



LIVING A SACRAMENTAL LIFE THIS LENT



Living a sacramental life means inviting God's grace into every moment through active participation in the seven sacraments. These sacred rituals—Baptism, Eucharist, Confirmation, Reconciliation, Anointing of the Sick, Holy Orders, and Matrimony—are not merely symbolic ceremonies. They are powerful encounters with Christ, offering the spiritual nourishment we need for daily life and our journey toward holiness.

The Foundations of Our Faith

Baptism marks our entry into the life of Christ. It cleanses us of sin, renews us spiritually, and calls us to live as members of God's family. Every day, we can remind ourselves of our baptismal identity by making the Sign of the Cross, remembering that we are children of God.

The Eucharist is the heart of our spiritual life. In receiving Holy Communion, we experience an intimate union with Jesus, whose Body and Blood sustain us. The Eucharist feeds our souls and empowers us to love more fully, encouraging us to be living witnesses of Christ's sacrifice.

Confirmation deepens this bond by anointing us with the Holy Spirit. This sacrament bestows on us the gifts necessary to lead a faithful Christian life—wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord. With these gifts, we are better equipped to live out our faith with courage and conviction.

Daily Renewal Through Sacraments

Reconciliation (Confession) offers us the chance to restore the grace we may lose through sin. It is a profound expression of God's mercy. Regular confession helps cleanse our hearts and renew our commitment to living in accordance with God's will, allowing us to start afresh with His abundant forgiveness.

Anointing of the Sick provides comfort and healing during times of physical or spiritual distress. This sacrament reminds us that Christ walks with us even in our suffering, offering strength and hope that surpass all understanding.

While **Holy Orders** is received by those called to serve in a special way, the ordained ministry blesses us all. Through priests and deacons, we encounter Christ at the altar and in the sacraments they administer, especially the Eucharist and Reconciliation. Their ministry enables us to live a rich, sacramental life.

Matrimony (Marriage) sanctifies the union between a man and a woman, turning it into a visible sign of God's love. In this vocation, couples receive the grace to build a family rooted in faith, love, and mutual service, reflecting the relationship between Christ and His Church.

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Embracing the Sacramental Life During Lent

The Lenten season offers a unique opportunity to deepen our sacramental life. This season of penance, reflection, and renewal encourages us to reassess our relationship with God and to reorient our hearts toward His love. Lent invites us to integrate the sacraments more fully into our spiritual practices in several ways:

- **Renew Your Baptismal Vows:** Lent is an ideal time to reflect on your baptism. Recommit yourself to living as a true child of God by remembering the promises made at your baptism. This renewal can inspire greater intentionality in all aspects of your spiritual journey.
- **Deepen Your Eucharistic Devotion:** As you fast and pray during Lent, make a conscious effort to receive the Eucharist more frequently. The Holy Communion you receive during Mass will be a source of spiritual strength and a reminder of Christ's sacrifice for you. Consider participating in Eucharistic Adoration as a way to spend quiet time in the presence of Jesus.
- **Practice Frequent Reconciliation:** Lent is a season for inner conversion and renewal. Regularly receiving the Sacrament of Reconciliation allows you to reflect on your actions, seek forgiveness, and renew your commitment to live in accordance with God's will. This practice not only cleanses your soul but also prepares you to celebrate the joy of Easter with a renewed heart.
- **Engage in Additional Prayer and Devotion:** Supplement your participation in the sacraments with increased prayer, Scripture reading, and acts of charity. Let these extra devotional practices unite your sacrifices with those of Christ, strengthening your resolve to live a life marked by grace and transformation.
- **Offer Your Sacramental Life to Others:** Lent is also a time for outreach. Consider encouraging friends and family to join you in these practices. Share in acts of service, visit those who are sick, and be a witness to the transformative power of God's grace. In doing so, you live out the call to be a light in the world.

A Journey of Continuous Renewal

Living a sacramental life is not confined to isolated moments at the altar—it is a continuous, daily journey. Each sacrament is a channel of divine grace that transforms us, renews us, and strengthens our relationship with God. Whether it is through the quiet reminder of our baptismal promises, the sustaining presence of the Eucharist, or the renewing power of Reconciliation, we are constantly invited to experience God's mercy and love.

