

# Resurrection Weekly

Volume 1 Issue 3

March 19<sup>th</sup>, 2017[www.resurrectionparish.ca](http://www.resurrectionparish.ca)

Resurrection Weekly is resolved to bring you the most current and up to date details on this year's catechumens. Each week we will be doing an exposé on three of our newly elected Elect. If you would like help write a story that covers how you see God working in their lives please send your stories to Tashia: [sacraments@resurrectionparish.ca](mailto:sacraments@resurrectionparish.ca)

## Scrutinies: Reflecting on Sin and Redemption

The **Rites of the Scrutiny** are meant to uncover and then heal all that is weak or sinful in the Elects' hearts and to bring out – through repentance and introspection – all which is upright, strong, and good (*cf. Rite of Christian Initiation of Adults*, “Purification and Enlightenment,” 70). This is a time where the elect come to develop a more “intimate knowledge of Christ and the Church” (*Ibid.*, 70).

The celebrations of the Scrutinies also remind the whole parish community of the need to reflect on their own sins and the need for God's help.

The 1<sup>st</sup> Scrutiny is the story of the **Samaritan Woman at the Well** – John 4:5-42; the 2<sup>nd</sup> Scrutiny is the **Healing of the Man Born Blind** – John 9:1-41, and the 3<sup>rd</sup> Scrutiny is the **Raising of Lazarus** – John 11:1-45.

We all are challenged with the Samaritan woman at the well when we thirst for the Lord, who knows what we need and provides it. We beg, with the man born blind, to see Jesus, who is the light and gives us sight. We lie with Lazarus

within the tomb of oblivion and death, built with the stones of our own sins, until Jesus reaches out his hand and pulls us from the pit.

The Scrutinies will be taking place on March 19<sup>th</sup>, March 26<sup>th</sup>, and April 2<sup>nd</sup> all at the 9:00 am Masses

To participate in the Scrutinies you can read these Gospel passages and reflect on your own life how the Holy Spirit is trying to speak to you. Where is Christ challenging us to grow in our own lives? What is the sin that we have to let go of? What is it that we thirst for most in our lives? Is it Jesus, if it is not, then how do we reprioritize God first? If we are unable to see Christ present and active in our world how can we gain new sight in Christ. If we feel that our faith is dead how can we resurrect it?

In the Scrutinies there are exorcisms where the **Elect** “are freed from the effects of sin and from the influence of the devil” (*Ibid.*, 70). Pray with and for our **Elect** and **Candidates** that they will receive new strength in their spiritual journey and that their hearts are open to Christ's gifts.

## Lenten Recipes

*Lenten Pretzel*, Fr. William Saunders previously ran in the *Arlington Catholic Herald*, and is not a *Resurrection Weekly* original story. For the full story you can visit: [catholiceducation.org/en/culture/catholic-contributions/Lenten-pretzels](http://catholiceducation.org/en/culture/catholic-contributions/Lenten-pretzels)

In the early Church, the Lenten abstinence and fasting laws were more strict than what the faithful practice today. The general rule was for a person to have one meal a day, in the evening or at three o'clock in the afternoon, and smaller snacks to maintain strength. So a need arose for a very simple food which would fulfil the abstinence and fasting laws.

Snyders of Hanover, a young monk in the early 600's in Italy was preparing a special Lenten bread of water, flour, and salt. To remind his brother monks that Lent was a time of prayer, he rolled the bread dough in strips and then shaped each strip in the form of crossed arms, mimicking the then popular prayer position of folding ones arms over each other on the chest. Because these breads were shaped into the form of crossed arms, they were called *bracellae*, the Latin word for “little arms.” From this word, the Germans derived the word *bretzel* which has since mutated to the familiar word *pretzel*.

For a recipe see C2.

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## Up Close and Personal



Darien Olivares is the brother of Dominick Olivares that was showcased in our last edition of Resurrection Weekly, (see B2 "Up Close and Personal). He is also a part of the **RCIC** (*Rite of Christian Initiation of Children*). Olivares is excited to become a baptized Catholic because he will be able to learn more about Jesus. "He is my Hero!" declared Olivares in a recent interview.

In his spare time Olivares enjoys cooking with his mother, and working with his father. He enjoys camping, fishing, reading books, math, and playing with friends. He maintains a healthy prayer life praying "for people who are alone, and... for my family, they are kind people."



Sophie Parker is nine years old and comes to us from St. Gabriel School. She started attending Catholic school and was so moved by the example that she witnessed in the students and staff that she wanted to become Catholic.

Parker loves to dance and does so competitively. "I really love coming to Church on Sundays!" and is

excited about becoming baptized with her younger brother Memphis, who is three years old. They will both be getting baptized at the Easter Vigil this April 15<sup>th</sup>, at 8:30 pm.

Parker enjoys sledding with her father and brother. She also has a sister, Tanisha, who lives in Montréal, QC, and a niece Ella. "I am really excited to be baptised at Easter!" We here at *Resurrection Weekly* are excited for you too!

*I am looking forward to receiving Eucharist!*



Cameron Swartz is the older brother of Liam, who is also a member of the **Elect**. He is nine years old. He has a guinea pig named Brownie and a dog named Sam.

Swartz is fond of playing outside riding his bike and scooter. He also plays soccer, ball hockey, and soon bowling. He also is a student of piano and hopes to be a veterinarian for small animals when he is older.

Following in his mother's footsteps, becoming Catholic will allow Swartz to grow in his relationship with God and Jesus. "I am looking forward to receiving Eucharist. I am learning a lot of interesting stories about Jesus."

## Lenten Recipes, cont.

### Homemade Soft Pretzels

Recipe courtesy of Alton Brown

#### Ingredients:

1½ c warm water  
1 T sugar  
2 t kosher salt  
1 pkg. active dry yeast  
4½ c flour (approximately)  
2 oz melted butter  
Vegetable oil for pan  
10 c water  
⅔ c baking soda  
1 lg egg yolk beaten with 1T water

#### Directions:

Combine first three ingredients in a stand mixer, sprinkle the yeast on top. Allow to sit 5 mins. Add flour and butter using dough hook. Mix on low until smooth and the dough pulls away from the bowl sides. Let rest 4-5 minutes. Remove from bowl, clean the bowl, oil it well and return dough. Cover and store in a warm place 50-55 mins.

Preheat oven to 450°F. Line two 18"x13" baking sheets with parchment paper and brush with oil.

Bring water and baking soda to a boil. Roll out dough on oiled surface and divide into eight equal pieces. Roll into 24" rope and fold into a pretzel shape.

Boil pretzels individually for 30 sec. place on baking sheet. Brush with egg and sprinkle with salt. Bake for 12-14 min until dark brown. Let cool 5 mins, enjoy!