



The Divine Mercy devotion is a modern devotion to the attribute of God's infinite mercy that was promulgated by St. Faustina Kowalska in Poland, and later to the the Universal Church by Pope St. John Paul II.

This devotion is multifaceted and has many different components: it involves a divinely inspired painting of Jesus with attached promises for its veneration, vocal prayers (the Divine Mercy chaplet and Divine Mercy Novena), a book (The Diary of Faustina Kowalska), a Holy Hour (3 o'clock), and a solemn feast day with attached indulgences (Divine Mercy Sunday).

Shortly before the outbreak of World War II, a simple, young, uneducated Polish nun received a special calling. On the night of Sunday, February 22, 1931, while she was in her cell,

Jesus appeared to Sister Faustina as the "King of Divine Mercy." He was wearing a white garment with red and pale rays emanating from his Sacred Heart. He would continue to appear and speak to her, and for four years St. Faustina recorded Jesus' words, her visions, and her own thoughts and prayers in a personal diary.

Jesus also taught St. Faustina prayers to implore his Divine Mercy. Using regular rosary beads, you begin the chaplet with an 'Our Father', 'Hail Mary', and 'I believe' (the Apostle's Creed). Then on the large (Our Father) beads say the following words:

'Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ, in atonement for our sins and those of the whole world.'

On the smaller (Hail Mary) beads pray:

'For the sake of His sorrowful Passion have mercy on us and on the whole world.'

In conclusion pray these words three times:

'Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world'.



St. Peter -In- Chains, Peterborough, April 2022

## Cathedral Connections



### DEVOTION TO EUCHARISTIC ADORATION

Every Catholic Church contains a tabernacle in which the Body of Christ is reserved between Masses and the faithful are encouraged to come and pray before the Blessed Sacrament. Frequent prayer before the Blessed Sacrament is a path to spiritual growth. The practice of Eucharistic adoration on earth not only brings us grace but prepares us for our life in Heaven. This month, why not make a special effort to spend some time in prayer before the Blessed Sacrament? It doesn't need to be long or elaborate: You can start simply by making the Sign of the Cross and uttering a short profession of faith, such as "My Lord and my God!" as you pass a Catholic church. If you have the time to stop for five minutes, all the better.

*"My Lord, I offer Thee myself in turn as a sacrifice of thanksgiving. Thou hast died for me and I in turn make myself over to Thee. I am not my own. Thou hast bought me; I will by my own act and deed complete the purchase. My wish is to be separated from everything of this world; to cleanse myself simply from sin; to put away from me even what is innocent, if used for its own sake, and not for Thine. I put away reputation and honour and influence and power, for my praise and strength shall be in Thee. Enable me to carry on what I profess. Amen."*

- John Henry Cardinal Newman

This is to be prayed in front of the Blessed Sacrament. It is the perfect prayer to end a visit to the Blessed Sacrament.



## EASTER GREETING FROM BISHOP MIEHM

Dear Friends in Christ,

Easter is soon upon us: the season of rebirth, new life, and joy at the resurrection of the Lord. Although there are still some pandemic concerns and precautions, it seems like all of society is going through a rebirth or at least a return to a more typical lifestyle. It has certainly been a blessing to see restrictions eased to allow for more people in our churches. By God's grace, and the diligent efforts of many people, perhaps we are entering into a phase of "the next normal," whatever that may entail.

I pray that this Easter may be a time of joy for you, a chance to reconnect with friends and family, and to celebrate the many blessings we enjoy. Let us be especially grateful for the gift of faith, which has sustained us in these times and whose great mysteries we celebrate in Holy Week and Easter. May God bless each and every one of you this Easter!

Bishop Daniel Miehm

## EASTER GREETING FROM FATHER LYNCH

An Easter to Celebrate. One of the saddest pictures I have ever seen was Pope Francis addressing the world in an empty St Peter's Square two years ago. The pandemic lockdown prevented tens of thousands of pilgrims coming to celebrate the great Feast of Holy Week and Easter. The lockdown was a literal lockdown for all of you reading this, and you know better than anybody what these last two years have been like.

