



*Each year you give us this joyful season when we prepare to celebrate the paschal mystery with mind and heart renewed. You give us a spirit of loving reverence for you, our Father, and of willing service to our neighbor. As we recall the great events that gave us new life in Christ, you bring the image of your Son to perfection within us.*

*(Preface for the 1<sup>st</sup> Sunday of Lent)*

Customary expectations regarding Lenten penitence:

- Ash Wednesday (March 1) and Good Friday (April 14) are days of **abstinence** from meat for all Catholics over the age of 14. These are also days of **fasting** (only one full meal a day, with two smaller meals and nothing but liquids between meals) **and abstinence** for all Catholics between the ages of 18 and 59. *No Catholic should lightly excuse himself/herself from this observance unless it presents a serious health risk.*
- All other Fridays of Lent are days of **abstinence** from meat. Here again, *Catholics should not consider themselves lightly excused except in the case of a serious health risk.*
- On all other days of Lent we are to let our consciences guide us in making this season a time of prayer and genuine renewal.

*We are pleased to make available the following opportunities for worship, Lenten piety, and Lenten penitence for your participation.*

## **LITURGICAL WORSHIP**

**Ash Wednesday** – the Celebration of the Eucharist with the distribution of Ashes at 6:30, 8:00, and 10:00am and at 7:00pm.

**Daily Eucharist** – during the Season of Lent, Eucharist will be celebrated at 6:30am and 8:00am Monday through Friday mornings.

**Liturgy of the Hours (Vespers)** – will be prayed every Sunday evening during Lent at 6:00pm.

**Sacrament of the Anointing of the Sick** – Anyone else may always contact one of the priests for this sacrament at any time.

**Sacrament of Penance** – will be celebrated on Saturdays, from 4:00 until 4:45pm. We will have an extended opportunity for the Sacrament of Penance on Saturday, March 18, beginning at 3:00 until 4:45pm and also on Tuesday evening, April 4, from 6:30pm until all have been heard.

The Sacrament will be celebrated with our PSR students on Monday evening, March 27<sup>th</sup>, and with our schoolchildren on Tuesday, April 4<sup>th</sup>.

## **PERSONAL PIETY**

**Eucharistic Adoration** – will be on Tuesdays after the 8:00am Mass until the 6:30am Mass on Wednesdays, resuming on Wednesdays after the 8:00am Mass until 7:15pm, and on Saturdays after the 5:00pm Mass until 7:00am Sunday morning.

**Eucharistic Visits** – access to Church can be obtained via the Parish Office at any time during office hours by any who wish to stop into Church for a time of personal prayer. You can also obtain the access code to the side door of Church to come pray at any time.

**Stations of the Cross** – We will pray the Stations of the Cross every Friday evening during Lent at 7:00pm and at 2:00pm on Friday afternoons. The format of afternoon Stations will vary as follows:

March 3<sup>rd</sup> – traditional stations

March 10<sup>th</sup> – traditional stations

March 17<sup>th</sup> – private devotional walking stations

March 24<sup>th</sup> – private devotional walking stations

March 31<sup>th</sup> – traditional stations

April 7<sup>th</sup> – traditional stations

Living Stations will be presented by our full-time school's seventh graders at 7:00pm on April 7<sup>th</sup>. Our PSR seventh graders will present the Living Stations in Church on Monday, April 10<sup>th</sup> at 6:45pm.

**Best Lent Ever!!!** – you'll receive a free, daily, inspirational email with a short video from Dynamic Catholic based on Matthew Kelly's book, *Rediscovering Jesus*, which we distributed at Christmas. Simple ways to bring Jesus into your everyday life! Sign up at [Dynamic-Catholic.com/Lent](http://Dynamic-Catholic.com/Lent).

**Adult Faith Formation** – Consider participating in a Scripture Study Program – the *1<sup>st</sup> Letter of St. Paul to the Corinthians*, the *Book of Revelation*, a *Biblical Walk Through the Mass*, the *Divine Mercy in Scripture*, or the *Gospel of St. Matthew*. Don't forget that there is always the possibility of accessing materials from our Adult Ed Library in the Junior High Building. Contact Rose Wieschhaus regarding Adult Faith Formation Programs and the Adult Ed Library at the PSR Office (926.0021).

**Lenten Women's Retreat** -- All women, age 18 and older, are invited to an afternoon Lenten retreat "*Savoring Time with God*" on Sunday, March 5<sup>th</sup> from 2:00 to 5:00pm in the Celebration Room at the Care Service. Join other women as we listen to inspirational messages, uplifting music, guided meditation, read Scripture, small group and quiet time for yourself. Contact Rose Wieschhaus (926.0021) to register.

**Lenten Concert** – All are invited to a concert *Mercy, Healing, and Hope* based on the themes of the Gospels for the third, fourth and fifth Sundays of Lent. The concert will be here in our Church on Tuesday, March 28, at 7:00pm featuring Scott Pluff (organ) and Orin Johnson (organ) and Megan Higgins Sturdevant (soprano).

## **LENTEN PENITENCE AND ALMSGIVING**

**Fish Fries** – served every Friday from 4:00 to 7:00pm. Take advantage of an opportunity not only for the practice of abstinence but also for community service.

**Operation Rice Bowl** – containers will be made available for each household for this opportunity for sacrificial almsgiving.

**Sts. Joachim and Ann Care Service** – always a wonderful venue for acts of charity either in terms of time or monetary resources.

## **HOLY WEEK and the SACRED TRIDUUM**

**Palm Sunday** – all celebrations will begin outdoors with the Blessing of Palm and commemoration of the Lord's Triumphant Entry into Jerusalem. Masses will be at the usual times.

**Daily Eucharist** – Mon., Tues., and Wed. at 6:30 and 8:00am.

**Liturgy of the Hours (Morning Prayer)** – Holy Thursday, Good Friday and Holy Saturday mornings at 8:00am.

**Mass of the Lord's Supper** – Holy Thursday evening at 7:00pm followed by a Eucharistic Procession and time for private prayer in the Eucharistic presence. Church will be open until Midnight.

**Stations of the Cross** – Good Friday afternoon at 2:00pm.

**The Liturgy of the Lord's Passion and Death** – Good Friday evening at 7:00pm.

**Solemn Easter Vigil** – Holy Saturday evening, beginning outdoors with the blessing of the Easter fire at 8:00pm.

**Easter Sunday** – the Eucharist will be celebrated at 6:30, 8:30, 10:30am and 12:30pm