

THE ULTIMATE GUIDE TO LENT

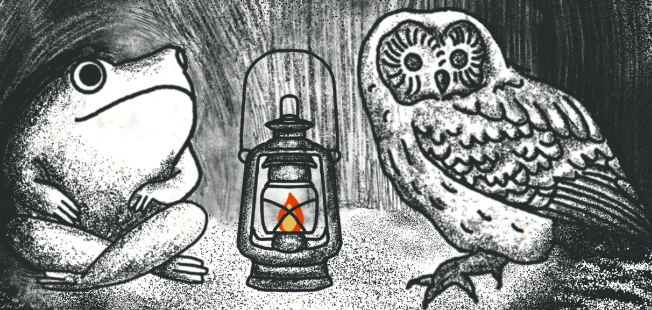




Table of Contents

- 04 Dates & Reminders
- 07 Music for the Journey
- 08 Creamy Pumpkin Soup
- 09 The Holy Nobodies
- 13 5 Steps to Celebrating
Sundays
- 20 No Crust Quiche
- 21 The Power of Silence
- 27 Baseball, Lent &
Growing in Holiness
- 31 Shrimp Pasta with
Creamy Mozzarella
Sauce

- 
- 33 How to Decorate for
a Life-Changing Lent
 - 39 Artisan Bread
 - 40 Level-Up Your
Lenten Fasting
 - 45 How to Have Your Own
Southern Fish Fry
 - 51 5 Steps to True
Christian Fatherhood
 - 56 Prayer Hikes around
the Archdiocese
 - 64 Eggplant Parm
 - 66 5 Ways to Be Little
Like St. Thérèse
 - 71 Making Catholic Memories



Dates & Reminders

What is Lent?

Lent is a six-week liturgical season of penance leading up to Easter.

When is Lent?

Lent begins with Ash Wednesday (February 17, 2021) and lasts for 46 days.

When does Lent end?

Lent ends with the Mass of the Lord's Supper on Holy Thursday (April 1, 2021).

What is Lent about?

Lent is a season of fasting and abstinence with a particular focus on prayer, almsgiving and fasting.

What is Lent about?

Just as Jesus went into the desert after His baptism for 40 days of fasting, we spend 40 days (plus six Sundays) in penance preparing for Jesus' coming at Easter.



What is the Easter 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. The liturgical services that take place during the Triduum are:

- Mass of the Lord's Supper
(Thursday, April 1)
- Good Friday of the Lord's Passion
(Friday, April 2)
- Mass of the Resurrection of the Lord
(Saturday, April 3)

When am I supposed to fast?

Catholics are required to fast on two days during Lent: Ash Wednesday and Good Friday. The recommended method of fasting is to only eat one normal-sized meal per day, along with two smaller meals that do not equal the normal meal.



When am I supposed to abstain?

Catholics abstain on Ash Wednesday and Fridays during the Lenten season. Abstinence – in the context of Lent – means to refrain from eating meat and meat products.



Who has to fast & abstain?

The USCCB requires Catholics age 14 and older to abstain and Catholics age 18 to 59 to fast. More information on fast and abstinence requirements can be found ***here***.





Music for the Journey

Music is a beautiful thing. It can calm the mind, speak to the heart and nourish the soul.

We've curated the 2021 Lenten playlist to help lead you into silence, center yourself and place you in a reflective Lenten mindset.

You can find The Catholic Telegraph's ***Lenten playlist for 2021 here.***



Kyle Swensen's



Creamy Pumpkin Soup

Watch a step-by-step video [here](#).



DIFFICULTY



INGREDIENTS

- 3 tablespoons unsalted butter
- 1 small white onion, chopped
- 1 clove garlic, minced
- 1 tablespoon firmly packed light brown sugar
- 1/2 teaspoon freshly ground cinnamon
- 1/4 teaspoon white pepper
- 1/4 teaspoon freshly ground nutmeg
- 1/8 teaspoon cayenne pepper
- One 15-ounce can pure pumpkin puree
- 3 cups low-sodium vegetable broth
- 1/2 cup heavy whipping cream
- Kosher salt
- Crème fraîche, for garnish (optional)

DIRECTIONS

1. In a large pot, melt the butter over medium heat.
2. Once the butter is just beginning to brown, add the onion and sauté for 5 minutes.
3. Add the garlic, sugar, cinnamon, pepper, nutmeg and cayenne pepper and cook for 3 minutes.
4. Add the pumpkin puree and broth, stir to incorporate, season with salt and bring to a boil.
5. Reduce the heat to low and simmer for 20 minutes.
6. Stir in the cream and let cool for 10 minutes.
7. Transfer the soup to a blender (or use an immersion blender in the pot) and puree until smooth. If needed, add additional water or broth to reach desired consistency.
8. Return the mixture to the pot or large a sauce pan.
9. Serve warm and drizzle with crème fraîche.





The Holy Nobodies

By Dominick Albano

“After six days Jesus took Peter, James and John and led them up a high mountain apart by themselves. And he was transfigured before them.”
Mark 9:2

“As they were coming down from the mountain, he charged them not to relate what they had seen to anyone, except when the Son of Man had risen from the dead.” Mark 9:9



Do you think Jesus played favorites?

The two verses above begin and end the story of Jesus' transfiguration, and they are part of the Gospel reading for the second Sunday of Lent. In scripture, we often read about Jesus' big three disciples: Peter, James and John. And, of course, we know John even had a special title within that group: "the beloved disciple."

But what about Bartholomew? Or James the Lesser? Or Jude? We don't hear much about them in the scriptures.



When Jesus told Peter, James and John not to tell anyone about the transfiguration until after the resurrection, do you think that included the other apostles? Do you think that, after the resurrection, Peter, James and John said, "Oh yeah! We were supposed to tell you about this awesome thing we witnessed with Jesus!"



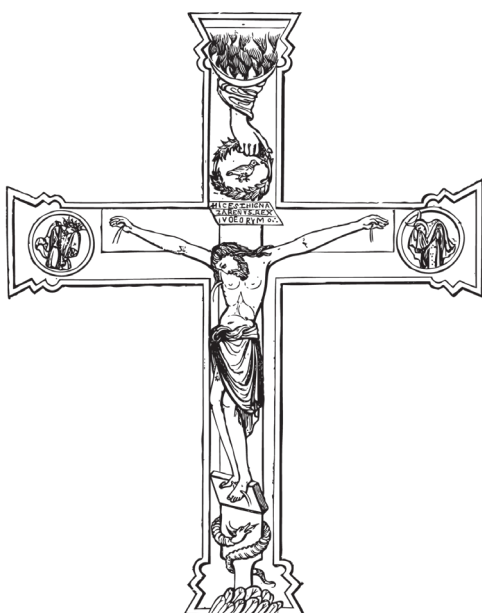
*A spiritual director once asked me
if I would be okay being a holy
nobody.*

A holy nobody is someone who has a close relationship with Christ and seeks to do the will of God, yet gets no recognition for it. No fame. No social media posts about their spiritual experiences with hundreds of likes and comments. No awards. Just, like many of the apostles, a quiet - yet powerful - holiness. A holy nobody still changes the world.

