

NEWMAN CENTER FAITH COMMUNITY

*Catholic Campus Ministry at Buffalo State
Grow Your Spirit in the Elmwood Village
Everyone Welcome - No Exceptions*

MASS TIMES

Sundays
9:30 AM

OFFICE HOURS

Please call for an appointment

SERVED BY

Campus Minister:
Austin Reinhart

Peer Ministers:
Janinna Farragher
Alexander Kolasny

Campus Ministry Steward:
Jeannie Kornacki

Music Ministers:
Lindsey Holland
Mark Niewiowski

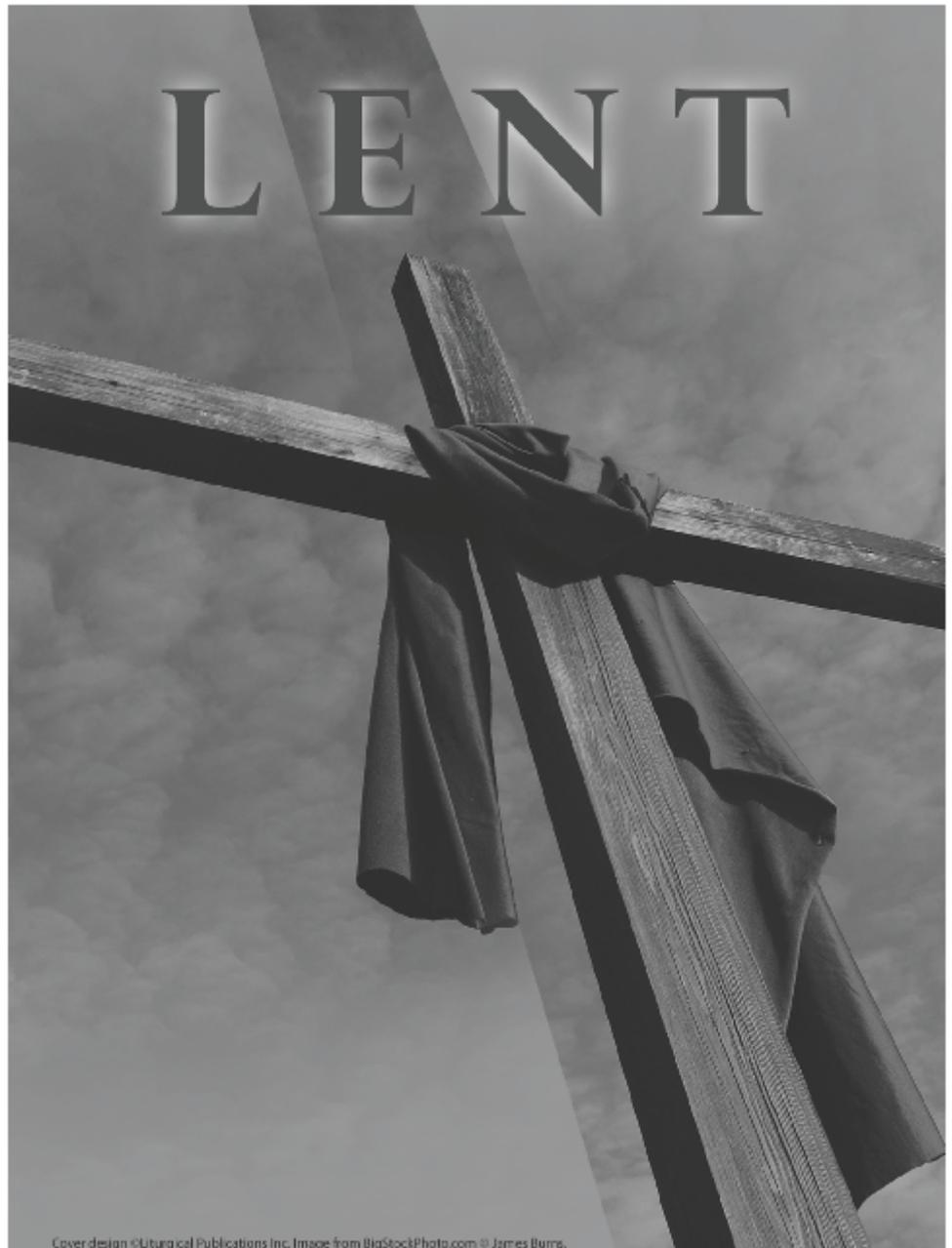
Director:
Rev. Patrick J. Zengierski, Ph.D.

Community Council:
Debbie Barry Alex Bitterman
Dot Biondi Peter Biondi
Rebecca Hoffman Angela LaPaglia
Barbara Mierzwa Linda O'Donnell
Carolann Schwartz Beverly Thomas

Finance Committee:
Bill Baco Michael Flaherty
Dick Hitzges Joan Murray

WELCOME!

We extend a warm welcome to all who come to our Chapel. We hope that you find our community a place where your life of faith will be nourished. Please join us for refreshments and friendly conversation upstairs after Mass.



