

# ◆ ◆ ◆ The Shofar ◆ ◆ ◆

**The Voice of Charismatic Old Catholic Church**

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## Holy Fasting by Bishop John Geinzer, DMin, MDiv, MAeD

As Christians—and especially as clergy—we are entrusted with the call to proclaim the Gospel, to spread the Good News of the New Covenant in Christ. At first glance, this seems straightforward: preach Christ crucified and risen. Yet, anyone who has lived this calling knows that doing so in an unpredictable and demanding world is no simple task.

One of the greatest challenges we face is not persecution, nor lack of opportunity—but ourselves. We often get in our own way. We do this by the things we do, and just as often by the things we leave undone.

Like the Apostle Paul, many of us can say:

“I do not do the good I want, but the evil I do not want is what I keep on doing.”  
(Romans 7:19)

Busyness creeps in. Days pass. Distractions multiply. And suddenly we realize that time has slipped away and little of eternal value seems to have been accomplished. Do you ever feel this way?

This is not a condition you—or I—are meant to remain in. It is not a permanent state. There is a way back, and it begins where it has always begun: drawing closer to God.

“He who dwells in the shelter of the Most High will abide in the shadow of the Almighty.” (Psalm 91:1)

Jesus Himself fasted. He withdrew from the crowds, went up the mountain, and sought solitude to commune with the Father. Before beginning His public ministry of preaching and healing, He fasted forty days in the wilderness.

“And after fasting forty days and forty nights, He was hungry.” (Matthew 4:2)

Fasting is uncomfortable. It creates awareness—of the body, of the self, and ultimately of our dependence on God. It requires discipline. It demands that we say no to the body in order to say yes to the Spirit.

“I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.” (1 Corinthians 9:27)

[Holy Fasting] (Continued)

As we approach the season of Lent, I invite you to consider a sunup-to-sunset fast each day. Do it to honor Jesus and His sacrifice, to thank God, and to prepare yourself for renewal and rebirth this Easter.

“Return to Me with all your heart, with fasting, with weeping, and with mourning.”  
(Joel 2:12)

Fasting is not punishment. It is not spiritual competition. It is about making room—for God, for discipline, and for renewal.

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## **The Resurrection of Jesus Christ: Source of New Life and Eternal Hope** **by Fr. Brendan Rogers, ThD, MBA**

Easter is the central feast of the Catholic Church, the “feast of feasts” that celebrates the Resurrection of Jesus Christ from the dead. From the Catholic perspective, the Resurrection of Jesus is far more than a historical event or a miraculous conclusion to the story of the Cross. It is the definitive source of new life for believers and the unshakable foundation of eternal hope. As St. Paul declares, “If Christ has not been raised, then empty [too] is our preaching; empty, too, your faith.” (1 Corinthians 15:14 New American Bible, Revised Ed.).

At the heart of the Resurrection’s meaning is its power to give new life to humanity. Through Baptism, Christians are united with the Risen Christ. We die to sin and rise to a life of grace, becoming a “new creation” (2 Corinthians 5:17 NAB). This new life is not merely symbolic; it is a real participation in the divine life. Justified and sanctified by the grace won on the Cross and sealed by the Resurrection, the baptized are called to live no longer for themselves but for the One who died and rose for them. Every celebration of the Eucharist makes this new life present, as the Risen Lord nourishes His people with His own Body and Blood.

The Resurrection also transforms daily Christian existence. It empowers believers to overcome sin, to forgive as they have been forgiven, and to live with the freedom of the children of God.

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[The Resurrection of Jesus Christ: Source of New Life and Eternal Hope] (Continued)

In a world still marked by suffering and weakness, the power of the Resurrection provides the strength to “live in newness of life” (Romans 6:14 NAB), turning ordinary days into opportunities to witness the victory of Christ.

The Resurrection of Jesus Christ is also the sure guarantee of eternal hope. Christ is “the firstborn from the dead” (Colossians 1:18 NAB). Just as He rose with a glorified body, believers hope to share in that same glorified life, body and soul, in eternal communion with God. The Resurrection assures us that love is stronger than death, light overcomes darkness, and God’s mercy triumphs over judgment.

In a world often overshadowed by despair, division, and the shadow of death, the Resurrection of Jesus Christ offers an enduring source of new life and eternal hope. Because Christ has risen, believers can face every trial with confidence, every sin with repentance, and every ending with the assurance of a new beginning. Alleluia! Christ is risen, and in Him we live—now and forever.

## Affiliated Churches of the COCC:

AGAPE OF JESUS CATHOLIC CHURCH  
Jeffersontown, KY

LIGHT OF CHRIST COMMUNITY CHURCH  
Bedford, KY

HOLY SPIRIT OF HOPE  
CHARISMATIC OLD CATHOLIC CHURCH  
El Paso, TX  
(Both Ground and Zoom Services)

### ONLINE SEMINARIES

AGAPE SEMINARY of LOUISVILLE  
Jeffersontown, KY

ST MICHAEL’S INDEPENDENT OLD  
CATHOLIC  
CHURCH  
Loganville, GA

ST. THOMAS OLD CATHOLIC THEOLOGICAL  
SEMINARY  
Titusville, FL

Note to all Clergy:

If you have a church proper or similar ministry in progress (anywhere in the world) that people could attend if they have the notion, please notify the Shofar so we can include it! This includes online stuff too. Thanks!

The Shofar is always seeking new submissions and contributors for future issues.

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