Fame is worth a lot to our culture, but it doesn't matter much in God's economy. Tell me this: How many more saints are there in heaven whose names we will never know compared with the number of saints we know and love? 100 to 1? 1,000 to 1? More? The grandmothers. The doctors. The sacristans. The godmothers and godfathers. The accountants. All the men and women who live lives of

quiet holiness, never receiving awards or recognition, quietly praying their daily Rosaries, attending daily Mass, making small sacrifices for the greater glory of God. They are the holy nobodies.

I hope you desperately desire sainthood. We all should. But if being the next Pope St. John Paul the Great or the next St. Mother Theresa sounds a little unattainable, how about spending this Lent trying to simply be a holy nobody? Pray. Fast. Give alms. Be close to Jesus. And, in the end, enjoy your eternal reward.



DOMINICK ALBANO

is the director of digital engagement and monthly columnist for The Catholic Telegraph, as well as an author and national speaker. He and his wife, Rebecca, have been married for 13 years and have four sons.



5 Steps to Celebrating Sundays

By Harlie Galloway

Did you know the 40 days of Lent don't include Sundays? This gives us the perfect opportunity to treat Lenten Sundays as a mini-Easter at the end of each busy week, to celebrate joyfully together with your family, shining a ray of hope to the coming of the climax of the season.



Step 1: Celebrate through Mass

Sunday Mass is the perfect opportunity to rejoice in the celebration of Easter. God wishes to pour Himself out to us, if only we are willing and open to receive Him. There is no better way to grow in faith and celebrate Sundays as a family than to truly receive Him in the Eucharist, remembering His sacrifice and miraculous resurrection.

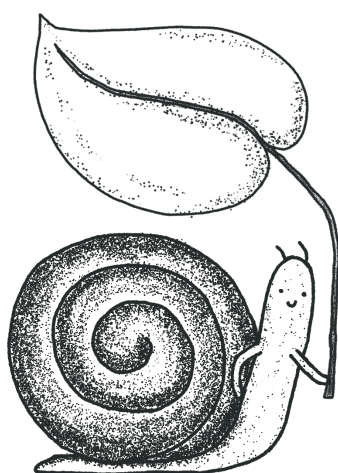
Try this: Go to Sunday Mass as a family. Afterwards, spend time in prayer together, reflecting on the readings and thanking God for coming into your hearts through the Most Blessed Sacrament.



Step 2: Celebrate with Gratitude

There's an idea that has significantly impacted the way I live my life: What if I woke up tomorrow with only what I thanked God for today? Gratitude can rewire our brains to the truth that even on the worst of days, there is goodness to celebrate.

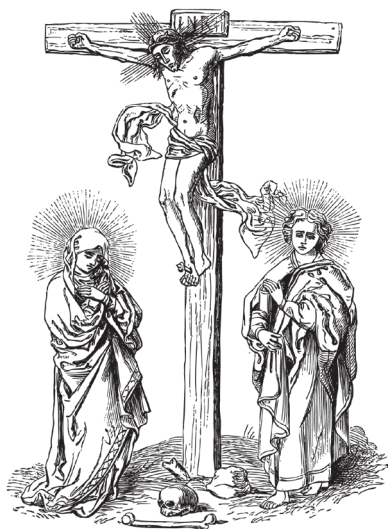
Try this: Start a 'gratitude journal' with your family. Sit down every Sunday and spend five minutes writing down all the things you are thankful for that week.



Step 3: Celebrate with Sacrifice

Some of the greatest joys in life come from sacrificing something for another. Looking to Christ as the greatest example, we can rejoice in the little things we can give up for the good of someone else in our lives. God sees these sacrifices, and He rewards us, even if in ways we cannot see.

Try this: As we prepare for His ultimate sacrifice, make a point each Sunday to make at least three sacrifices for the good of another person, whether it be time, talent, money, or simply taking the smaller slice of pie. Rejoice in your ability to make someone else smile.



Step 4: Celebrate in Style

Sundays can sometimes be viewed as dull; bringing the end of the weekend and the stress of the coming week. However, escape this mentality by truly making it a celebration... complete with fine china.

Try this: Each Sunday, make your home into a fancy restaurant. Set the table with the fine china normally reserved for special occasions, dress up, light some candles, and have a more elaborate meal. Have dinner together as a family, and truly celebrate the joy of Sunday with each other.



Step 5: Celebrate with Mary

The rosary is a fantastic way to pray as a family. It's centered around stories and comes with beads to hold, making it ideal even for young children. The rosary is a unifying prayer, uniting all members of the family in the meditation of the mysteries, and can in turn help plant seeds of faith in every family member.

Try this: Commit to praying a family rosary on Sundays. Encourage each family member to lead a decade. Making the rosary a part of family life helps both young and old to see the importance of prayer.



This Lenten season, make each Sunday a celebration, a joyous occasion on which to rejoice with those around you. So, instead of simply giving up something this Lent, try adding a few of these steps to your Sunday routine and see how your family grows in faith together.



Harlie Galloway is a homeschooled sophomore with a passion for writing, music, and theater. She lives in Anderson Township with her Deacon dad, mom, younger brother, two dogs and two bunnies.

Gail Finke's

No Crust Quiche

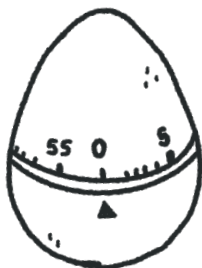


DIFFICULTY



INGREDIENTS

- 8 eggs
- 1 cup heavy cream
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- pinch of nutmeg
- 1 cup cheddar cheese (or your favorite)
- 1 cup sliced mushrooms
- optional 1 cup chopped spinach (drained)



DIRECTIONS

- preheat oven to 425
- spray a standard pie pan with cooking oil

WHISK TOGETHER

- 8 eggs
- 1 cup heavy cream
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- pinch of nutmeg
- pour in pie pan

ADD

- 1 cup cheddar cheese (or your favorite)
- 1 cup sliced mushrooms
- drop these on the egg mixture, then press them under it with a spoon
- optional: add one cup chopped spinach (drained)
- substitute a different vegetable of your choice

Cook 40 minutes or until toothpick comes out clean.

Good cold or heated up - great for Lenten lunches!!!



The Power of Silence

By Jessica Rinaudo

Silence isn't something that comes naturally in my household of six (plus one rambunctious pup). It has to be intentional, planned.

