

**THE PADRE PIO
PRAYER GROUP
of Cleveland**

Spiritual Director:
Rev. Fr. Edward J. Janoch

Chaplain:
Rev. Fr. William E. Browne

Group Leader:
Cindy Russo, OFS

**MISSION &
VISION:**

To carry out the works, words and devotion of St. Padre Pio through prayer and charitable works where we can touch lives and change souls.

Our vision is to create more Spiritual Children and lead souls to heaven.

**UPCOMING
EVENTS:**

Apr 6 -
Padre Pio Prayer Group Gathering beginning with Rosary at 8:00 AM and Mass at 8:30 AM, St. Barnabas Church, 9451 Brandywine Rd., Northfield

Jun 5-15 -
Pilgrimage to Poland and Italy (see website for details)

Check the online Community Bulletin Board on our website to view upcoming events in the area



St. Padre Pio Prayer Group Newsletter

MARCH 2019

VOLUME 7, ISSUE 3

Padre Pio's Lessons for Lent

Padre Pio's life was a constant witness to the reality of heaven and hell and the need to view this life as a pilgrimage to our heavenly home. Here are some words of wisdom From Padre Pio during Lent.

The need for spiritual warfare. Let us always keep before our eyes the fact that here on earth we are on a battlefield and that in paradise we shall receive the crown of victory; that this is a testing-ground and the prize will be awarded up above; that we are now in a land of exile while our true homeland is Heaven to which we must continually aspire. Satan is a roaring lion seeking whom he may devour and we should keep this always in mind during Lent.

The rosary is the recommended weapon for battle. Hold on tightly to the Rosary. Be very grateful to the Madonna because it was she who gave us Jesus. Love our Lady and make her loved; always recite the Rosary and recite it as often as possible.

Don't be afraid of humility. Humility is endless. Purity is power. Envision purity and pursue it. These are weapons in the battle. Humility and purity are the wings which carry us to God and make us almost divine.

Don't expect instant success. The spiritual life is a long journey. It is the work of a lifetime. Take one day at a time and one step at a time. If you stumble and fall, get up immediately and keep going. Never give up. In the spiritual life, you must take one step forward each day in a vertical line, from the bottom up.

Your unhappiness is not everything. Your happiness is not everything. Don't allow your feelings to determine whether you think you are making spiritual progress or not. The world's standards of happiness and "success" are completely different from spiritual progress. Keep your eyes fixed on Him who is your guide to the heavenly country, where He is leading you. What does it matter to you if Jesus wishes to guide you to Heaven by way of the desert or by the meadow, so long as He is always with you and you arrive at the possession of a blessed eternity?

Feed the soul. Don't consider me too demanding if I ask you once again to set great store by holy books and read them as much as you can. This spiritual reading is as necessary to you as the air you breathe. Shut off screens.

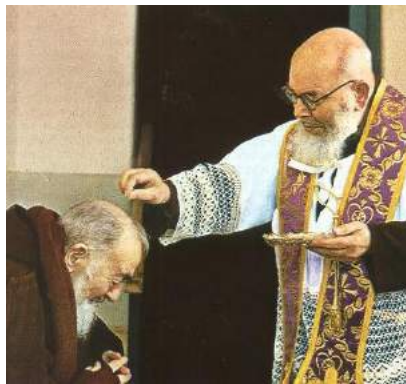
Pay attention to Mass. The Lord is present. It is not just a "family meal" or a pep talk where we decide how we're going to make the world a better place. It is the threshold of heaven and the one full, final sacrifice brought into the present moment with its benefits applied to our needs. Renew your faith by attending Holy Mass. Keep your mind focused on the mystery that is unfolding before your eyes. In your mind's eye transport yourself to Calvary and meditate on the Victim who offers Himself to Divine Justice, paying the price of your redemption...If we only knew how God regards this Sacrifice, we would risk our lives to be present at a single Mass.

