Spiritual Director, NAHNS*

WHO'S HUNGRY ANYWAY?

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any more.

In the Incarnation, which we celebrate especially at Christmas time, Jesus the Son of God and the Son of Mary, assumed our human nature and gave it inestimable dignity. He took the hungers of the human family into Himself and proclaimed Himself to be the true Bread of Life. We are hungry in body, mind, and spirit, and Jesus is

the answer, but first we must admit that indeed we are hungry. That becomes the Augustinian moment, and we humbly admit that “Our heart is made for You, O Lord, and we are restless till we rest in You.”

Feeding others who are hungry does not mean that we share their starvation but that we develop our faith and spirit and that we are willing to share it with them openly.

We fast, for example, especially in Lent, so as to generate a surplus of food or money to give as alms to the poor. We study our Faith so as to know it well enough to model it and teach it to others who are hungry for a closer walk with God. We pray both privately and publicly with the Church so that God may deepen our friendship with Him, and then we have a treasure of that nourishing friendship to share with the

spiritually starved men and women of our world.

Step one is to admit that we too are hungry in our spiritual life. Step two is to find in Christ and in our Faith the nourishment that we need. Step three, then is to share it with our hungry brothers and sisters.

*Rev. Paul Chovanec, Pastor,
St. Justin Martyr Parish,
Houston, TX*

HOLY NAME SOCIETY NEWS

New York AUHNS

New York Archdiocesan Union HNS is encouraging members to offer their Communion intentions during the month of February for "Officials in Public Life". It is important in these trying times to ask God to shed His blessings upon the leaders of our country so that our liberties, freedom and our Christian way of life may be protected.

The New York Archdiocesan HNS formed in 1882 celebrated 126 years of faithful service to the Church in 2008.

Blessed Sacrament, Staten Island HNS

Msgr. Peter G. Finn, pastor, Spiritual Director and co-regional vicar of Staten Island gave a talk to the Holy Name Society members on All Souls last November. Members of the Holy Name Society donated toys and money to support the Toys for Tots drive for children. They are also raising funds for a monument to the Unborn.

St. Bartholomew, Yonkers HNS

Msgr. Charles J. McManus, Pastor Emeritus and Spiritual Director of St. Bartholomew, Yonkers passed away in December. Msgr. McManus was a strong supporter of the Holy Name Society, contributing to its growth within the Archdiocese for many years.

Brooklyn Diocesan Union HNS

The Brooklyn Diocesan Union of Holy Name Societies is holding a special Holy Name Recognition Mass in honor of deceased members on Sunday, February 15, 2009. All Holy Name Society members from Queens and Brooklyn are invited and encouraged to attend this very important Spiritual Work of Mercy — praying for the dead. The Most Reverend Ignatius A. Cantanello, DD, PhD, Auxiliary Bishop of the Brooklyn/Queens Diocese will be the celebrant. The Mass will be televised live on NET (National Evangelization Television). The Mass will be held at the St. James Cathedral-Basilica in Brooklyn.

The Holy Name Society of St. Thomas Aquinas Church sponsored a Men's Day of Reflection and Retreat in January. Deacon Freddy Torres of St. Pascal Baylon Church in Queens was the speaker.

The DUHNS sponsored a food and toy drive in December hosted by Resurrection Church in the Gerritsen Beach section of Brooklyn. Fr. Dennis J. Farrell, Spiritual Moderator of the DUHNS is the pastor of Resurrection Church.

Corpus Christi, Port Chester HNS

The AUNHS Annual Family Holy Hour is scheduled for Sunday, April 26 in the Church of Corpus Christi.

Green Haven Correctional Facility, Stormville HNS

Msgr. Edward J. Donavan a staunch supporter and friend of the AUHNS passed away suddenly in October. He served as chaplain at Green Haven Correctional Facility in Stormville and Spiritual Advisor for its Holy Name Society for 38 years before his retirement. Msgr. Donavan established the Holy Name Society in the prison and the programs, devotions and activities he instituted have served as a model for other Prison Chaplains in establishing and running their own Holy Name Societies. May eternal rest grant unto him, Oh Lord!

