



MARCH 2010 Contents

08 ON THE RECORD ARE THE IRISH MEDIA ANTI-CATHOLIC?

Many Catholics believe the Irish media are anti-church, and seldom give the church and its message the positive attention they deserve. But is there an anti-Catholic bias at work in the Irish media? And what can the church do to improve the way it relates to the media?

By *Triona Doherty*

18 WHAT'S COOKING, BROTHER?

One of the latest cookery books on the market comes from unexpected quarters - a Benedictine monk, who's creating a stir in the culinary world

By *Sue Leonard*



22 THE LENT FACTOR TEST YOUR LENTEN KNOWLEDGE

How clued up are you on Lent? Do you know everything you need to know about the Season? Try our Lenten quiz and see how smart you are

By *George Wadding, C.Ss.R.*

25 THE PASSION STORY: FROM DEATH TO NEW LIFE

Identifying with these characters of the Passion allows us to see ourselves at both our best and worst

By *Michael J. Daley*



30 LET'S COMMUN-ICATE ABOUT HOLY COMMUNION

It should be left up to the individual to decide whether to receive on the tongue or in the hand

By *Sarah Mac Donald*

32 HELP FOR HAITI

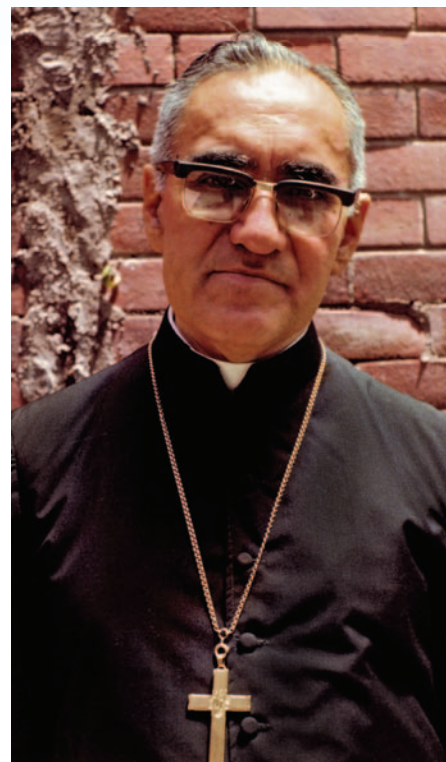
Following January's earthquake the people of Haiti are going to need all the support they can get, says an Irish Redemptorist who has spent time working there

By *Seán Duggan, C.Ss.R.*

35 OF GOOD AND EVIL PART I: DEALING WITH THE DARKNESS

This series explores the possibility that the root source of human unhappiness is our tendency to doubt our own value, a tendency that is often reinforced by 'the world' - everything we experience as we grow. And that Jesus is God's loving response to this problem

By *Seán O'Connell*



40 OSCAR ROMERO: BISHOP OF THE POOR

Thirty years ago this month Archbishop Oscar Romero of San Salvador was assassinated. The once timid and pious bookworm was shot dead while celebrating Mass because he dared to stand alongside his broken people as a good shepherd

By *Renny Golden*