For me, silence is 25 minutes in the morning after my husband leaves with the kids for school. I make coffee, turn off all the lights, light a candle, cozy up with a blanket in my favorite chair, close my eyes, breathe and then I begin to pray.

I speak to God about what's troubling my heart, and always ask for guidance for those I love. I often let my mind wander to others in my life and pray for them, as well, before offering my day to Him.

Silence can be hard, but doing this sets the tone for my entire day. Here's a simple process to figure out how silence fits into your life:

What about silence is hard?

When I finally encounter silence, my mind rushes to fill that space with clutter: kids' schedules, grocery lists, work projects, recounting conversations. Everything piles in, seemingly of its own accord. I lose control of the thoughts allowing the outside things to direct me instead of the other way around.

WHAT MAKES SILENCE
HARD FOR YOU? NAME THREE
SPECIFIC OBSTACLES.



Why is silence important?

I can easily become overwhelmed by the demands of my family and work and the noise that naturally comes with

them. And when I sit down with silence, I can begin to take control of my thoughts and steer them where I want them to go. Making time for physical and mental silence helps me reset and reconnect with God.

WHAT ARE THREE SPECIFIC REASONS SILENCE IS IMPORTANT TO YOU?



How can you be more intentional with creating your silent time?

I find that I'm exhausted in the evening when the kids go to bed, and I look forward to spending time with my spouse, or reading to decompress. So for me, my intentional silence happens first thing in the morning. I've also learned the hard way that it's important to ensure that I take a lunch break with a closed office door and a firm resolve not to answer the phone for 30 minutes.



Plan a recurring time and place to experience silence. Look at your calendar and figure out a time that works best for you.

As you look at your calendar, ask yourself:

WHEN AM I MOST ALERT?

WHAT HELPS ME FEEL CLOSE WITH GOD?

WHEN CAN I BLOCK OUT OTHER PEOPLE
IN MY LIFE – EVEN FOR JUST 15 MINUTES?

ONCE YOU'VE ANSWERED THOSE
QUESTIONS, COMMIT TO DAILY SILENCE
TIME AND MAKE IT A HABIT.



*How can you be more intentional
with using your silent time to grow
in faith?*

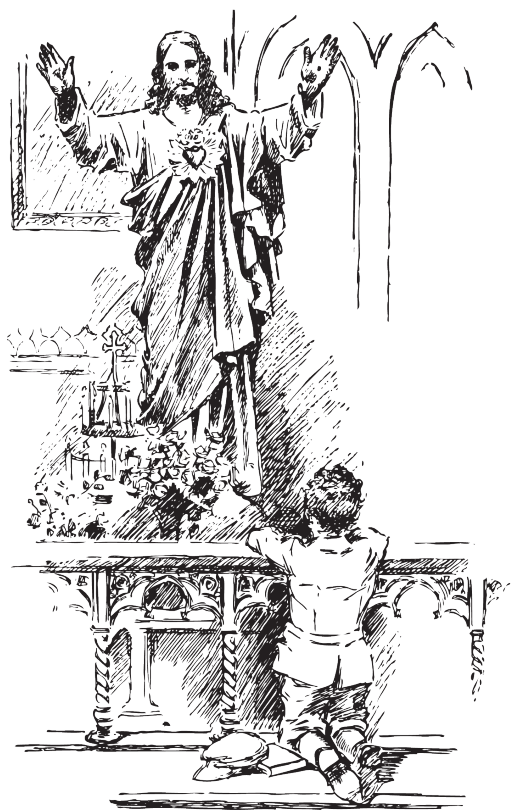
Go in with a plan! When I start silent time, I know I will begin with prayer. Sometimes I need visual inspiration - a candle or my *Magnificat*. I also acknowledge that sometimes I would selfishly rather do other things - like read that last chapter of my book - but I intentionally set that out of reach until I've completed my prayer time.

The key is to prepare and go into your silence with what you need - whether that is a specific prayer, a devotional, or simply putting temptations out of reach.

WHAT WILL YOUR PLAN BE?
WRITE IT DOWN AND FOLLOW IT.



Silence isn't always easy to enjoy or even find time for, but if you commit to creating a time for silence everyday, you'll discover new depths to your connection with God.



Jessica Rinaudo is the editorial director of The Catholic Telegraph and a Catholic Press Award-winning writer and editor. She and her husband, Mark, live in Cincinnati with their four young children.



Baseball, Lent & Growing in Holiness

By Ryan Mahle

Insert obligatory baseball spring training analogy here

Or maybe not.

The safe version of this article would describe Lent, like baseball spring training, as a time of conditioning, a return back to basics – prayer, fasting and almsgiving – just as simple and foundational as bunting, baserunning and two hands catching a fly ball. Undoubtedly, for some readers, visions of Pedro Borbón doing jumping jacks, or Bill Plummer trying to touch his toes are already racing to their memories.

Back in the day, the principal aim of spring training was to get players in shape for the upcoming season. But anybody following baseball for the last 25 years knows that those days are long over! Today, players arrive at spring training already in shape. Diets are precise, workout regiments are calculated and conditioning is nearly year-round.



*So much for the standard
Lenten spring training analogy.*

In the modern era, spring training is more about pitch development, recovering an eye for the strike zone and the prevention of early injuries. It is a season marked by opportunities to build confidence and is often described as experimental with respect to stances and pitches. Bunting and stealing bases, now modern rarities, have been supplanted by sabermetrics and launch angles.

Yet, despite its evolution, perhaps spring training is still a perfect analogy for Lent as we look forward to the Opening Day of Easter Sunday!

What if this Lent was less about arriving at a prerequisite of spiritual practice, and more about confidence and creativity?

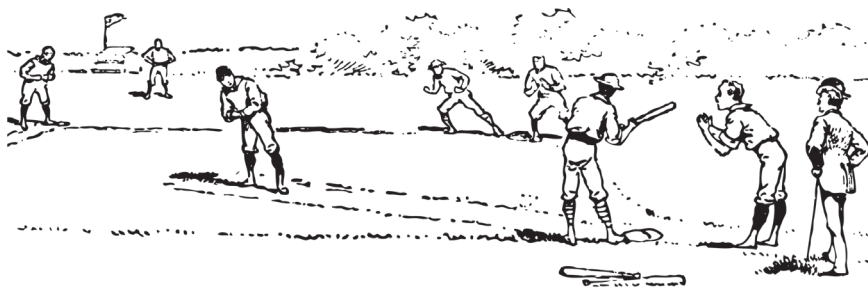
Brothers and sisters, in what ways is the Lord inviting you to grow in confidence in Him? In other words, how's your spiritual stance? Relaxed? Balanced? Patient?

How is Jesus inviting you to get more creative in your spiritual life? Perhaps there's a devotion, spiritual discipline, or gift of the Holy Spirit you've been



cultivating in the winter months. Go live with it and make the adjustments now.