Thank God the stone has been rolled away from the tomb - not by human hands but by the direct action of God. We human beings can only do so much. We cooperate with God, but it is God who is the motive force and the source of all action. This Easter our hearts can be raised up in full celebration with the whole world. Yes, there are still limitations of our human condition - illness, war and all measures of evil, but Jesus Christ has triumphed over death and He is calling us to rejoice in the fullness of our beings.

Hallelujah, hallelujah! Give thanks to the Risen Lord!

## SPRING HAS SPRUNG!

After a long and sometimes dark winter, you might feel inspired to make changes to enhance your health. If that is the case, read on to find out how you can rejuvenate your life this spring.

### Take Yourself in for a Tune Up

To keep your body running at peak performance, it needs regular maintenance: a spring tune-up, so to speak. Get your weight, blood pressure, and glucose and cholesterol levels checked out by your primary-care physician.

### Put on Your Walking Shoes

There's no better way to explore the season than by walking. Health-wise, it's one of the best physical activities for seniors – its considerable benefits include controlling blood sugar, supporting bone and heart health and improving sleep.

### Take an Exercise Class

In addition to walking, get your endorphins flowing by signing up for a low-impact aerobics or other type of exercise class. Aquafit is a fun and social way to increase physical fitness, one that can be especially suitable if you have arthritis or chronic pain.

### Get Outside and Garden

In springtime, a highlight is gardening, which brings a multitude of health benefits. It can boost your level of Vitamin D, and help reduce the risk of bone problems and fractures. Digging, planting and weeding can improve strength, flexibility and agility.

### Lighten Up Your Diet

Many healthy fruits and veggies come into season in the spring, making it the perfect time to replace heavier winter meals and cut down your chances of developing conditions, such as heart disease, stroke, diabetes, and arthritis, by making a complete dietary overhaul. Remember that you should never undertake a new diet or exercise plan without consulting your doctor about what will be safe for your current level of health.

### Drink Lots of Water

As you age, your ability to notice thirst may decrease, so it's important to keep an eye on water intake, especially when you've been exercising outdoors in the sun.

### Dress for the Weather

Spring is one of those in-between seasons -- some days are weather-perfect, while others are a little too hot or a little too brisk. When the sun is shining brightly, always wear sunglasses or a wide-brimmed hat to protect yourself and on cooler or windier days, insulate yourself from the cold by topping off your outfit with a sweater or jacket and a scarf.



Good Friday is the most solemn day of the year for Christians. This is the day when we remember Christ's death on the cross for us. We remember the suffering He endured for our sake. We are reminded of the depths of His love for us. Do not let Good Friday go by as just any other day of the year. Take time to contemplate all that Christ's death on the cross signifies for us.

1. Wake up earlier than normal to begin the day with sacrifice and prepare your heart for the day.
2. Wear black to symbolize the mourning of Christ's death.
3. Observe the obligatory day of abstinence, but also fast from bread as a reminder of the Bread of Life.
4. Shut off the television, computer, social media, or your phone for the day.
5. Pray the Sorrowful Mysteries of the Rosary.
6. Remain silent from noon to 3:00 pm the hours in which Christ suffered on the Cross.
7. If there is anyone in your life that you need to offer forgiveness to, forgive them today.
8. Venerate the Cross either in your own home or in a Church.
9. Memorize *John 3:16* or another Bible verse.
10. Watch The Passion of the Christ or another religious themed movie.
11. Pray (or attend) the Stations of the Cross.
12. Meditate on the 7 Last Words of Christ.
13. Pray the Litany of the Passion.
14. Discover the reason that Christ had to die on the cross.
15. Attend the Celebration of the Lord's Passion liturgy at your local church.
16. Begin the Divine Mercy Novena.
17. Study these beautiful depictions of Christ's death on the cross.
18. Pray the Seven Sorrows of Mary.
19. Write a thank-you note to Jesus for all that He has done for you.
20. Share the story of Good Friday with someone in your life. Spend time discussing it. Invite them to Easter Sunday Mass to experience the joyful ending and victory of Christ.