Holy Family, West Newton PA, HNS

The members of the Holy Family and St. Charles Borromeo churches celebrated Holy Name Sundays in December and January with meetings followed by Mass. In December the Nativity displays were erected by the Holy Name members and parishioners.

John P. Henry Jr. and Frank Plevel, longtime supporters of the HNS throughout the Union, passed away this past month. Our prayers and sympathies go out to their families.

Holy Name members continue to support their Mission Godchild in El Salvador. The Greensburg DUHNS is celebrating their 49th anniversary.

St. Francis Xavier, Bronx HNS

Members of the St. Francis Xavier Holy Name Society distributed special cards bearing the Holy Name Prayer and Pledge to members of the parish sports teams at a special youth liturgy. The Society members are involved in a fundraising activity to support residents of the Williamsbridge Nursing Home in the Northeast Bronx. Fr. Mathew J. Furey is the Spiritual Director.

Our Lady of Fatima, Scarsdale HNS

Members provided gift bags and sang Christmas carols for the residents of the Sprain Brook Nursing Home in December.

Holy Name men Orlando Autuori and Robert Carver passed away in the last month. Members turned out in strong numbers for both wakes - a tribute to the bonds of brotherhood of the Holy Name.

St. Eugene, Yonkers HNS

Members of the St. Eugene Holy Name Society held a Christmas Fair and a "Breakfast with Santa" a family event with breakfast, a visit to Santa for the young and the showing of a movie. The members also supported sending phone cards to our soldiers in Iraq and Afghanistan. Fr. Leonard F. Villa is the Spiritual Director.

HOLY NAME SOCIETY NEWS

South Bronx District, Bronx Division HNS

The members, friends and family of eight Holy Name Societies joined in the celebration of the Feast of Christ the King in St. Luke's parish. Msgr. Gerald J. Ryan, pastor and Spiritual Director of St. Luke's celebrated Mass. He was assisted by Deacon Apolonia Mejias. At the end of Mass, Archdiocesan Union Executive Secretary Anthony J. Merolla and District President Angel Cruz presented the Union's Award of Appreciation to Msgr. Ryan and Jesus Nieves.

Richmond Division, Staten Island HNS

Staten Island parish HNS participated in the Annual Right to Life Mass on January 18th in the Church of St. Peter's, Msgr. Edmund J. Whalen, pastor of St. Joseph-St. Thomas was the guest speaker at the Communion Breakfast following the Mass. Msgr. James J. Dorney, pastor of St. Peter's and co-regional Vicar of Staten Island is Spiritual Director of the Division.

St. Mary's on the Hill, Woodbourne Correctional Facility HNS

The Holy Name Society at Woodbourne Correctional Facility has been inaugurated. In November the society held a weekend retreat. The theme of the retreat centered on Jesus Christ as the perfect ideal in our lives.

Bergen County Federation HNS

The Bergen County Federation of Holy Name Societies donated \$600 to the Several Sources Foundation to support the group's shelters for mothers and babies. The donation was generated from proceeds from the Holy Name Spiritual Director's Dinner and the "Pennies from Heaven" fundraiser. Holy Name members Don Stein, Joe Borowski, Elton Ekstrom, Alfred Di-Grazia, Jr., Peter Giessner, Sal Scialdone and Alfred Lombardi presented the check.

The 69th Annual Communion Breakfast honoring Blessed John of Vercelli was held on November 9th. Betty De-Fusco, former president of the Rosary Society of St. Anne's gave a talk on the role of prayer in the devotion to our Lord and our Blessed Mother. Bill Hennig gave an update on his apostolate of repairing and collecting rosaries for our troops in the Philippines and other places of need. Fr. Colin Kay gave the Benediction.