Even if you came into Ash Wednesday a little sluggish and out of shape, it's not too late! Remember, you have the best coach and personal trainer there is in the Holy Spirit!



RYAN MAHLE

is a passionate Catholic evangelist and teacher and currently serves as the Director of Satellite Campuses for Encounter Ministries. Ryan and his wife Rachel have been married for eleven years and have five children.

Judy Maly's



Shrimp Pasta with Creamy Mozzarella Sauce



DIFFICULTY



INGREDIENTS

PASTA

- 8 oz penne pasta (for gluten free version, use gluten free brown rice pasta)

SHRIMP

- 2 tablespoons olive oil (drained from sun-dried tomatoes jar or just use regular olive oil)
- 1 pound shrimp (without shells, and deveined)
- 3 garlic cloves minced
- 1/4 teaspoon salt

CREAMY SAUCE

- 4 oz sun-dried tomatoes (without oil)
- 4 garlic cloves minced
- 1 cup half and half
- 1 cup mozzarella cheese shredded (do not use fresh Mozzarella, use pre-shredded Mozzarella)
- 1 tablespoon dried basil (if using fresh basil you can add more)

- 1/4 teaspoon red pepper flakes crushed, add more to taste
- 1/8 teaspoon paprika
- 1/2 cup reserved cooked pasta water (or more)
- 1/4 teaspoon salt

DIRECTIONS

HOW TO COOK PASTA

1. Cook pasta according to package instructions. Reserve some cooked pasta water. Drain the pasta.
2. How to cook shrimp
3. Note: if using sun-dried tomatoes in oil (in a jar), make sure to drain sun-dried tomatoes from oil, before using them. Reserve 2 tablespoons of this drained oil for sauteing the shrimp as described below:
4. Heat 2 tablespoons olive oil (reserved from the sun-dried tomatoes jar - see the note above, or use regular olive oil) in a large skillet on medium-high heat.

5. Add shrimp with minced garlic. Cook the shrimp on one side for about 1 minute, until shrimp turns pink or golden brown on that side. While it cooks, sprinkle salt over the shrimp to cover every single shrimp.
6. Make sure not to crowd the shrimp in the skillet, otherwise, moisture will form and shrimp will not sear right.
7. After 1 minute, flip the shrimp over to the other side and cook for about 30 seconds or 1 minute more.
8. The shrimp should be golden color or pink on both sides and not overcooked.
9. Remove the shrimp to a plate, being careful to leave all the oil in the skillet.

HOW TO MAKE SAUCE

1. To the same skillet, add sun-dried tomatoes (drained from oil and sliced into smaller chunks, if needed) and more minced garlic.
2. Saute sun-dried tomatoes in olive oil (remaining from shrimp) on medium heat, stirring, for 1 minute until the garlic is fragrant. The skillet should be hot.
3. Add half and half to the hot skillet with sun-dried tomatoes and bring to boil.
4. Add shredded cheese to the skillet, and quickly stir in while boiling. Immediately reduce to simmer.

5. Continue cooking the sauce on low simmer heat, constantly stirring, until all the cheese melts and the creamy sauce forms.
6. If the sauce is too thick, add a small amount of half-and-half or reserved cooked pasta water.
7. Add basil, crushed red pepper flakes, paprika. Stir.
8. Add 1/4 teaspoon of salt gradually, stirring on low heat and tasting (you might need slightly less than 1/4 teaspoon).

HOW TO ASSEMBLE SHRIMP PASTA

1. Add cooked pasta to the sauce, and reheat gently on medium heat.
2. Add the cooked shrimp, stir it in.
3. Taste, and season with more salt, if needed.
4. If the sauce is too thick, add a small amount of half-and-half or reserved cooked pasta water.
5. Let everything simmer on low heat for a couple of minutes for flavors to combine.
6. Note: Make sure to salt the dish just enough to bring out of the flavors of basil and sun-dried tomatoes.





How to Decorate for a Life-Changing Lent

By Emma Cassani

When you think about decorating for Advent, Christmas or Easter, it probably isn't difficult to describe your favorite seasonal colors, decor and the knick knacks you use to adorn your home. But – what about Lent? How should we decorate our living spaces to help us prepare for a season of fasting, penance and almsgiving?

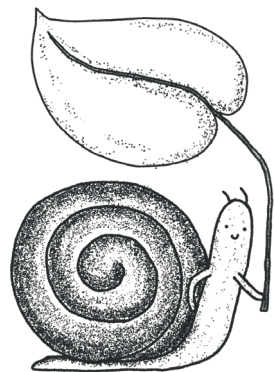
Try these simple steps to get in the right mindset and prepare your home for Lent.

Declutter

Getting in the mood for Lent doesn't mean you need lots of stuff – in fact, the exact opposite is true! Purging your space of clutter and distraction can make a big difference. Look at your home and imagine how you can minimize the “stuff” to allow more room for Christ.

HOW TO?

- Clear off your desk at the end of every work day.
- Go through the mail right away instead of letting it pile up.
- Put your dish straight in the dishwasher after using it, instead of letting dishes pile up in the sink.



Clean

You know the saying - “Cleanliness is next to Godliness!”

HOW TO?

- Clean your house once a week. Like really clean - dust, wipe off surfaces, swiffer or sweep your floors, vacuum, scrub the bathtub, toilet and sink. Make sure there is no clutter accumulating on your tables or counter tops.

Donate

Almsgiving is an expression of love and sacrifice imitating Christ’s ultimate sacrifice. Giving money is the most common and popular way to give, but it’s not the only way. Look around your house to see what you don’t use or need anymore and give it to someone who does need it.

HOW TO?

- Go through your closet and donate the clothes you no longer wear.
- Go through old toys with your children. Are they too old for some of their toys or are there toys they don't play with anymore? Donate them or give them to a younger neighbor.
- Repurpose old materials like paper scraps, fabric, paint, beads, markers, yarn, etc. into a new project. You can also donate these supplies and materials to **Indigo Hippo**, a non-profit, second-hand art supplies shop located in Over-the-Rhine, Cincinnati. They provide the community with affordable, “pay what you can” art supplies.
- Clean out your pantry. Do you have too many dried goods and canned foods? Give them to your local food pantry.

Simple Reminders

Once you've decluttered, cleaned and donated, you can finally decorate minimally with simple reminders. Decide on a theme for your Lenten decorations: Jesus in the desert, classic liturgical purples, dark night sky. Get creative!

HOW TO?

- Cover the crucifixes in your home.
- Hang dried flowers.
- Bring out the cacti.
- Light candles.
- Decorate with purple, desert tones or darks vs. lights - whatever appeals to your taste.



Lent is a time of fasting, prayer and almsgiving. So, in this way, you are fasting from the clutter, donating to the less fortunate, and praying while you do so. Your home might feel bare afterwards, but it's in the bareness that we find humility and contentment.



