

# JOYFUL NOISE

Office of Family Ministries & Outreach Newsletter  
Archdiocese of Kingston

March 2024 | Year C



**“GOD SHAPES HIS PEOPLE, HE ENABLES US TO LEAVE OUR SLAVERY BEHIND AND EXPERIENCE A PASSOVER FROM DEATH TO LIFE.” - POPE FRANCIS’S 2024 LENTEN MESSAGE**

Liturgically, there is a lot going on in March. Lent, which started on February 14th, continues this month. One way we can draw close to our Lord this season is by praying the Stations of the Cross as a family. The Pelican Project’s [Stations of the Cross](#) encourage children to close their eyes and enter into the Passion through their senses. These reflections and other Pelican Project resources focus on the dignity of the human person and a culture of life.

Even in the midst of the somber season of Lent the Church gives us opportunities to feast. We typically have two solemnities in March: the [Solemnity of Saint Joseph, Spouse of the Blessed Virgin Mary](#) on the 19th and the [Solemnity of the Annunciation](#) on the 25th (however, this year the Annunciation has been moved to April 8th so as not to conflict with Holy Week). We don’t fast on solemnities, even during Lent, so the Solemnity of St. Joseph is an opportunity to celebrate. [Click here](#) for five ideas to mark the day with your family.

Finally, on March 31st we have the biggest feast of them all, Easter! Both new and old family traditions are a beautiful way to celebrate the joy of the resurrection. Holy Week (March 24 – March 30) and Easter resources can be found [here](#) and [here](#).

+JMJ+

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**The Ultimate Guide to Lent from Fr. Mike Schmitz** [Click here](#) for a round up of all Fr. Mike’s Lenten videos.

**Coldest Night of the Year March 5** Inmates at Collins Bay Institution in Kingston, under the leadership of Chaplains, will be walking 5km “inside the walls” to raise funds for local charities. [Click here](#) to donate.

**Project Rachel Retreat April 19-21** This weekend retreat is for those seeking healing from an abortion. Volunteers are also needed! [Click here](#) for more information.

**Looking for a new way to share the truths of our faith?** [Real + True](#) offers videos exploring the Catechism of the Catholic Church in short and dynamic segments. [Click here](#) to access their growing catalogue of videos.

Have a question or need support? Want to share about your parish’s ministry initiatives? Just want to chat?

**LET’S STAY IN TOUCH**

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