Make little sacrifices, but make them matter. Discipline during Lent is a step towards proper detachment from the distorted love of created things so that you can love properly the things that are eternal. Therefore don't be discouraged. He who attaches himself to the earth remains attached to it. It is by violence that we must leave it. It is better to detach oneself a little at a time, rather than all at once. Let us always think of Heaven.

Don't be discouraged. You think you are doing a good work, but God is doing it within you. When you realize this you will strive even harder to cooperate with God's will and this

will take you further on the path with speed. Let us humble ourselves and confess that if God were not our armor and shield, we would be pierced by all kinds of sins. That is why we must live in God by persevering in our practices, and learn to serve Him at our own expense.

Be totally committed to the Lord and He will not fail you. Remember the Bible verse: "Trust in the Lord with all your heart and do not lean on your own understanding. In all your ways acknowledge him and he will direct your path." Let us try to serve the Lord with all our heart and will. He will always give us more than we deserve.





The Temptation Of Jesus Christ
by Sandro Botticelli

For by your gracious gift each year
your faithful await the sacred paschal feasts
with the joy of minds made pure,
so that, more eagerly intent on prayer
and on the works of charity,
and participating in the mysteries
by which they have been reborn,
they may be led to the fullness of grace
that you bestow on your sons and daughters.

PREFACE I OF LENT

Roman Missal, Third Edition

Another year, another Lent. How wonderful that the Bride of Christ offer us this time to *repent and believe in the Gospel*. As Preface I tells us, this is a time of joy as we return to God through prayer, fasting, and almsgiving. Most of us are walking the path that leads to eternal life, even though there are times when we fall off the path and do our own will, *i.e.* sin. We are blessed to have this yearly forty day retreat to remind us and to help us to return to the path to eternal life, or to not fall off the path; which is temptation. In the *Compendium of the Catechism of the Catholic Church*, which is formatted in a question and answer format explaining the faith and teachings in the *Catechism of the Catholic Church* we read:

106. What do we learn from the temptation of Jesus in the desert?

The temptation of Jesus in the desert recapitulates the temptation of Adam in Paradise and the temptations of Israel in the desert. Satan tempts Jesus in regard to his obedience to the mission given him by the Father. Christ, the new Adam, resists and his victory proclaims that of his passion which is the supreme obedience of his filial love. The Church unites herself to this mystery in a special way in the liturgical season of Lent. [*Catechism of the Catholic Church* 538-540, 566].

As adults, we should give up sins, not food. We can give up coffee, chocolate and sweets, and meat, but yet we still curse and swear, gossip, lie and cheat, steal and covet, and commit mortal sins. We need to repent for our sins and strive to not commit them anymore. What helps us to repent and believe in the Gospel is to perform the penitential acts of prayer, fasting and almsgiving. We become concerned for another person and it helps us to not have idle time that can lead us to entertain sin. The *Compendium* tells us:

301. What forms does penance take in the Christian life?

Penance can be expressed in many and various ways but above all in fasting, prayer, and almsgiving. These and many other forms of penance can be practiced in the daily life of a Christian, particularly during the time of Lent and on the penitential day of Friday. [*Catechism of the Catholic Church* 1434-1439].

What we do during this universal forty day retreat is to prepare us for what we are to do every day of our lives. We do not give up sins during Lent and then on Easter Sunday, we go back to them. We are to continue the journey that we began in Lent and to carry it out for the rest of our lives. We may not perform our acts of penance as intensely as we do during Lent, but we are still to perform some act of penance each and every Friday.

If we struggle with our attraction to sin, ask St. Padre Pio to help us to obtain the strength, perseverance, and fortitude to live a holy life. Ask him to give you what he received from Jesus to *repent and believe in the Gospel*.

May we all have a joyful season of Lent.

P.S. I wrote this a few years ago and it still applies today. If we offer our struggles to those of Jesus' sacrifice, then we can and will find joy, peace, and love that only He can give.

Why Do We Make the Sign of the Cross?

