

Lent in Our Chapel

The Lenten Season may appear to be sad, demanding or maybe even outdated. Not very easily or voluntarily do we engage in spiritual exercises and fasting practices. They appear to be unnecessary, too lengthy, burdensome and at the wrong time. The truth of the matter is that the Lenten Time is a perfect opportunity to focus on spiritual and personal issues that otherwise we would not address.

Traditionally, Lent focuses on three issues: **fasting, prayer** and **charity**. Although the Church's suggestion of **fasting** on Fridays is one way of disciplining oneself, it might be more beneficial to become a little bit creative and abstain at least partially from some distractions in life, such as TV, Internet, Facebook etc. Other idea is to change certain patterns in life by increasing other activities, such as exercising, leaving home earlier for work, more defensively driving your car, spending more quality time with family, etc.

Prayer does not have to mean that one should spend more time on it, although for some it may work quite well. Rather, prayer typically opens one's eyes to the world and allows one to realize that he or she is not alone nor the center of the world. It does open new horizons and truly shows a new dimension of life, whose context is much larger than one's ego.

Charity does not have to mean that one should spend (more) money on a worthy cause. Rather, it allows one to open up and offer oneself first and foremost in non-material way. Paradoxically, the more one does so by giving out him- or herself, the more satisfaction, joy and esteem it gives to the one who is giving. Sometimes it is exactly in such moments that one realizes that he or she can be a good person after all.

In our Chapel, besides our regular **Mass schedule**, we are offering two new opportunities for spiritual renewal: Deacon Ron Ronacher will be conducting **Bible Study meetings on Tuesdays at 3:00 PM** and **Stations of the Cross on Wednesdays at 3:00 PM**, both in the Chapel.

I myself invite you for private **one-on-one or group retreats and spiritual direction sessions** at the time that fits your schedule. I welcome your suggested subject and area of focus in these meetings. Even if you don't know what or what form should it take, please call me, so that I could best respond to your needs. Those of you who are travelers or cabin crew members, you can call me in advance so that I could be available to you. If you don't have time to come to Terminal 4, I can meet you where you are, including secure areas of other terminals. Those, who would like to make **confession**, please stop by the Chapel Office, call me at (718) 450-5452 or email me at jfkchapel@gmail.com.

I wish you all a very fruitful Lenten Season, a gain of new strength and joy in your life and a rewarding sensation that your life is worth dying for.

Fr. Chris Piasta, chaplain

Our Lady of the Skies Chapel Connections

www.jfkchapel.org



LENT 2012

Fast, prayer & charity time



Chapel Hours
6 AM-10 PM

Phone: (718) 656-5348
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News from the Chapel

Lenten Regulations

Catholics between the ages of 18 and 59 are obliged to fast on Ash Wednesday and Good Friday. In addition, all Catholics 14 years old and older must abstain from meat on Ash Wednesday, Good Friday and all the Fridays of Lent.

Fasting as explained by the U.S. bishops means partaking of only one full meal. Some food (not equaling another full meal) is permitted at breakfast and around midday or in the evening—depending on when a person chooses to eat the main or full meal.

Abstinence forbids the use of meat, but not of eggs, milk products or condiments made of animal fat.

Abstinence does not include meat juices and liquid foods made from meat. Thus, such foods as chicken broth, consomme, soups cooked or flavored with meat, meat gravies or sauces, as well as seasonings or condiments made from animal fat are not forbidden. So it is permissible to use margarine and lard. Even bacon drippings which contain little bits of meat may be used as seasoning.

Failure to observe individual days of penance is not considered serious. Moral theologians remind us that some people are excused from fasting and/or abstinence because of sickness or other reasons.

In his “Apostolic Constitution on Penance,” Pope Paul VI did more than simply reorganize Church law concerning fast and abstinence. He reminded us of the divine law that each of us in our own way do penance. We must all turn from sin and make reparation to God for our sins. We must forgive and show love for one another just as we ask for God’s love and forgiveness.

The Code of Canon Law and our bishops remind us of other works and means of doing penance: prayer, acts of self-denial, almsgiving and works of personal charity. Attending Mass daily or several times a week, praying the rosary, making the way of the cross, attending the parish evening prayer service, teaching the illiterate to read, reading to the blind, helping at a soup kitchen, visiting the sick and shut-ins and giving an overworked mother a break by baby-sitting—all of these can be even more meaningful and demanding than simply abstaining from meat on Friday.

Timothy Cardinal Dolan’s message to New York

I’ve become a New Yorker. And I like to brag about the beauty and the virtue and the goodness that I see in the New York community.

I bristle and cringe when people who aren’t New Yorkers caricature New Yorkers as cold and unfriendly and rude and almost atheistic and pagan.

I’m saying, wait a minute.

I’ve been honored to be a citizen of New York for three years and I find New York to be one of the most loving, welcoming and embracing communities around!

New Yorkers welcome people. They welcomed me.

So the church cooperates with that in welcoming the immigrant, for example.

New Yorkers pitch in and help people in trouble.

Look what happened after 9/11.

So the church builds upon that with helping people who are out of jobs, helping people who are sick, helping people who are hungry, and having trouble paying their bills. New Yorkers work for justice whether that be in labor or whether that be in civil rights.

So does the church work for justice when it comes to the rights of refugees, when it comes to the rights of the unemployed, when it comes to the rights of the unborn.

New Yorkers traditionally go in for the underdog. So does the Archdiocese. So does the Catholic Church go in for the underdog, whether they be homeless, or the baby in the womb or the person dying at Calvary Hospital.

The Church is able to cooperate hand in hand with New York.

The Catholic Church in New York is not looked upon as some outsider.

New York is a place where religion is welcome, where the contribution of the faith community is a cherished part.

That’s the recipe that makes New York such a warm, vibrant, welcoming culture.

The Church in New York is looked upon as a neighbor, as somebody familiar walking down the street. And that’s beautiful.