During Lent, let these sacramental graces shine even brighter in your life. Embrace the season as a time to renew your commitment, deepen your spiritual practices, and let God's grace work powerfully within you. In doing so, you not only prepare your heart for the celebration of Easter but also set the stage for a life enriched by the constant, transformative presence of God.

May this Lenten season inspire you to live a full and vibrant sacramental life, one that brings you closer to the heart of Christ every day.

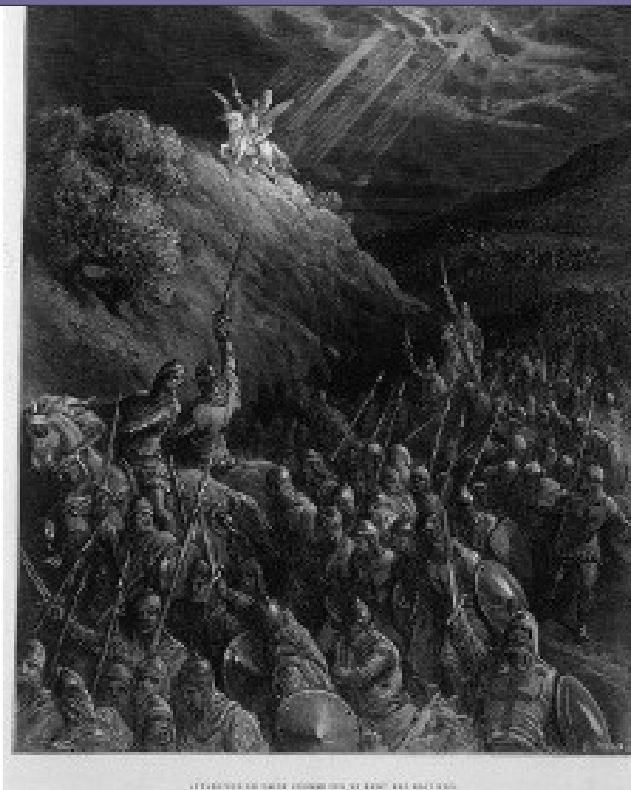
ST GEORGE PATRON SAINT OF THE CRUSADERS

FEAST DAY APRIL 23RD

The Apparition of St. George to Godfrey de Bouillon and Raymond on the Mount of Olives

According to medieval accounts from the First Crusade (1096–1099), an extraordinary event took place when two prominent Crusader leaders—Godfrey de Bouillon and Raymond of Toulouse—experienced an apparition of St. George on the Mount of Olives. This moment is said to have occurred just before the final assault on Jerusalem in 1099, as the Crusaders prepared to seize the holy city from its defenders. St. George, long revered as a Christian martyr and warrior-saint, was believed to bring a message of divine favor and encouragement to the weary army. Chroniclers recount that the appearance of the saint lifted the morale of the Crusaders, who interpreted it as a heavenly sign assuring them of victory. Inspired by this vision, they pressed on with renewed resolve and ultimately captured Jerusalem in July of the same year. Many among the Crusaders and later generations viewed this apparition as proof of God’s blessing on their endeavor.

1) William of Malmesbury, *Gesta Regum Angelorum*, Volume I, 1125, page 639



Although historical sources vary regarding the details, the story became part of the rich tapestry of Crusade-era legends. Whether taken literally or viewed symbolically, the tale of St. George’s apparition underscores the deep religious fervor that characterized the First Crusade. Over the centuries, it has remained a compelling anecdote illustrating the potent blend of faith, devotion, and military ambition that defined that era.

Did You KNOW?

As Catholics, we carry a deep connection through history and tradition with the sacred spaces where our faith has flourished. Below is a list of some of the oldest Catholic Churches in the world that are still in use today, not including the St. Peter's Basilica established in (333 AD) and the Church of the Holy Sepulchre in Jerusalem (consecrated in 335 AD).

1. Archbasilica of Saint John Lateran (Rome, Italy) Founded in 324 AD, this basilica is the oldest public church in Rome and holds the distinction of being the papal cathedral serving as the cathedral of the Bishop of Rome, the Pope. It is still active, and as the Mother Church of the Catholic Church, it holds a place of unparalleled significance for Catholics worldwide.
2. Cathedral of Trier (Trier, Germany) Constructed around 340 AD, this cathedral is Germany's oldest cathedral and is still an active place of worship today. Dedicated to Saint Peter, much of its original structure remains intact, and is among the oldest Christian sites in Central Europe.