St. Elizabeth Ann Seton, Hawthorne, HNS

The Holy Name Society members of St. Elizabeth Ann Seton held their annual retreat in January. They will be assisting at the Peerskill Soup Kitchen in February and they are planning a Communion Breakfast in March. Fr. George A. Lodi is the Spiritual Director.

NYPD of Manhattan, Bronx, and Staten Island HNS

The Police Department Holy Name Society for the City of New York is supporting a special Law Enforcement Retreat on February 3-5, 2009. The theme of the retreat is "Paul the Apostle: An Incredible Journey of Faith" Rejoicing in Hope, Being patient in suffering, and persevering in prayer. The retreat is being held at the Passionist Spiritual Center Cardinal Spellman Retreat House. For up to date news and information on activities, please visit www.nypdholynamesociety.com

Buffalo DUHNS

The Buffalo Diocesan Union HNS will sponsor an International Holy Name Communion Breakfast on Sunday, March 8th. The Mass will be held at the Church of St. Benedict (Main / Eggert). All Holy Name members and their family and friends are encouraged to attend.

St. Andrew's parish in Sloan, New York hosted the Annual Diocesan Holy Name Convention in December. Holy Name members from Canada and Cleveland attended. Fr. Paul Sabo, Chairman Ed Blach, Co-Chairman Craig Weiss, Fr. Fabian Maryanski, Pastor of St. Andrew's and the men from the St. Andrew's Holy Name Society made the convention a success. Mr. Daniel Smolarek was the guest speaker.

San Antonio AUHNS

The Church of St. Gabriel hosted the Annual Christ the King Procession and Hour of Prayer on November 23. Election of Officers for 2009 were held following the Hour of Prayer. Fr. Richard Pena, Pastor of St. Gabriel and the Holy Name Society of St. Gabriel hosted the event.

The Monthly Hour of Prayer will be held at the St. Henry Catholic Church on February 22 and co-hosted by Blessed Sacrament Parish in San Antonio. Sacred Heart Church in Uvalde, Texas will host the March Hour of Prayer.

The Feast of Blessed John of Vercelli was celebrated with a Memorial Mass on December 7th at the Chapel of the Sisters of Perpetual Adoration. The Memorial Mass was moved from December 1 (actual Feast of Blessed John) to December 7 to allow for more participation of Holy Name Society members. Installation of new officers for 2009 will take place at an upcoming Hour of prayer.

NATIONAL HOLY NAME SOCIETY SUPPLY OFFICE

HNS booklets, materials,
and supplies can be
obtained by mail order
from the NAHNS Supply
Officer.

Phone: 570-429-0581
Email: rrjack@evenlink.com
Mail: John Chaklos
719 Port Carbon Rd.
Pottsville, PA 17901

HOLY NAME SOCIETY NEWS

Cleveland DUHNS

The Cleveland Diocesan Union will hold their 62nd Annual Diocesan Convention February 21, 2009 at St. Eugene's Church 1821 Munroe Falls Ave. Cuyahoga Falls, OH. The Convention will start with Mass at 9:00 A.M.; Bishop Roger Gries will be the Main Celebrant and Fr. Neil Crosby, Fr. David Durkee and Deacon Joseph Litke will Con-Celebrate. Guest speakers will be Fr. Paul Sabo from Buffalo and Fr. Paschal from Cleveland. They will speak on the importance of Holy Name Society membership. For information and reservations contact: Pete Carbone, 102 W. Howe Rd., Tallmadge, OH. phone: 330-633-6884; email: HolyNamePete@aol.com.

Cleveland Diocesan Union HNS gave a Spiritual Bouquet to the Most Reverend Bishop Richard G. Lenon on December 23, 2008. The bouquet

contained over 40,000 Masses and Holy Communion and 3,157 recitations of the Most Holy Rosary.

