



Communitas

March 2026

RCDV Catechists' Newsletter



ROMAN CATHOLIC
DIOCESE OF VICTORIA



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Dear Lord,

*As I journey through this Lenten season,
may I be humble in spirit
and abundant in love.*

*Guide me to be aware of daily
opportunities to offer my
time, talent, and treasure to serve others.*

*Strengthen within me courage,
patience, and perseverance to walk slowly
and intentionally with you during Lent.*

*Help me to hear and to be faithful to your
wonderful inspirations.*

*Give me clarity, O Lord, to see my idols and
surrender them to your mercy.*

Amen



Territory Acknowledgement

The Roman Catholic Diocese of Victoria
acknowledges with gratitude
that we work, play, and pray
on the territories and traditional lands
of the Coast Salish, Nuuchahnulth, and
Kwakwaka'wakw Peoples.

In the light of this truth, and in humility,
we commit ourselves to continue to work
for reconciliation,
and for respectful relationships
with the Creator
and all creation.



March Liturgical Calendar

- 1** 2nd Sunday of Lent
- 8** 3rd Sunday of Lent
- 15** 4th Sunday of Lent
- 19** St. Joseph Spouse of the Blessed Virgin Mary
- 22** 5th Sunday of Lent
- 25** The Annunciation of the Lord
- 29** Palm Sunday of the Passion of the Lord
- 30** Monday of Holy Week
- 31** Tuesday of Holy Week



What is the Goal of Lent?



“To become like Jesus!”

Father Mike Schmitz



*The annual observance of Lent
is the special season for the ascent
to the holy mountain of Easter.*

*Through its twofold theme of repentance and
baptism, the season of Lent disposes both the
catechumens and the faithful to celebrate the
paschal mystery. Catechumens are led to the
sacraments of initiation by means of the Rite of
Election, the Scrutinies, and catechesis. The
faithful, listening more intently to the word of
God and devoting themselves to prayer, are
prepared through a spirit of repentance to
renew their baptismal promises.*

(Ceremonial of Bishops, 249)

Resources for Lent



<https://www.vatican.va/content/leo-xiv/en/messages/lent/documents/20260205-messaggio-quaresima.html>

<https://www.cccb.ca/announcement/2026-journey-through-lent-weekly-video-reflections/>

<https://devp.org/en/campaign/on-track-for-justice/resources-lent-2026/>

<https://hallow.com/lent/>

<https://www.loyolapress.com/catholic-resources/liturgical-year/lent/>

Resources for Lent



<https://watch.formed.org/lent>

<https://www.abidingtogetherpodcast.com/podcastarchive/s18e5-entering-the-desert>

<https://www.abidingtogetherpodcast.com/podcastarchive/s18e6-the-way-of-trust-and-love-introduction>

<https://www.sadlier.com/religion/blog/bid/79007/resources-for-lent>

Litany of Humility



Author: Rafael Cardinal Merry
del Val y Zulueta

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

***From the desire of being esteemed,
Deliver me, O Jesus.***

***From the desire of being loved,
Deliver me, O Jesus.***

***From the desire of being extolled,
Deliver me, O Jesus.***

***From the desire of being honored,
Deliver me, O Jesus.***

***From the desire of being praised,
Deliver me, O Jesus.***

***From the desire of being preferred to others,
Deliver me, O Jesus.***

***From the desire of being consulted,
Deliver me, O Jesus.***

***From the desire of being approved,
Deliver me, O Jesus.***



From the fear of being humiliated,
Deliver me, O Jesus.

From the fear of being despised.
Deliver me, O Jesus.

From the fear of suffering rebuke,
Deliver me, O Jesus.

From the fear of being calumniated,
Deliver me, O Jesus.

From the fear of being forgotten,
Deliver me, O Jesus.

From the fear of being ridiculed,
Deliver me, O Jesus.

From the fear of being wronged,
Deliver me, O Jesus.