3. Cathedral of Saint Domnius (Split, Croatia) This historical gem was originally built between 295 and 305 AD as the Mausoleum for Emperor Diocletian before being consecrated as a cathedral in 641 AD. It holds the title of being the oldest Catholic cathedral in the world still used in its original structure and is the second oldest active Christian cathedral overall. Located within the same walls where the emperor was laid to rest, it is a remarkable testament to both early Christian architecture and heritage.

4. Church of the Nativity (Bethlehem, West Bank) Commissioned by Emperor Constantine and his mother Empress St. Helena in 327 AD, the Church of the Nativity marks the birthplace of Jesus Christ. After centuries of renovation and restoration, it remains a major pilgrimage site for Christians from all over the world. The church's rich history and connection to the moment of Christ's birth continue to inspire many.

5. Church of Saint Simeon Stylites (Aleppo, Syria) Completed in 490 AD, the Church of Saint Simeon Stylites remains one of the oldest surviving church complexes still in use. Located in Syria, it was built as a tribute to Saint Simeon, a famous ascetic who lived atop a pillar for 37 years. Though it has seen much turmoil, the site is still visited by pilgrims, retaining its legacy as a place of devout worship.

These ancient Churches remain mighty testaments to the foundation of Catholicism, continuing to serve as places of reverence, reflection, and spiritual formation. They offer us a glimpse into the history of our faith's deep roots and teachings and remind us of the enduring strength of the Church throughout human history



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EOHSJ

CELEBRATING FIVE YEARS
OF THE THURSDAY
WEEKLY ZOOM ROSARY



OUR LADY,
QUEEN OF PALESTINE,
pray for us

You are warmly invited to join us every Thursday at 7:00 PM for our Zoom Rosary, especially during this Lenten season, as we celebrate the **5th anniversary** of this cherished devotion. For five years, we have gathered in prayer, seeking Our Lady's intercession and deepening our faith together. This milestone is a testament to the power of the Rosary and the countless graces received through Mary's guidance and blessings.

To honor this special occasion, we are delighted to welcome **special guests** throughout Lent, including our **Lieutenant, H.E. Margie Romano**, and **Fr. Mark-Mary Ames**, whose podcast, *The Rosary in a Year*, has touched hearts worldwide.

Join us in giving thanks for these five years and renewing our devotion to the Rosary. We look forward to praying with you!

When: Every Thursday at 7:00 PM

 **Zoom Rosary Link:**

<https://us02web.zoom.us/j/82389580425?pwd=YjUwdnpSbVNxM1U0VGJLWklmZk9DUT09#success.>



**SUBJECT: SPECIAL EOHSJ ZOOM PRESENTATION WITH:
Bishop Ramon Bejarano**

We are pleased to invite you to a special Zoom presentation featuring Bishop Ramon Bejarano, Auxiliary Bishop of San Diego, as he explores the spirituality of the Equestrian Order of the Holy Sepulchre of Jerusalem and the spiritual formation of Knights and Dames. Bishop Bejarano will guide us through key themes from the recently issued EOHSJ Formation Document, published in 2024 by Grand Master Cardinal Filoni and Governor General Leonardo Visconti di Modrone. This document serves as both a guideline for admitting new members and a foundation for the ongoing spiritual development of our Order.



Personal sanctification and formation of our members is at the heart of our mission, and this inspiring document provides a deep and meaningful framework for our spiritual journey. To help members fully appreciate its wisdom, we are launching a series of Zoom presentations throughout 2025, beginning with this session led by Bishop Bejarano.

Below is a link to the formation document. We encourage you to read this beautiful thought-provoking Order document on increasing our personal sanctification.

<https://www.eohsjwesternusa.org/member-news/eohsj-formation-document/>

Date: March 20, 2025

Time: 7PM

Zoom Link:

<https://us02web.zoom.us/j/86089283604?pwd=P4PJ7kxKNnNu8SEerMb8omtQLz5ZcF.1>

Meeting ID: 860 8928 3604 Passcode: 617076

We look forward to your participation as we grow together in our spiritual calling.

Deus Lo Vult,

The Spirituality Committee 