*"Do not abandon yourselves to despair. We are the Easter people and hallelujah is our song." - Pope St. John Paul II*

## REGINA COELI

Queen of Heaven, rejoice. Alleluia.  
For He, whom thou was worthy to bear.  
Alleluia.  
Has risen as He said. Alleluia.  
Pray for us to God. Alleluia.  
V. Rejoice and be glad, O Virgin Mary. Alleluia.  
R. Because the Lord is truly risen, Alleluia.  
Let us pray  
O God, Who by the Resurrection of Thy Son, our Lord Jesus Christ, hast been pleased to give joy to the whole world, grant we beseech Thee, that through the intercession of the Blessed Virgin Mary, His Mother, we may attain the joys of eternal life. Through the same Christ, our Lord. Amen.

Pray the Regina Coeli each day from Easter Saturday until Pentecost.



## VOLUNTEER APPRECIATION

Volunteer Appreciation Week is being held this year from April 24th - 30th and the theme of the week is, "Volunteering is Empathy in Action".

St. Peter-in-Chains is blessed by its many wonderful volunteers! We will celebrate them with a Mass at 10:30am on Sunday, April 24th followed by a luncheon.

Thank you to all who have volunteered their time & talents to the Cathedral.

*"The smallest thing when done for the love of God is priceless" - St. Teresa of Avila*

## EASTER GREETING FROM FR. ANDREW

I would like to wish all residents and staff in our seniors residences a Blessed and Happy Easter. As we prepare to celebrate the Resurrection of Christ, we also prepare to join in prayer the love that Christ has for us individually and a community of God's love and our Lord's healing power.

God Bless and Happy Easter,  
Fr Andrew Begin



I SPY IN PETERBOROUGH...



Red-Winged Blackbird

Males are black with red shoulder patch that is sometimes concealed. Females are streaked brown and often confused with sparrows. Look for long, sharply pointed bill. Often in flocks, especially in winter. Visits feeders. Breeds in marshes and scrubby, wet fields. Distinctive song, especially as migrants arrive in early spring.



American Robin

Fairly large songbird with round body, long legs, and longish tail. Gray above with warm orange underparts and blackish head. Hops across lawns and stands erect with its bill tilted upward. In fall and winter, forms large flocks and gathers in trees to roost or eat berries. Common across in gardens, parks, yards, fields, pastures, and many other wooded habitats.

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WHAT HAPPENED ON THE ORIGINAL HOLY THURSDAY?

Here are some of the things the gospels record for this day (including events that happened after midnight). Jesus:

- Sent Peter and John to arrange for them to use the Upper Room to hold the Passover meal.
- Washed the apostles' feet.
- Held the first Mass.
- Instituted the priesthood.
- Announced that Judas would betray him.
- Gave the "new commandment" to love one another.
- Indicated that Peter had a special pastoral role among the apostles.
- Announced that Peter would deny him.
- Prayed for the unity of his followers.
- Held all the discourses recorded across five chapters of John (John 13-18).
- Sang a hymn.
- Went to the Mount of Olives.
- Prayed in the Garden of Gethsemane.
- Was betrayed by Judas.
- Stopped the disciples from continuing a violent resistance.
- Healed the ear of Malchus, the high priest's servant, after Peter cut it off with a sword.
- Was taken before the high priests Annas and Caiaphas.
- Was denied by Peter.
- Was taken to Pilate.

If you'd like to read the gospel accounts themselves:

- Matthew 26:17-75, Mark 14:12-72, Luke 22:7-62, John 13:1-18:27

HOLY WEEK

Chrim Mass: April 11th at 7:00pm  
Holy Thursday: April 14th at 7:00pm  
Good Friday: April 15th at 3:00pm  
Easter Vigil: April 16th at 8:00pm  
Easter: April 17th at 7:30am, 9:00am & 10:30am