From the fear of being suspected,
Deliver me, O Jesus.

That others may be loved more than I,
Jesus, grant me the grace to desire it.

That others may be esteemed more than I,
Jesus, grant me the grace to desire it.



***That, in the opinion of the world,
others may increase and I may decrease,
Jesus, grant me the grace to desire it.***

***That others may be chosen and I set aside,
Jesus, grant me the grace to desire it.***

***That others may be praised and I go unnoticed,
Jesus, grant me the grace to desire it.***

***That others may be preferred to me in everything,
Jesus, grant me the grace to desire it.***

***That others may become holier than I, provided that I
may become as holy as I should,
Jesus, grant me the grace to desire it.***

Amen



Radiant Lives

St. Joseph

*March 19 Solemnity of St. Joseph
Spouse of the Blessed Virgin Mary*

[https://youtu.be/AC-02S7JJA?
si=Jj0Y9Ui3pgomvJU7](https://youtu.be/AC-02S7JJA?si=Jj0Y9Ui3pgomvJU7)





Forming Children & Youth for The Mass

From Loyola Press

By Joyce Donahue MA, MPS,
Liturgical catechist and former diocesan
administrator



This is the first article in a series about forming children for active participation in the Mass from Loyola Press 

Silence and Reverence

One way to help young people love and desire the Mass is by using “the language of mystery” in our catechetical sessions, as Joe Paprocki shows is so important in Beyond the Catechist’s Toolbox.

Unchurched children generally understand neither silence nor reverence.

They live in a world without either, yet silence is important to the Mass, as it is part of the role of the assembly to add their own prayers or meditate on what they have heard. Silence and reverence also help the community at Mass to pray. Being aware of the sacred teaches children that going to Mass is not the same as going to any other event.



The Sound of Silence

The modern world is noisy. Children frequently multi-task to television or with music in their ears—as if they are uncomfortable with silence. Yet silence is crucial to faith: “In the kingdom of God, the primary form of expression is silence,” says Paprocki. We must be silent in order to listen to God. Students who experience opportunities for silence usually tell catechists they love it.

Catechists can encourage this appreciation for silence. A simple, “Let us pray,” followed by silence before praying is a good place to begin. If prayer does not start until all have settled down, it will help students learn to quiet themselves. After, let the prayer sink in before beginning the next activity. Paprocki also suggests silence after reading from Scripture or the textbook, since this is not a regular school book.

Catechists should also use prayer that incorporates silence, such as guided reflection, Adoration, and centering prayer, rather than only using formula prayers and prayers printed in the textbook.



Reverence for the King

Like silence, awe and reverence for the sacred may be foreign to children today. No one in their world is exempt from skepticism or ridicule. Catechists should not only teach young people respect for one another but also reverence for God.

Before going to church with their groups, catechists should talk about sacred space and teach that Jesus Christ in the Eucharist is really in the tabernacle. It is important to ask for students to enter in silence and teach them to genuflect, because this is so different from conventions anyplace else they go. Be sure to explain that they are taking a knee to Jesus, their king, just as people do to honor an earthly king. They are going to the house of God, not to a concert or a baseball game.

All these strategies should continue throughout catechesis, not just when preparing for First Eucharist. Laying this groundwork helps students understand how important Mass is for Catholics. Perhaps that would encourage them to ask parents to bring them on weekends.

Hallow App for all RCDV Catechists



For the second year in a 3-year partnership, we are very pleased to gift all Catechists with a one-year subscription to the Hallow app!

During your Lenten journey,
you are invited to join the Pray40 Challenge!

Login credentials:

Username: Your email

Password: hallowed

Did you know?

You can customize your experience!

Click the setting icon 2nd from the left at bottom of screen to add background music, choose your guide, change playback speed.

Click the book icon to read along with the text.





Project YM

Take advantage of our one-year partnership
with Project YM
for all Youth Ministers/Catechists/Leaders
in the Diocese of Victoria!