The Sign of the Cross is a profession of faith in God. It's a witness to others. It serves as an abbreviated form of the Apostles' Creed. Touching our forehead, breast and shoulders, we declare our belief in the Father, Son and Holy Spirit. We are announcing our faith in what God has done — the creation of all things, the redemption of humanity from sin and death, and the establishment of the Church, which offers new life to all. When we sign ourselves we are making ourselves aware of God's presence and opening ourselves to his action in our lives. But there is much, much more.



Renewal of Baptist 1st

century Christians began making the sign of the cross as a reminder and renewal of what happened to them when they were baptized. Every time when we sign ourselves we are declaring that in baptism we died sacramentally with Christ on the cross and rose to a new life with him (see Rom 6:3-4 and Gal 2:20). We are asking the Lord to renew in us those baptismal graces. We are also acknowledging that baptism joined us to the body of Christ and equipped us for our role of collaborating with the Lord in his work of rescuing all people from sin and death.

Mark of discipleship At baptism the Lord claimed us as his own by marking us with the Sign of the Cross. Now, when we sign ourselves, we are affirming our loyalty to him. By tracing the cross on our bodies, we are denying that we belong to ourselves and declaring that we belong to him alone (see Lk 9:23). The Church Fathers used the same word for the Sign of the Cross that the ancient world employed to indicate ownership. The same word named a shepherd's brand on his sheep, a general's tattoo on his soldiers, a householder's mark on his servants, and the Lord's mark on his disciples. So signing ourselves recognizes that we are Christ's sheep and can count on his care; his soldiers, commissioned to work with him in advancing his kingdom on earth; and his servants, dedi-

cated to doing whatever he tells us.

Acceptance of suffering Jesus promised us that suffering would be a normal part of a disciple's life (see Lk 9:23). So, when we mark our bodies with the sign, we are embracing whatever pain comes as a consequence of our faith in Christ. Making the sign is our "taking up the cross and following" him (Lk 9:23). But at the same time it comforts us with the realization that Jesus, who endured the crucifixion for us, now joins us in our suffering and supports us. Signing ourselves also announces another significant truth: With St. Paul, we are celebrating that our afflictions as members of the body of Christ contribute to the Lord's saving work of perfecting the Church in holiness (see Col 1:24).


Move against the devil The devil sent Jesus to the cross, he mistakenly believed he had won a great victory. Instead, the Lord shocked him with an ignominious defeat (see 1 Cor 2:8). From the first Easter morning through the present, the sign of the cross makes the devil cower and flee. Making the sign is a defensive move, declaring our inviolability to the devil's influence. But more importantly, the sign is also an offensive weapon, helping us reclaim with Christ all that Satan lost at the cross. It announces our support with him in the indomitable advance of the kingdom of God against the kingdom of darkness.



Victory over the flesh

In the New Testament, the word flesh sums up all the evil inclinations of our old nature that persist in us even after we die with Christ in baptism (see Gal 5:16-22). Making the sign of the cross expresses our decision to crucify these desires of the flesh and to live by the Spirit. Making the sign indicates our stripping ourselves of our evil inclinations and clothing ourselves with the behaviors of Christ (see Col 3: 5-15). It diffuses the force of powerful temptations such as anger and lust.