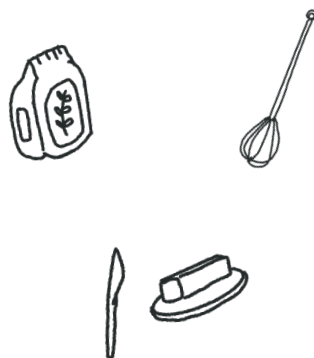
EMMA CASSANI

is a graphic designer and illustrator for The Catholic Telegraph. Wanting to unite her faith and art, she blends the two to share the Good News in her work on the magazine and in the CT's digital products. Emma lives in Hyde Park with her roommate and their many plants.

Margaret Swensen's

Artisan Bread

Watch a step-by-step video here.



DIFFICULTY



INGREDIENTS

3 cups bread flour
1 teaspoon yeast
1 ½ teaspoons salt
1 ½ cups warm water + 1
tablespoon water

*Start the day before or
the morning of (you'll
need 11-15 hours total).*



DIRECTIONS

Whisk flour, yeast and salt together. Add water and stir with spatula. Pour into a greased bowl and cover with plastic wrap. Let the dough sit for 8-12 hours.

Remove the dough from the bowl and put onto a flour-dusted surface. Let the dough rest for 15 minutes.

Shape the dough into a ball. Next, coat a cotton towel with cornmeal or flour. Place the dough on the towel and cover with another towel. Let rise 1-2 hours until doubled in size.

Preheat the oven to 450 degrees. While it is preheating, put your pan and lid into the oven (we use a Dutch oven but you can use a pizza stone and foil instead).

Once preheated, place your dough into the hot pan and cover with the lid or aluminum foil. Bake 30 minutes covered and then 15-30 minutes uncovered.

Eat within a day or two or freeze the leftovers!



Level-Up Your Lenten Fasting

By Dominick Albano

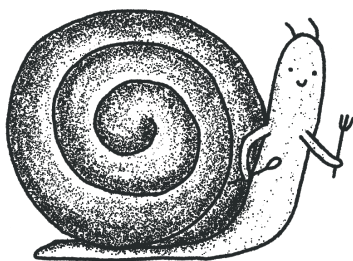
One of my best friends in college would fast every Wednesday, Lent or not. Tommy would go without any food all day, and then at 11:42 p.m. exactly, he would call down to our residence hall store and order a frozen pizza. At 11:59 p.m. he'd pick it up, and at 12:01 p.m. he'd eat the entire thing.

As Catholics, we fast on Ash Wednesday and Good Friday. That means eating two small meals and one regular-sized meal that should not be greater than the two smaller meals combined.

But do you ever wonder if Lenten fasting could be more? Going straight into a commitment of no food for 24 hours might be tough, so we've put together this plan to help you level up your Lenten fast.

We've planned the fasts for Fridays, but you could do it any day. And feel free to adapt this plan however you see fit – no one is keeping score. Also, please be sure to consult with a medical professional before making any major diet changes, especially if you have any medical conditions that might be affected.

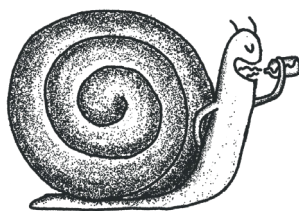
Here is a progressive plan to level up your Lenten fast. Each week gets a bit more intense, more sacrificial.



Friday, February 19

STANDARD FAST

Ease into this fast. For the first week (the first Friday in Lent), follow the standard fasting guidelines. Two small meals, one regular-sized meal that does not exceed the two small meals in size.



Friday, February 26

WATER ONLY

Take it slow. Same amount of food as last week, but now switch to just water. This might seem like a small step, but cutting out coffee, soda, beer, etc., is harder than you think. From now on, every Friday is water only.

Friday, March 5

ONE SMALL MEAL, ONE REGULAR MEAL

Cut out another meal, and still only consume water. We recommend a small breakfast (banana, english muffin, one egg, etc.) and a regular-sized dinner.

Friday, March 12

ONE SMALL MEAL, ONE SMALL MEAL

It's getting more serious. One small meal for breakfast, one small meal for dinner.

Friday, March 19

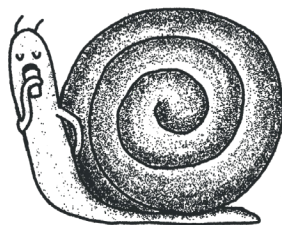
NO FOOD, SUNUP TO SUNDOWN

One small meal in the morning before the sun comes up, one small meal in the evening after the sun goes down. This will be about 12 hours without food.

Friday, March 26

ONE SMALL MEAL AFTER SUNDOWN

Only water during the day and only one small meal after sundown.



Friday, April 2

NO FOOD FOR 24 HOURS

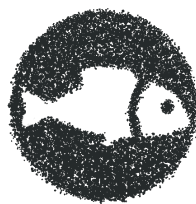
It's Good Friday. Embrace the suffering of the Cross by going 24 hours without food. Consume all the water you'd like.

Lent is a great time to push ourselves, and suffering is an assured (albeit uncomfortable) path to holiness. Jesus redeemed suffering by using it to defeat sin and death. When we embrace suffering – even in small ways – we embrace God's gift of life.



DOMINICK ALBANO

is the director of digital engagement and monthly columnist for The Catholic Telegraph, as well as an author and national speaker. He and his wife, Rebecca, have been married for 13 years and have four sons.



How to Have Your Own Southern Fish Fry

By Jessica Rinuado

Lent looks a little different this year thanks to social distancing and health and safety protocols. And while some parishes will keep their fish fries going by means of carry out and drive thru options, many parishes are opting to skip this Lenten tradition this year.

But all hope is not lost! You can still have a fish fry in the comfort and safety of your home. And because I hail from the Deep South, my list of essential items for a Lenten fish fry may differ slightly from your own.

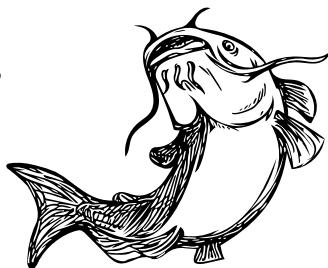
Here's what you need for a good, down home, Southern fish fry.

1. *Fried (cat)fish.*

Growing up, this meant venturing out onto the Red River or Lake Bistineau and catching the whiskered critters first, then watching as my dad filleted, battered and fried them up on our back porch. While not realistic in the chilly flurries of southern Ohio, there are other, easier options for you.

If you're going to buy the fish filets and make the batter from scratch, look no further than ***this recipe and video*** from one of my favorites: The Cajun Ninja.

Looking for an easier alternative? Buy pre-battered fish in the freezer section of your local grocery store. You can drop them in the fryer, or if you're looking for a healthier option, place them in your air fryer.