The Diocesan Union Annual Lenten Retreat will be held on March 7, 2009 at the Jesuit Retreat House in Parma, OH. Fr. Jack Dister will direct the retreat. The Northwest Deanery will sponsor their Annual Lenten Retreat on Saturday, March 14. The retreat will be directed by Fr. Eric Orzech. The Columbus Diocesan HNS will hold their Fifth Annual Lenten Silent Retreat for Men on March 27th through the 29th. The theme is "What have I done for Christ, what am I doing for Christ, and what should I be doing for Christ."

The 2009 Bishop's Brunch will be held on Sunday, March 22 at Landerhaven. This is a fund raiser for the seminarians

in the Cleveland Diocese. A special Mass with the Seminarians from Borremeo and St. Mary's Seminary will be held on Sunday, February 15, 2009 at the Center for Pastoral Leadership.

Members of the Diocesan Union attended the Annual March for Life in Washington, D.C. on January 22nd to peacefully protest the Supreme Court's 1973 decision to legalize abortions in the United States. Bus transportation was provided from the Church of St. John Bosco and the Church of St. Francis Xavier.

The 2009 Membership Drive will begin on March 8th and continue through Sunday, March 22nd. Special letters have been prepared and will be sent to parish Pastors encouraging them to make available to their parishioners.

Baltimore AHNU

The 3rd Annual Baltimore Archdiocesan HNU memorial Mass for deceased members was held Sunday, November 16 at the Basilica of the National Shrine of the Assumption of the Virgin Mary. More than 150 Holy Name members and their families were in attendance at this Memorial Mass. Arrangements have been made to continue this tradition on the 3rd Sunday of November of each year.

The December Quarterly Meeting was held at St. Ignatius-Hickory in December. Celebration of the Sacrifice of the Mass started the meeting. Discussions on *The Way Ahead* project of the Baltimore AHNU were held. *The Way Ahead* is a project instituted to gather information and ideas on how the Archdiocesan Union can best support the growth and vitality of the parish Holy Name Societies.

THE HOLY FATHER'S PRAYER INTENTIONS FOR 2009

January 2009

General: That the family may become more and more a place of training in charity, personal growth and transmission of the faith.

Mission: That the different Christian confessions, aware of the need for a new evangelization in this period of profound transformations, may be committed to announcing the Good News and moving

towards the full unity of all Christians in order to offer a more credible testimony of the Gospel.

February 2009

General: That the Pastors of the Church may always be docile to the action of the Holy Spirit in their teaching and in their service to God's people.

Mission: That the Church in Africa may find adequate ways and means to promote reconciliation, justice and peace efficaciously, according to the indications of the Synod of the Bishops' Special Assembly for Africa.

March 2009

General: That the role of women may be more appreci-

ated and used to good advantage in every country in the world.

Mission: That in the light of the letter addressed to them by Pope Benedict XVI, the Bishops, priests, consecrated persons, and lay faithful of the Catholic Church in the Popular Republic of China may commit themselves to being the sign and instrument of unity, communion and peace.

MARY MOTHER OF CAPTIVES SUPPORT GROUP

“When I was in prison your visited me.” (Mt 25:36)

Mary Mother of Captives Pen Pal Program is in desperate need of help with Pen Pals on the outside to communicate with inmates in prison. The Pen Pal Program is based on a foolproof system to protect the identities of those who participate, offering complete anonymity. In the Gospel of Mark, we are called to visit those who are in prison. In this day and age to visit someone who is in prison you would have to be on his/her visitors list. You would literally spend hours driving and waiting to visit to see an inmate.

The Pen Pal Program is completely free of charge to anyone who is willing to take a few minutes to do a “Corporal Work of Mercy.” It is designed to help the incarcerated both spiritually and educationally.

Mary Mother of Captives (MMOC) has initiated a Pen Pal Program where you can visit someone in prison by mail. Granted this is not the way Mark’s Gospel would like to have it done, but indeed it is a way we can perform this most important “Corporal Work of Mercy.”