Lenten Daily Devotional March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Luke 15:1-3, 11-32 Reflect on the Sorrowful Mysteries of the Rosary, and consider the love Jesus has for us, in order to have suffered so greatly for our Salvation.	540 <i>Jesus' temptation reveals the way in which the Son of God is Messiah, contrary to the way Satan proposes to him and the way men wish to attribute to him. This is why Christ vanquished the Tempter for us: "For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tested as we are, yet without sinning." [Heb 4:15] By the solemn forty days of Lent the Church unites herself each year to the mystery of Jesus in the desert.</i> Catechism of the Catholic Church [CCC]				1 Mk 10:1-12 Offer the Second Luminous Mystery; The Wedding Feast at Cana for all married couples, especially for those marriages that are facing difficulties.	2 Mk 10:13-16 Pray the Apostles' Creed today so that your faith may be like that of a child.
4TH SUNDAY OF LENT					First Friday	BVM First Saturday
3 Lk 6:39-45 Pray the Act of Contrition in reparation for the times that you judged another person's actions before you corrected your own actions.	4 Mk 10:17-27 Reflect on your earthly wealth and see where you can offer this wealth of time, talent, and treasure for the Glory of God and the salvation of souls.	5 Mk 10:28-31 Offer up any persecution that you suffer for the Faith and realize that your reward will be great in Heaven.	6 Mt 6:1-6, 16-18 As Lent begins, ask Our Lord for His guidance in your daily practice of prayer, fasting, and good works throughout the Lenten season.	7 Lk 9:22-25 Try to attend daily Holy Mass or meditate on the Gospel readings more often during Lent.	8 Mt 9:14-15 Try to observe a traditional fast today or abstain from a favorite activity, praying that you will always be obedient to God.	9 Lk 5:27-32 Seek God's tender love and mercy through the Sacrament of Penance during this Lenten season.
6TH SUNDAY IN ORDINARY TIME				Thursday after Ash Wednesday Ss. Perpetua & Felicity	Friday after Ash Wednesday St. John of God Day of Abstinence	Saturday after Ash Wednesday St. Frances of Rome
10 Lk 4:1-13 Identify a personal weakness and ask Jesus for an increase in strength and perseverance in resisting temptation and in following God's will for you.	11 Mt 25:31-46 Pray the Memorare, or another prayer for the safety and protection of all human life and those most vulnerable in our society.	12 Mt 6:7-15 Offer a prayer on behalf of someone who has caused you pain, and make an effort to let go of persistent grudges.	13 Lk 11:29-32 Meditate on the Glorious Mysteries of the Rosary, and ask God to help you prepare your heart for the celebration of the Death and Resurrection of His Son.	14 Mt 7:7-12 Humbly petition Our Lady to intercede for the intentions of our Holy Father and for an increase of vocations to the Priesthood and Consecrated Life.	15 Mt 5:20-26 If you need to ask someone for forgiveness, consider doing so today.	16 Mt 5:43-48 Seek to imitate the love of God the Father, Who is full of compassion and forgiveness, by praying for those who have caused you pain or sorrow.
1ST SUNDAY OF LENT				Lenten Weekday	Lenten Weekday Day of Abstinence	Lenten Weekday
17 Lk 9:28b-36 Make extra time before Mass today to read from the Gospels and prayerfully meditate on God's Word.	18 Lk 6:36-38 Pray the Chapelet of Divine Mercy, or another prayer, asking God to increase within you. His mercy and compassion for others.	19 Lk 2:41-51a Reflect on the trials endured by the guardian and earthly father of Jesus, asking St. Joseph to teach you obedience and trust.	20 Mt 20:17-28 Pause frequently throughout the day to offer prayers of praise to God in gratitude for His Love and the many blessings He has bestowed upon you.	21 Lk 16:19-31 Pray a prayer of your choosing, asking the Holy Spirit for an increase in faith, wisdom and understanding.	22 Mt 21:33-43, 45-46 Make an act of faith in Jesus Christ, the cornerstone, and pray the Nicene or Apostles' Creed.	23 Lk 15:1-3, 11-32 Invite a family member or friend to Church, especially one who has fallen away from the practice of the faith.
2ND SUNDAY OF LENT				Lenten Weekday	Lenten Weekday Day of Abstinence	Lenten Weekday St. Turibius of Mogrovejo
24 Lk 13:1-9 In reparation for past sins, pray the Act of Contrition today, focusing special attention on the meaning of the words.	25 Lk 1:26-38 Pray the Angelus, or another prayer, for the courage to place your trust in God's providence as did the Blessed Virgin Mary.	26 Mt 18:21-35 Show kindness, compassion and patience today to a challenging or troubled person in your life.	27 Mt 5:17-19 Consider each of the Ten Commandments and make a firm amendment to change a habit in your life that leads you to sin.	28 Lk 11:14-23 Abstain from a favorite food or activity today, on behalf of the Holy Father, Pope Francis, and for greater unity within the Catholic Church.	29 Mk 12:28-34 Consider helping a neighbor in need by offering to assist with a difficult task.	30 Lk 18:9-14 Perform a small act of kindness for a stranger today to proclaim God's greatness.
3RD SUNDAY OF LENT				Lenten Weekday	Lenten Weekday Day of Abstinence	Lenten Weekday March 31 st Upper Left