2. Slaw!

We call this “the good stuff,” and this recipe comes to you courtesy of my copy of the Lafayette Junior League cookbook.

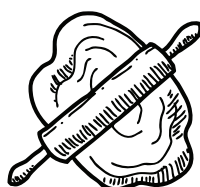
Ingredients

- 1 head of cabbage, shredded
- 2-3 carrots, peeled and shredded
- 1 cup sour cream
- 2 tbsp sugar
- 1 ½ tbsp vinegar
- 1 tbsp mayo
- ½ tsp. Salt
- ¼ tsp. Pepper

Place shredded cabbage and carrots in a plastic bag with a small amount of water to make crisp. Just before serving, mix the other ingredients into a sauce and toss with the veggies. Enjoy!

3. Hushpuppies.

No fish fry is complete without these tasty crunchy-on-the-outside, soft-on-the-inside goodies. While you can buy these pre-made in the freezer section (which we did when we had a lot of fish, and not enough time for other things), they are wonderful when they're made from scratch. Check out **this recipe** to make your own!

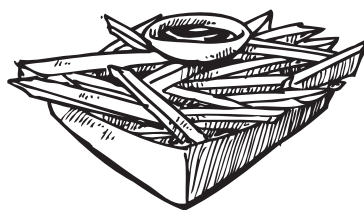


4. Fries!

As a kid, my dad would also make our french fries. He'd wash and chop the potatoes, then roll them around in the same batter he'd already made for the fried fish, before dropping in the fryer.

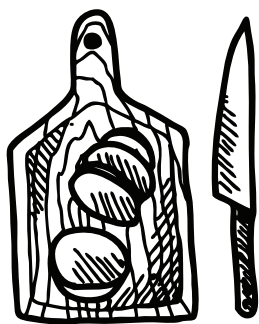
While I highly recommend this approach, these days we keep it simple. Our favorites frozen fries are Trader Joe's brand - but any frozen bag will do.

Dump them into the fryer, air fry them, or bake them in your oven.



5. *Fried squash.*

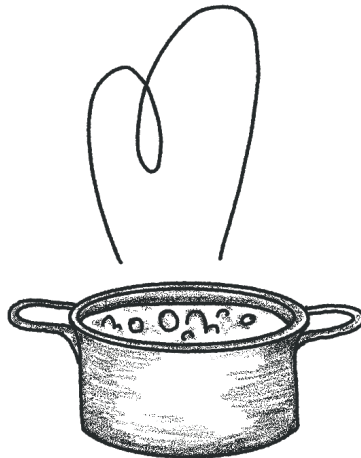
One of my favorite parts of the fish fry growing up was watching my dad take the squash he grew in his garden, slice it up thinly, dip it in milk and then roll it in batter before tossing it in the fryer. Crunchy deliciousness.



6. *Tartar sauce vs. ketchup?*

Which do you go for? We're a house divided, but if you're the tartar sauce type, here's a **recipe** that's sure to please.

Remember that fish fries usually provide a big financial boost for our Catholic parishes. While you bless your food, remember to pray for your pastor and parish family, and consider making a donation to your church in lieu of purchasing a fish-fry plate in person this year.



JESSICA RINAUDO

is the editorial director of The Catholic Telegraph and a Catholic Press Award-winning writer and editor. She and her husband, Mark, live in Cincinnati with their four young children.



5 Steps to True Christian Fatherhood

By Mike Schafer

What do Al Bundy, Red Forman, Homer Simpson and Dan Conner all have in common? They're all pop culture dads, and they're all bumbling nincompoops.

There is a crisis of fatherhood in our country. Pop culture has diminished and mocked the traditional role and, not surprisingly, the percent of married two-parent households has declined precipitously over the past 30 years. Gone are the days of "Father Knows Best."

Yet both research and practical experience tells us that dads matter. For better or worse, boys frequently follow in the footsteps of their father as they become men, while girls develop an ideal of what a husband is supposed to be like from their father.

That's a lot of pressure! Fortunately for any man who wants to be the spiritual leader of his family, the Catholic Church provides a roadmap to follow – and it starts with our baptism. *The Catechism of the Catholic Church* states that the faithful participate “each according to his own vocation, in Christ’s mission as priest, prophet and king” (1546).

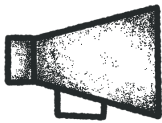


What does this mean for a father in practical terms?



Priest

The Christian father is called to foster holiness in his household, starting with himself.



Prophet

The Second Vatican Council asserts that “parents, by word and example, are the first heralds of the faith to their children” (*Lumen Gentium* 11).



King

The Christian father is called to lead his family ever closer to Jesus, and he does this by living an authentically Christian life.



Not sure how to be priest, prophet and king to your family? Here are **five easy ways** to be a witness of faith your children can't ignore.

1. **Pray** with your children every day and demonstrate for them what it means to talk to God.
2. **Prioritize** attending weekly Mass as a family, even when on vacation. Talk about the readings on the way to Mass and the homily on the way home.
3. **Invite** your parish priest to dinner with your family from time-to-time, engendering respect for those who have courageously responded to God's call.

4. Engage in charitable service as a family, teaching respect and care for every person made in the image and likeness of God.

5. Offer up any family sorrows or difficulties to our Lord, showing how faithful suffering can be a source of grace that helps us grow closer to God.

A good father has much to offer his children, but the greatest gift he can give is the one that will last for all eternity: an introduction to life with Jesus.



MIKE SCHAFER

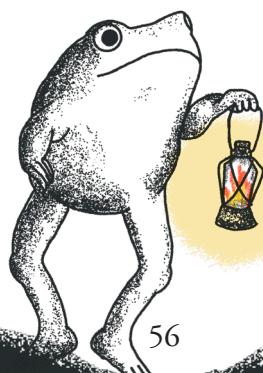
is the Director of Communication and Evangelization for the Archdiocese of Cincinnati. After decades of working in corporate marketing, Mike is grateful to use his experience to spread the Good News and radiate Christ throughout western and southwestern Ohio.



Prayer Hikes Around the Archdiocese

By Deacon Mike & Marjie Cassani

Lent is a time of reflection, and hiking is a great way to encounter God in prayer. Western and Southwestern Ohio offer a wealth of hiking opportunities - from beginners to seasoned athletes. Here is a sampling of options to help you get out and enjoy God's creation.



Plan ahead!

The weather during Lent can be unpredictable, so don't forget to bring a water bottle, snack, map and dress in layers. Think about what you'll reflect on during your journey. We like to pray the Rosary, a Divine Mercy Chaplet, or stop along the way to read Scripture or pray the Liturgy of the Hours. But on every hike, we enjoy contemplating God in silence in the beauty of His creation.



1. California Woods Nature Preserve

LOCATION: 20 minutes east of downtown Cincinnati

LENGTH: 3.37 miles

DIFFICULTY: Easy to moderate

WHAT YOU'LL SEE: Woods, creeks, ravines and meadows in shade and sun. The surface is soil.