How to login

<https://thriveinvite.com/victoriaBC>

*Check out this great platform for communicating with
other Youth Leaders and Sharing of Resources!*





Signs of Grace Approved Program for Preparation for the Sacraments in the Diocese of Victoria

*A reminder and invitation to all parishes
in the Diocese of Victoria*

By September 2026, all parishes in our diocese will have embraced the approved program for Preparation for the Sacraments, Signs of Grace, from the Augustine Institute.

Kindly contact Joelle Dressler for details on ordering this wonderful resource for your parish.

SIGNS of GRACE
You Are Forgiven

SIGNS of GRACE
You Are Sent

SIGNS of GRACE
You Are Loved



Call for Submissions!

We would love to share your successes!

Please send photos and a brief description
of the amazing activities and events
for children and youth
from your parish community!

jdressler@rcdvictoria.org



Calendar of Events



March 1 - 2nd Sunday in Lent

March 8 - 3rd Sunday in Lent

March 15 - 4th Sunday in Lent

March 18 - Catechists' Online Gathering (optional)

7:00 - 8:00 pm

<https://teams.microsoft.com/meet/29238486743286?>

[p=jpN21rBhexr9pW4t3o](https://teams.microsoft.com/meet/29238486743286?p=jpN21rBhexr9pW4t3o)

March 22 - 5th Sunday in Lent

March 29 - Palm Sunday

April 3-11 - Easter Octave

April 5 - Easter Sunday

April 18 - RCDV Catechists' Annual Spring Retreat

Holy Trinity Parish, Nanaimo (registration details TBA)

May 2 - Illuminate Retreat Gr. 4-7 St. Joseph's School

May 8-10 - DYR Camp Imadene Gr. 7-12

Aug. 20-23 - Diocesan Family Camp and Conference,

Nanoose Bay

Sept. 26 - Catechists' Fall Retreat (Venue TBA)

Oct. 23-24 - National Gathering Catechesis of the Good Shepherd hosted by Diocese of Victoria

St. Patrick's Parish, Victoria



Considering The Beatitudes During Lent: An Examination of Conscience from Hallow

*Let us ask the Holy Spirit to guide us
and shed light on our conscience.*

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

***Do I rely on God for everything?
Am I storing up wealth on earth or
am I seeking treasures in heaven?***

Blessed are those who mourn, for they will be comforted.

***Do I complain about anything?
When I experience sorrow, do I despair
or do I still have hope in God?***



Blessed are the meek, for they shall inherit the earth.

Am I humble before God and others?

Do I obey the commandments?

*Blessed are those who hunger and thirst for righteousness,
for they will be filled.*

Am I lukewarm, just going through the motions?

Do I hunger more for worldly success or to be like Jesus?

Blessed are the merciful, for they will be shown mercy.

How do I treat those around me?

Do I notice suffering?

Do I extend myself to help and to serve?

Blessed are the pure in heart, for they will see God.

***Though thoughts in themselves are not sinful, do I dwell on
any that lead me to sin - thoughts of lust, anger, or pride?***

What occupies my time and attention?

Is there room for God in my heart?



*Blessed are the peacemakers, for they will be called
children of God.*

Do I spread gossip or create division?

Do I hold grudges or seek revenge?

*Blessed are those who are persecuted because of righteousness,
for theirs is the kingdom of heaven.*

**Do I work for God's righteousness, love, and justice
in the world?**

**Do I care more about what people think or
what God thinks?**

**Let us reflect deeply, asking God's help in our
struggles with sin, especially those that are habitual.**

Closing Prayer



Heavenly Father,

*As I prepare my heart for reconciliation
this Lent, may I know the beauty of
your unconditional love.*

*May I empty myself of all
that pulls me away from you.*

May I fill myself with your amazing grace.

*May my life be used to serve others
and to glorify your name.*

I ask this through Christ our Lord.

Amen