We receive many letters from prisoners throughout the United States asking for a Pen Pal and every time we pick up our mail at the post office, there are always more inmates requesting a Pen Pal. This has been quite difficult not being able to answer their requests. We have over 800 incarcerated Pen Pals on our list and more than 500 have not received a Pen Pal as of this writing.

Mary Mother of Captives Pen Pal Program is unique for those who participate on the outside. We code your name, use our PO Box num-

ber as the return address, and re-mail the letter from prison to you unopened.

Please help us in this most important ministry of helping the incarcerated!

What can you do to help? Become a Pen Pal, ask friends and family to participate, ask your pastor to advertise in your parish bulletin once a month, give us your parish E-mail address and we will send an E-mail once a month for your pastor to place in the parish bulletin.

For more info, call or write:

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P.O. Box 52416
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In His Holy Name.

Jack/Sophie Weber

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HOLY NAME SOCIETY EVANGELIZATION

Pope Paul VI in a special homily on November 29, 1970 urged all Christians to “proclaim Christ to the whole world,” noting that time is always short in matters of preaching the Gospel and that Christ calls every baptized Christian to take up the primary mission of the Church – evangelization, bringing the Gospel to all people. As members of the Confraternity of the Holy Names of God and

Jesus we are all called to evangelize individually and in our parish societies by our works, by our actions, and when necessary by our words.

Remember the words of St. Teresa of Avila, God has no eyes on earth but your eyes, no hands or feet, but yours, so go and do what has to be done in His Holy Name!

The Holy Name Evangeliza-

tion Committee is embarking on a National effort to promote devotion to the Most Holy Name of Jesus and to renew efforts to grow the Holy Name Society. We need your prayers and financial support. Please send your financial contributions to:

Carl F. Nott, Chairman,
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Brooklyn, NY 11234-3601



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SPREADING DEVOTION TO THE MOST HOLY NAME OF JESUS

A FAITH JOURNEY: LENT 2009

The Catholic season of Lent 2009 begins on Ash Wednesday, February 25. Lent is a season of soul-searching and repentance. It is a season for reflection and a time for members of the Holy Name Society to rededicate themselves to developing a personal relationship with Christ Jesus. By observing the forty days of Lent, the Holy Name member imitates Jesus' withdrawal into the wilderness for forty days. As you prepare for Lent this year make a personal commitment to make this Lenten journey special and effective.

The following is a list of some spiritual activities you can use

to fortify yourself this Lent:

Prayer: Increase the time spent in prayer each day. If you are not in the habit of reciting the Holy Rosary on a daily basis add this to your daily prayer. Meditate on the Sorrowful mysteries.

Daily Mass. If you do not routinely attend daily Mass strongly consider adding at least an additional day or two to your week.

Holy Hour: Spend time in prayer and quiet with our Eucharistic Lord. Find an Adoration Chapel near your place of work or your home and spend an hour in prayer and contemplation with Jesus.

Penance/Confession: Increase the frequency of your reception of the beautiful sacrament of Confession. Consider going each week.

Fasting: The Church requires Fasting on Ash Wednesday and Good Friday during Lent. Consider fasting every Friday or Wednesday during Lent.

Alms: Increase the amount of time, talent and treasure you give to your local parish or local charities. Corporal Work of Mercy – Feed the Hungry. Donate food to a local Food Shelter, help out one day a week in a soup kitchen, or sponsor a child in one of the underprivileged countries where Catholic

Charities are working to give humanitarian support and assistance. Remember Lent is a time of sacrifice.

Retreat and Days of Recollection: Attend a retreat or Day of Recollection. If your parish does not have one – work with the members of your parish Holy Name Society or your Diocesan Union Holy Name Society to sponsor one.

Lastly, spend time listening to where God is asking you to go and what He wants you to do.

May He richly reward you this Lent!

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