Humility, Humility, Humility, Humility

“For Anyone Who Exalts Himself Will Be Humbled, and The One Who Humbles Himself Will Be Exalted.” (Luke 14:11)

Humility is the ability to see yourself as you are. It means having your feet on the ground. The opposite of humility is pride. An exorcist said the devil’s easiest favorite sin to tempt souls is pride, which means having your head in the air. Being full of pride means being arrogant, self-sufficient, know it all and feeding your ego. St. Bernard of Clairvaux was asked to recite the four cardinal virtues and he replied “Humility, humility, humility and humility!”

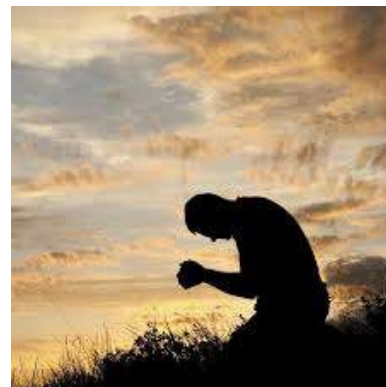
Many souls would like to be humble, but few desire humiliation; many ask God to make them humble and fervently pray for this, but very few want to be humiliated. Yet it is impossible to gain humility without humiliations; for just as studying is the way to acquire knowledge, so it is by the way of humiliation that we attain to humility. As long as we only desire this virtue of humility, but are not willing to accept the means thereto, we are not on the true road of acquiring it.

Humanly we seek strength, power, control, positions of importance and recognitions. Attention seeker! These things can be explosive. That is why Jesus called his disciples to littleness and humility. He wanted them to focus on the most important thing: Not to be great but humble.

St. Padre Pio exemplified this each day of his life. This is important in the making of saints. We are all called to be saints. It is the foundation of goodness. Our call to humility must start with letting go and the desire of control, security, profit and self-esteem. A humble person is one who never seeks promotion on the expense of someone else, who will not hurt the feelings of others and will accept failure when it comes. St. Francis of Assisi said “What you are at the

sight of God; that is what you are and no more.”

At the heart of humility is our willingness to accept ourselves as we are, to accept our shortcomings, our limitations and our sufferings within us. And how should you do this? Always do this with the spirit of joy and gratitude. A humble person is one who is dependent on God, on His providence



and on His people. What is important in God’s eyes is not our achievements or our virtues or respectability or our failures, but all in importance is our total dependence in God. Humility acknowledges talents and gifts, but places all the praise where it rightfully belongs with God. It does not matter how big your house is, what kind of car you drive, how big is your bank account and your prestigious job title. In the graves we will all be the same. You come in this world with nothing and you will go out with nothing. So it is wise to remain humble and give God the love and gratitude He deserves.

Pray for light from the Holy Spirit; notice what your weaknesses and irritations are. You’ll find greater interior freedom the more you pray for humility and the more you accept the humiliations God sends your way.

Deliver Me, Jesus: The Litany Of Humility

O Jesus! meek and humble of heart, Hear me.

Deliver me, Jesus (Recite after each line)

- From the desire of being esteemed ...
- From the desire of being loved ...
- From the desire of being extolled ...
- From the desire of being honored ...
- From the desire of being praised ...
- From the desire of being preferred to others ...
- From the desire of being consulted ...
- From the desire of being approved ...
- From the fear of being humiliated ...
- From the fear of being despised ...
- From the fear of suffering rebukes ...
- From the fear of being calumniated ...
- From the fear of being forgotten ...
- From the fear of being ridiculed ...