2. East Fork State Park: Beginner Trail

LOCATION: 45 minutes east of Cincinnati

LENGTH: 2.91 miles

DIFFICULTY: Easy



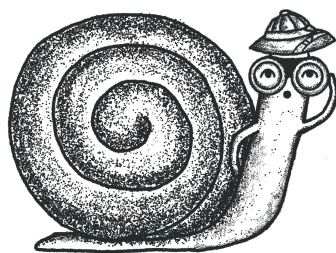
WHAT YOU'LL SEE: There are a number of trails of varying lengths and difficulties in East Fork State Park. You'll see East Fork Lake, forests and ravines consisting of mainly soil surface trails.

3. Charles A. Eulett Wilderness Preserve

LOCATION: 20 minutes east of West Union

LENGTH: 2.45 miles

DIFFICULTY: Moderate



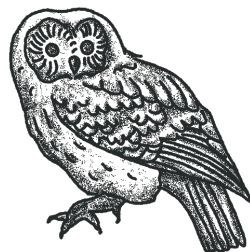
WHAT YOU'LL SEE: Woods, cliffs, waterfalls, shade and some sun. The surface is gravel and rock.

4. *Miami Whitewater Forest: Outer Loop*

LOCATION: 45 minutes
west of Cincinnati

LENGTH: 7.7 miles

DIFFICULTY: Moderate



WHAT YOU'LL SEE: Prairie, farm fields,
river corridor and restored wetlands.
Mostly sunny with some shade. Surface
is paved (wheelchair accessible).

5. *Cox Arboretum & Gardens Metroparks*

LOCATION: One hour north
of Cincinnati

LENGTH: 2.9 miles

DIFFICULTY: Easy



WHAT YOU'LL SEE: Formal
gardens, ponds, creeks, woods and
wetlands. Sun and shade. Surface is
paved (wheelchair accessible), gravel
and soil.

6. *Clifton Gorge State Nature Preserve*

LOCATION: One- and one-half
hours northeast of Cincinnati

LENGTH: 2.7 miles

DIFFICULTY: Moderate to difficult

WHAT YOU'LL SEE: A gorge, Little
Miami River, unique flora, mostly
shady. Surface is boulders, loose stone
and soil.





7. *The Miami Erie Canal & Bike / Walk Path*

LOCATION: Two hours north of Cincinnati

LENGTH: Hike a portion of the 36.6-mile trail that stretches from Fr. Loramie to Delphos.

DIFFICULTY: Easy to moderate

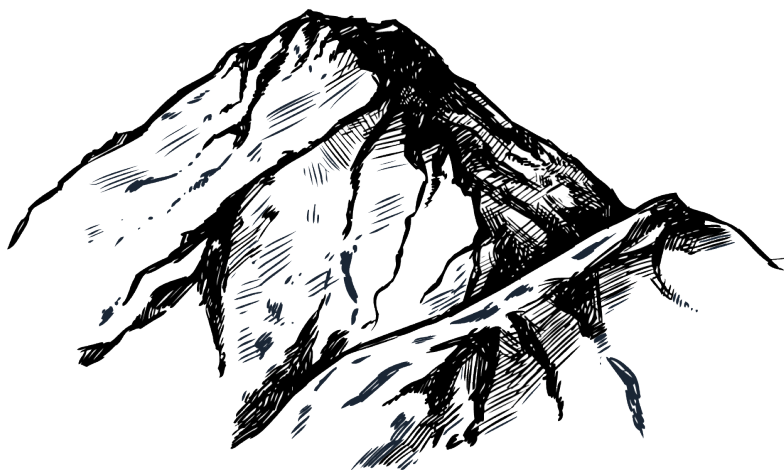
WHAT YOU'LL SEE: Remnants of the historic Miami Erie Canal, quaint Ohio towns and villages. Surface is concrete, crushed stone, dirt, grass and gravel.

Parking and access is available along the corridor in Delphos, Spencerville, St. Marys, New Bremen, Minster and Ft. Loramie.

While in the area, visit the ***Maria Stein Shrine of the Holy Relics.***

Some of the information above comes from a book we use to help plan our local hikes:

York, Tamara. 60 Hikes within 60 Miles, Cincinnati: Including Southwest Ohio, Northern Kentucky, and Southeast Indiana. Menasha Ridge Press, 2021.

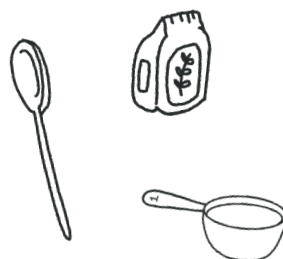


DEACON MIKE & MARJIE CASSANI

reside in Anderson Township. They enjoy contemplating God while hiking, camping and backpacking.

Sarah Rogers'

Eggplant Parm



DIFFICULTY



INGREDIENTS

- 2 large aubergines/eggplant around (700g/ 1.5 lbs)
- 1.5 lbs pureed tomatoes (passata) chunky texture (700g)
- 1 white onion
- Small bunch of basil
- 8.8 oz mozzarella cheese, cut into cubes (250g)
- 3/4 cup parmesan cheese, freshly grated (70g)
- 1/2 tbsp olive oil
- flour for dusting
- sunflower oil for frying (around 1/2 cup/125ml)
- salt and pepper to season

PREP

- preheat oven to 425
- spray a standard pie pan with cooking oil

DIRECTIONS

1. Thinly slice the eggplant/aubergines then place them in a colander. Sprinkle them lightly with salt and set them aside for 1 hour. This drains off any excess water and helps with frying.
2. Meanwhile, make the simple tomato sauce. Finely chop 1 onion and sauté in a pan with the olive oil until translucent and soft but not browned. Add the tomato passata (pureed tomatoes) and a small bunch of basil torn with your hands. Add a pinch of salt and pepper, stir then let it simmer gently for 10-15 minutes. Set aside.
3. Rinse the eggplant slices under cold water and pat them dry with a kitchen towel or paper. Lightly dust them with flour, shaking off any excess then fry them in sunflower oil for a few seconds each side, drain on kitchen paper to remove any excess oil.



4. Preheat the oven to 180°C/350F/gas mark 4. I used an 11x8 inch oval dish but a rectangle or square dish around the same size will work too e.g 10x8 inch.
5. Spoon a small amount of tomato sauce into the bottom of a baking dish and spread it around, this will stop the eggplant from sticking.
6. Next add one layer of eggplant to the dish followed by a sprinkling of parmesan cheese, cubes of mozzarella, a sprinkling of pepper and couple spoons of tomato sauce (save 1/3 of the sauce for the final layer). Continue with the next layer until you have one top layer left.
7. For the top layer, spoon over the remaining tomato sauce and top with parmesan and mozzarella. Cover loosely with foil and bake for 20 minutes, remove the foil and bake for another 20 minutes until nice and golden and bubbling on top. Let it rest for 5 minutes before serving.