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Jesus shows us that the pattern of everything is death and resurrection. Jesus is the archetypal pattern for every life, including yours and mine. There will be suffering and death along with love, joy and resurrection. Most of us are so resistant to accepting suffering that Jesus walked through it himself and said, "Follow me." He showed us that on the other side of suffering is transformation. Love is stronger than death. The full, vibrant life that Jesus offers is big enough to include even its opposite: death. Unless a religion directly faces issues of suffering and death, it is rather useless religion. Jesus holds these big questions front and center.

-Richard Rohr, O.F.M.

MASS INTENTIONS: MARCH 7 - MARCH 28

Liturgy of the Eucharist

Our Source and Summit

Sunday, March 7 † 9:30 AM Buffalo Religious Art Center	Third Sunday of Lent Kathy Hall
Sunday, March 14 † 9:30 AM Buffalo Religious Art Center	Fourth Sunday of Lent Intentions of Edythe Anna and Christopher Clapp
Sunday, March 21 † 9:30 AM Buffalo Religious Art Center	Fifth Sunday of Lent Norma and Angelo Mariano
Sunday, March 28 † 9:30 AM Buffalo Religious Art Center	Palm Sunday Bernice and Dominic Idziak

YOU'VE GOT TO BE IN IT TO WIN IT!

You may win \$500, \$250, or \$100 simply by returning - by April 2nd - a "reverse raffle" ticket including your name and phone number. The winning tickets will be drawn on Easter Sunday, April 4th. Plan to join us for our Easter celebration, either in person or via Zoom. Winners will be drawn after Mass. Tickets are available by calling the office at 882-1080. One entry per person please. You do not need to be present to win but you must be at least 21 years old. Thank you for your support and participation in the life of our Newman community.

LENTEN REFLECTION BOOKLETS

The Newman Center is pleased to offer our community members a digital copy of our Lenten Reflection booklet from The Pastoral Center, "Words for the Weary: Embracing the Lenten Season after a Challenging Pandemic Year." Just enter the web link into your browser to download the 36-page booklet and enjoy!
<http://products.pastoral.center/pc/pc109e/1/download-tn31/index.html>

UPON THIS ROCK UPDATE

Your support and contributions towards the *Upon This Rock* Campaign has enabled us to receive \$128.80 for the fourth round of distribution. The funds are helping us boost our student programming and campus ministry needs as we dive into the semester with exciting programs and opportunity for our Buffalo State students. We thank you for all you have done for Newman and for being here!

A NOBLE CUSTOM

Catholic tradition teaches that individuals can be assisted by the prayers of others, a belief that goes back to Old Testament times and also finds expression in the New Testament. A celebration of a particular Mass intention is among one of the many expressions of our Catholic tradition and piety. In doing such, one fulfills the beautiful and commendable practice of one of the several spiritual works of mercy, namely, to pray for the living and the dead, certainly a most appropriate act of piety.

Masses can be offered for a number of various intentions:

- For a deceased loved one, a family member or a friend who has died, as well as on the anniversary of the death of the deceased;
- To invoke the Lord's special graces and blessings for a friend or loved one;
- To petition the Lord for the good health of someone who is ill or to pray for successful surgery and speedy recovery;
- To ask the Lord's blessings for a couple celebrating their wedding anniversary;
- In thanksgiving for graces received by an individual.

In this practice of devotion and piety, individuals provide an offering for particular Mass intentions. In the Diocese of Buffalo, \$15. is the recommended offering per Mass intention. Any individual requesting a Mass intention can contact us at 882-1080 to schedule a particular Mass. Cards to send to the recipient of the intention or their family are available.



PRAYERFUL NOTES

We all have experienced feelings of helplessness when we encounter suffering and sickness in those whom we love. One of the things we can do is to place them in the hands of Jesus, relying on his comfort and healing.

Please hold in prayer: Livia Cammarano, Terry Castanza, Judith Cieslinski, Jennifer Curtis, Tim Day, Jeff Dirr, Mark Drajem, Barbara Faust, Mike Fletcher, Emmett Jakubowski, Jackie Johnson, Mike Kurzdorfer, Thomas Latona, Mary Lauria, Andrew Mangan, Akimbo Mann, Rafael de Monteverde, Rosalba Mucciarella, Donna Neureuther, Mark Niewiowski, Sr., Theresa Olszewski, Rose Pagano, Sara Rimmler, Courtney Robarge, Michael Schmidt, Bill Slon, Jeannie Snyder-Shevrin, Mark Walsh, Christopher Wenzler, and Mark Zello. (Please notify us when a name should be removed from our list).

FAST AND ABSTINENCE 101

It's not unusual, in our fast-paced lives, for folks to miss an important day of fast and abstinence in Lent – which is Good Friday, this year, on April 2.

Isn't this all just a lot of rules?

Like many rules, those below are rather detailed in their wording and that's at least in part to answer ahead of time the many questions that such rules often occasion. More important than the details, however, is the spirit with which we comply with them.

Most of us have some familiarity with dietary restrictions that are part of the religious life of peoples of others faiths and we admire the fidelity that keeps them loyal to their traditions. Their practice can teach us how such customs make the observance of holy days and seasons more personally concrete.