- From the fear of being wronged ...
- From the fear of being suspected ...
- That others may be loved more than I ...

Jesus, grant me the grace to desire it. (Recite after each line)

- That others may be esteemed more than I ...
- That, others may increase and I may decrease ...
- That others may be chosen and I set aside ...
- That others may be praised and I unnoticed ...
- That others may be preferred to me in everything ...
- That others may become holier than I provided that I may become as holy as I should.

Amen.



Praying the Sorrowful Mysteries for Priests

The First Sorrowful Mystery: The Agony in the Garden



Scripture – Matthew 26:38-39

Then he said to them, “My soul is very sorrowful even to death; remain here, and watch with me.” And going a little further he fell on his face and prayed, “My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as thou wilt.”

Petition

Eternal Father, you willed Jesus to be the icon of obedience. Graciously dispose the priest to glorify you by the gift of his free will. Grant that nothing on the earth cause him to compromise the promise of obedience that helps him to disappear from his own sight. We implore you to form the priest’s heart into a canvas of charity, humility, mortification, surrender, recollection and obedience for love of you and the Church.

The Second Sorrowful Mystery: The Scourging at the Pillar

Scripture – Matthew 27:24-26

So when Pilate saw that he was gaining nothing, but rather that a riot was beginning, he took water and washed his hands before the crowd, saying, “I am innocent of this righteous man’s blood; see to it yourselves.” And all the people answered, “His blood be on us and on our children!” Then he released for them Barabbas, and having scourged Jesus, delivered him to be crucified.

Petition

Eternal Father, graciously grant the priest to discover the joy of being configured to Christ who came to serve, not to be served. Please shape the expectations of the priest to conform to the divine expectation of priesthood, and help him to embrace a life of humility and love, with prayer, simplicity, and patience.

The Third Sorrowful Mystery: The Crowning with Thorns

Scripture – Matthew 27:28-30

And they stripped him and put a scarlet robe upon him, and plaiting a crown of thorns they put it on his head, and put a reed in his right hand. And kneeling before him they mocked him saying, “Hail King of the Jews!” And they spat upon him, and took the reed and struck him on the head.

Petition

Eternal Father, graciously encourage the priest to avail himself of the sacrament of confession as a penitent, so that he minister the same sacrament of mercy with a pure heart. Help him to realize that as he receives divine mercy in the confessional, he can more joyfully extend the same divine mercy to others. Grant him to be a good penitent and in turn, a good confessor.

The Fourth Sorrowful Mystery: Jesus Carries His Cross

Scripture – Matthew 27:31-32

And when they [the Roman soldiers] had mocked him, they stripped him of the robe, and put his own clothes on him, and led him away to crucify him. As they were marching out, they came upon a man of Cyrene, Simon, by name: this man they compelled to carry his cross.

Petition

Eternal Father, as the priest carries his cross daily in service to the Church, grant that he experience the presence of Mary and the welcomed help of the lay faithful. We pray that the weight of his cross not crush his spirit, though it may break his heart. At the end of each day, when the priest is in the silence and solitude of his room, grant him peace and lead him to surrender the burdens of his ministry, laying them at the foot of the Cross.

The Fifth Sorrowful Mystery: The Crucifixion of Our Lord

Scripture – Matthew 27:35-37

And when they had crucified him, they divided his garments among them by casting lots; then they sat down and kept watch over him there. And over his head they put the charge against him, which read, “This is Jesus the King of the Jews.”

Petition

Eternal Father, Your Son’s self-emptying love is inspiring and challenging to the priest. Jesus drank the chalice to the dregs, his poverty is complete, and he hides his glory, and strips himself of every possession and domain. Please protect the priest from the enemy who strategizes to destroy his vocation, and tempts him to extremes of discouragement and doubt, and then, pride and vanity. Graciously teach the priest the science of the cross and the art of loving as Jesus loves.