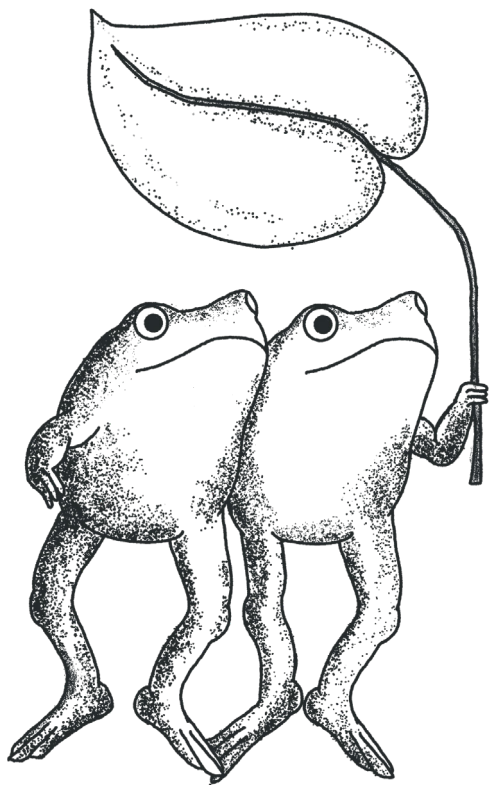
5 Ways to Be Little Like St. Thérèse

By Jennifer Schack

In St. Thérèse of Lisieux's autobiography, *The Story of a Soul*, she talks about her desire to be a saint, even from childhood. But she also believed herself to be so far beneath the towering distinction of sainthood that she aspired to find her own way to Heaven: "I must find an elevator to take me straight up to Jesus, because I am too little to climb the steep stairway of perfection." Oh, how we can all relate!

St. Thérèse went on to discern that Jesus' arms are her elevator to Heaven! Her spirituality became known as "the little way of spiritual childhood." She desired to have complete child-like trust in the loving arms of Jesus.

Here are five ways St. Thérèse can encourage you along "the little way" this Lent:



1. Show Kindness

"Often a single word, a friendly smile, is enough to give a depressed or lonely soul fresh life." Look for one opportunity every day to show a small act of kindness to a loved one, or even a complete stranger.

2. Rely on Prayer

“All my strength lies in prayer and sacrifice. They are my invisible arms, and I know from experience that I can conquer hearts with these more surely than I can with words.” Lent is a great chance to examine (or re-examine!) your prayer life. Write down when, where and how you will pray.



3. Examine your conscience

“I must admit that I am far from doing what I know I ought to do, but the very desire to do so brings me peace.” Before you go to bed every night, go over your day with Jesus and ask Him to help you in all the ways you fall short of the glory for which He created you.

4. Be Generous

“It seems hard to lend, hoping to receive nothing; it is much easier to give outright, for once we have given anything away, it no longer belongs to us.” You can be generous with money, but you can also be generous with time, energy, focus, attention, words of praise, help and so many other ways. Look for one way to be generous every day.



5. Give Up Complaining

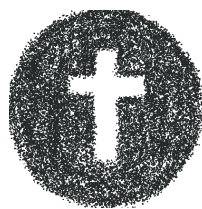
“I see now that true charity consists in bearing with the faults of those about us, never being surprised at their weaknesses, but edified at the least sign of virtue.” Try to eliminate complaining from your life. The weather, the traffic, the way your favorite sports team is playing... give up complaining entirely!

In the chaos of life, most of us can understand the desire to be a child again, to let go of the stress and, at times, pain in our lives. St. Thérèse would encourage us to pray about being small and cared for, as a child of Jesus, and to return to child-like trust. Perhaps this Lent, the “little way” may inspire us to spend time in prayer to better understand our own hopeful path to sainthood.



JENNIFER SCHACK

is the Director of Media Relations for the Archdiocese of Cincinnati, where she serves as liaison with the media on Church related stories, as well as promotes the good work of the Catholic Church.



Making Catholic Memories

By Wayne and Marianne Topp

For as long as Marianne can remember, her dad always took her family to “pray the steps” in Mount Adams on Good Friday – afterall, it’s a Cincinnati tradition.

Her family began at the base of the hill leading up to Holy Cross-Immaculata Church and said a prayer of the Rosary on every step leading up to the church entrance. Afterwards, her dad drove the family to Rookwood Pottery and bought them ice cream (a taste of God’s goodness for making the sacrifice), while he sat and drank his black coffee. This was one of Marianne’s favorite traditions and she continued it after we married.

When the steps closed last year as a result of the pandemic, we created a new tradition: We recreated a tomb for Jesus, placed items in it to remind us of Him, and made it the centerpiece of our family prayer time. On Holy Saturday night, we opened the tomb, took out our Jesus items, and replaced them with candies and flowers. Although we still hope to pray the steps this year, building Jesus' tomb will be a beautiful new addition to our family celebrations.



Jesus's Tomb Craft

SUPPLIES:

- Cardboard box that can be closed
- Newspaper (optional)
- Construction paper or paper grocery bags
- Paint, markers or crayons (optional)
- Household items/toys that symbolize different titles of Jesus, or a favorite toy your child is willing to bury until Easter Sunday
- Candles (we recommend battery-operated near the tomb)
- Scissors
- Glue or tape



DIRECTIONS:

1. Cut and shape the box to the form of tomb you want. You can also keep the box intact.
2. Cut a circular hole large enough for an adult hand at the tomb entrance
3. Create a stone with the cut out circle by adding some crumpled newspaper to it and covering it with construction paper.
4. Cover the entire tomb in construction paper.
5. Optional: Paint the tomb and stone and let them dry.
6. Once the tomb and stone are complete, lead a small prayer service that includes a litany of the titles of Jesus chosen by your family. Some titles might include: Emmanuel, Bread of Life or Good Shepherd.

7. As you call out each title of Jesus, allow the children to place the items in the tomb.
8. Roll the stone over the tomb.
9. Light the candles and sing ***“Jesus Remember Me.”***
10. Keep the candles lit at the tomb throughout Holy Saturday.
11. On Holy Saturday night, after the Easter Vigil Mass, open the tomb, remove the items, and fill the tomb with a special candy that signifies Jesus’ victory over death (e.g., Life Savers, Everlasting Gobstoppers, chocolate hearts, etc.) and replace the candles with flowers.



WAYNE & MARIANNE TOPP

have seven children, homeschooled by Marianne. Wayne serves as the Director of Youth and Young Adult Ministry for the Archdiocese of Cincinnati. Together they have a monthly “Making Catholic Memories” column in The Catholic Telegraph.