As you can see, the fasting we do and our abstaining from particular foods is meant to be an encouragement of and a sign of what's happening in our hearts. On Good Friday:

- Catholics over 14 years of age are expected to abstain from eating meat on this day.
- Catholics 18 years of age through 59 are expected to fast on these days: taking only one full meal and two other light meals, eating nothing between meals. (Liquids between meals, however, are allowed).

Spiritual writer Thomas Merton fillets some of our standard Lenten practices with a very sharp blade:

Such exercises as fasting cannot have their proper effect unless our motives for practicing them spring from personal meditation. We have to think of what we are doing, and the reasons for our actions must spring from the depths of our freedom and be enlivened by the transforming power of Christian love. Otherwise, our self-imposed sacrifices are likely to be pretenses, symbolic gestures without real interior meaning. Sacrifices made in this formalistic spirit tend to be mere acts of external routine performed in order to exorcise interior anxiety and not for the sake of love. In that case, however, our attention will tend to fix itself upon the insignificant suffering which we have piously elected to undergo, and to exaggerate it in one way or another, either to make it seem unbearable or else to make it seem more heroic than it actually is. Sacrifices made in this fashion would be better left unmade. It would be more sincere as well as more religious to eat a full dinner in a spirit of gratitude that to make some minor sacrifice a part of it, with the feeling that one is suffering martyrdom.

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-A Concord Pastor Comments, 2019

THE PRETZEL

Pretzels come in many flavors, shapes, and sizes - not unlike us. These treats are great with cheese or other dips or just by themselves. But have you stopped to consider they actually have an historical place in Lent? If you take a moment to look at the typical twist pretzel, you can see that it is a model of the common prayer position from the early 600's of folding your arms over each other on your chest and putting your hands on your shoulders.

Pretzels were developed as an option to satisfy abstinence and fasting laws of the time. Eggs, fat, and milk were forbidden during Lent. So, the remaining ingredients that one could use included water, flour, and salt. A young monk baked the first pretzel, making a Lenten bread of water, flour, and salt, forming the dough into the prayer position of the day, and baking it as soft bread. These first pretzels would have been much like the soft pretzels we have today.

Greg Dues, in his book *Catholic Customs and Traditions*, explains more of the pretzel history: "These little breads were shaped in the form of arms crossed in prayer and were called *bracellae* (Latin, 'little arms'). Among the Germans the word became 'bretzel'. These pretzels were a common Lenten food throughout Middle Ages in Europe, and became an all year round snack, in its original shape, only in the 19th century."

The suggestion of arms crossed in the form of prayer may have led to pretzels being given as a reward to young children when they could recite their prayers. *Pretiola* means *little reward*, which could also be a derivative of the term pretzel. The three holes in a pretzel are also said to represent the Holy Trinity.

After their invention, pretzels became a symbol of good luck, long life, and prosperity. They were commonly given to the poor and hungry. The legend of the hard pretzels that we snack on today tells of an apprentice baker who fell asleep while preparing pretzels and let the fire begin to die out. When he noticed, he restarted the fire, but the result was overcooked pretzels. The surprise was a tasty treat that was less perishable than the soft pretzels and easy to have available to give to those in need.

Food has long played a role in our faith, especially during Lent. We abstain from certain foods, such as meat, and spend time fasting. This practice can provide us with a deeper religious experience by joining us with people throughout the world who struggle to survive. Fasting is an opportunity to be in solidarity with those who experience physical and spiritual hunger.



DASH'S DOLLARS FOR NEWMAN

Do you shop at Dash's? Save your receipts! For every \$100, the Newman Center earns \$2.50. Receipts must be from the current calendar year; just bring them to Newman and we'll take care of the rest. Thank you!

MISSION STATEMENT

Buffalo State Catholic Campus Ministry at the Newman Center welcomes all who seek spiritual growth, development, and understanding to foster a more peaceful, compassionate, and just society.

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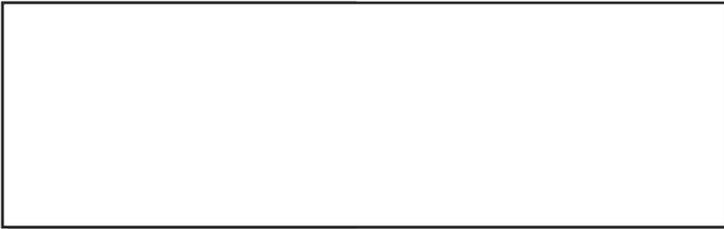
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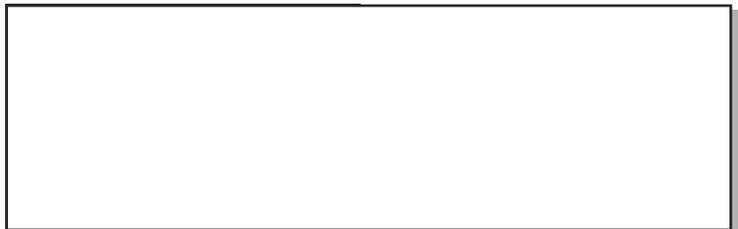
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