SOURCE: adapted from [Praying for Priests](#), which is available from Sophia Institute Press.

Lead him to surrender the burdens of his ministry

Jake's

Corner

Ite Ad Ioseph! This is the beautiful old Latin phrase about Saint Joseph. When translated into English, the phrase means: "Go to Joseph." Saint Joseph is the Protector of the Church and one of the most loved Saints of all time. We all know that Saint Joseph is the Foster-Father of Jesus and the head of the Holy Family at Nazareth. It was to Saint Joseph who the Angel of the Lord appeared to and told him to take Jesus and His Mother to Egypt in Matthew 2:13. Saint Joseph is one of my favorite Saints and I pray to him every day.

There is not much recorded in the Bible on Saint Joseph, but he is one of the greatest Saints ever! We often see images of Saint Joseph holding the Infant Jesus asleep in his arms, cradled in his cloak. To me, these beautiful images show the close relationship between Jesus and his Foster-Father. Also, these images show how obedient Jesus was to his parents. Saint Joseph was chosen by God to be the perfect Guardian and model for His Son on earth. Many Saints, like Saint Teresa of Jesus and Saint Andre Bessette, had a great devotion to him.

In the Gospels, we see that Saint Joseph is of noble descent from the line of King David. It is so fitting that the Foster-Father and Guardian of Jesus, the true King, be of noble descent. Also, many Saints believe that Saint Joseph was assumed into Heaven like Mary. Saint Francis de Sales believed this, he said: "how could we doubt that Our Lord raised glorious St.



Joseph up into Heaven, body, and soul? He had the honor and grace of carrying Him so often in his blessed arms, arms in which Our Lord took so much pleasure. St. Joseph is therefore in Heaven body and soul, without a doubt."

Saint Joseph was a major factor and role model for Jesus. Many Saints believed that Saint Joseph, by God's grace, was free from Original Sin, all stain of sin, and all near occasion of sin. Mary was conceived without original sin; Joseph was conceived with original sin. Many ancient saints, popes, doctors and theologians of the Church have firmly believed that St. Joseph never committed an actual sin—neither mortal, nor even venial. This theological assertion does not empty the cross of its power, but rather reveals the omnipotence of God to apply the merits of the Redemption as He sees fit, even outside of time. Again, Jesus still saved Joseph from sin. In my opinion, Saint Joseph is so powerful because Our Lord will not refuse anything to him. As Jesus was obedient to Saint Joseph on earth, why would He not be obedient to Saint Joseph in Heaven?

Make Saint Joseph an important part of your prayer life. You will receive many graces doing so!

Written by Jake Snyder and some information is taken from www.apostolatestjoseph.com

Irritation Can Reveal Sin

Lent is a great time to tone up our spiritual life and dig deeper to get at the roots of sin in our lives. A very effective way to deal with our known faults and discover hidden faults is to observe in what ways are we irritated.

Our usual reaction is to blame the person or circumstance which is the occasion but not the actual cause of the irritation. One good example is road rage. Overreaction to irritation belies pride, unforgiveness, lack of long-suffering, lack of willingness to "turn the other cheek" or "walk the extra mile." The alarming coarsening of our society is due in great part to people's unwillingness to practice what Jesus teaches us, and to replace that with a spirit of egotism, entitlement, revenge, etc. These attitudes deprive us of "the peace which exceeds understanding." Observe the countenances of people who "rejoice" with revenge when a criminal gets the death penalty. There is no real deep peace. When we carefully examine the scriptures, we see that Jesus always challenges us to do battle within ourselves to overcome our lower urges rather than to engage with others to "prove them wrong"; etc.



The development of the virtues relating to self-discipline is no easy task, but is entirely possible when we perseveringly beg the

graces necessary from God. As we progress in the virtues, we can recognize the stages of growth: 1) Overreaction, 2) Decreased overreaction, 3) Resignation, 4) Reluctant acceptance, 5) Acceptance, 6) Embracing the Cross, 7) Desiring crosses in a spirit of reparation not only for my own sins but also for the sins of others. The three children of Fatima, St. Jacinta, St. Francisco, and Lucia got to this seventh stage in a very short period of time. St. Maximilian Kolbe obtained it to such an extent that he chose to die in the worst place in Auschwitz and was so filled with joy that he got the other dying inmates to sing a song of praise to God to the absolute astonishment of the prison guards. The reason he could do this was because he looked upon self-conquest not as a knock-down, drag-out battle solely on his own power, but as a way of showing his love to Jesus and Mary. His self-conquest was through, in, with, and for Jesus and Mary. It was an act of love.

As we begin the grace-filled season of Lent, we can resolve to love Jesus more, to observe our reaction to irritations, ask for the opposite virtue, and examine our conscience daily. Track our progress according to the seven stages, ask forgiveness for the times we fail, and even more so and especially to rejoice in our victories picturing the joy and delight on the face of Jesus. It would also be helpful to discuss it with a spiritual friend and confessor, and meditate on the beatitudes in Matthew 5.

Have a Lent Full of Love and Victory over Irritations!

KEEP OUR SICK SISTERS & BROTHERS IN YOUR DAILY PRAYERS

Call Helen Husky 440-232-3462 to add a member to the list.

Bernadine Antonio
Carol Basek
Jack Bolton
Mike Bradley
Tom Bruno
Sue Cleary
Catlin Dean
Christine DeMauro

Vincent DeVentura
Kelly Morici Diaz
Bob Dodds
Tim Doherty
Steve Fiata
Louise Frein
Richard Frein
Helen Husky

Ray King
Virginia Kovacina
Carol Kriebel
Cookie Laba
Lori Landfear
Laura Lang
Bishop Richard Lennon
Jennifer Minniti

Joe Morici
Peggy Pongracz
Abbot C. Schwartz OSB
Rita Slivka
Joe Trapani



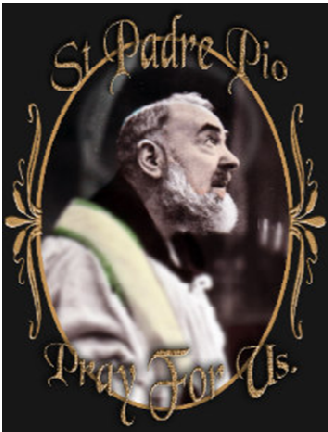
† OUR CONDOLENCES TO THE FAMILIES OF OUR RECENTLY DECEASED †

Pray for All Souls in Purgatory

FOR ALL THE INTENTIONS IN OUR ONLINE PRAYER BASKET, LORD, HEAR OUR PRAYER.



Now that our new email system has been in place for a few months, if you are no longer receiving emails from the Padre Pio Prayer Group of Cleveland, and feel that you should be, please send an email to info@padrepiocleveland.org. We will be sure to get you back on the distribution list!



St. Padre Pio, I implore you, please, to take me as your spiritual son or daughter, and intercede for me that my faith, hope and love will endure to the end. I desire you to accompany me on my Lenten journey in a special way. Guide me to enter the pierced heart of our Redeemer who is Love. Amen.

JOIN US!!



**PILGRIMAGE TO POLAND AND ITALY
WITH THE PADRE PIO PRAYER
GROUP OF CLEVELAND**

**June 5-15, 2019
\$4,299.00**

see www.padrepiocleveland.org for details

BEST WISHES to our *Spiritual Children* celebrating birthdays and special occasions in the month of March, especially our *Spiritual Director, Fr. Ed Janoch!*

**WEBSITE: WWW.PADREPIOCLEVELAND.ORG CONTACT US: INFO@PADREPIOCLEVELAND.ORG
FACEBOOK: WWW.FACEBOOK.COM/PADREPIOCLEVELAND TWITTER: [@PADREPIOCLEVELAND](https://twitter.com/PADREPIOCLEVELAND)**