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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 1st Sunday of Lent)

Customary expectations regarding Lenten penitence:

- Ash Wednesday (February 14) and Good Friday (March 30) 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.*
- This year Valentine's Day coincides with Ash Wednesday, and some have inquired if a dispensation from the obligations to fast and abstain from meat will be given. Catholics throughout the world recognize Ash Wednesday as the solemn beginning of a period of prayerful reflection and penance. In view of the significance of Ash Wednesday, the obligation of fast and abstinence must naturally be the priority in the Catholic community. Valentine's Day can be celebrated the Tuesday before Ash Wednesday, which also happens to be Mardi Gras, a traditionally festive time before beginning our Lenten observance.
- 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 6:30am, 8:00am, 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 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 10th, beginning at 3:30 until 4:45pm and also on Wednesday evening, March 28th, from 6:30pm until all have been heard.

The Sacrament will be celebrated with our PSR students on Monday evening, March 5th, and with our schoolchildren on Thursday, March 8th, at 12:30pm.

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 6:30pm, 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:

- February 16th — traditional stations
- February 23rd — traditional stations
- March 2nd — private devotional walking stations
- March 9th — traditional stations
- March 16th — traditional stations
- March 23rd — living stations

Living Stations will be presented by our full-time school seventh graders on Friday, March 23rd, at 2:00pm & 7:00pm. Our PSR seventh graders will present the Living Stations on Monday, March 26th, at 6:45pm.

The Daughters of St. Paul from Pauline Books & Media - Saturday & Sunday, February 17th & 18th. Their publications of Catholic books, music, and DVDs --both for children and adults--will be available for perusal and purchase after the weekend masses. This is a great opportunity to obtain some Lenten reading!

Life in the Spirit Seminar - Wednesday, February 21st -March 28th, 7:00-9:00pm in the cafeteria. Join other Christians as we pray, worship, and study scripture in order to strengthen our gifts of the Holy Spirit. Please contact Linda Geringer at (314) 402-3333 or the Religious Ed office at wieschhausr@stsja.org, (636) 926-0021.

Lenten Concert – Sunday, February 25th, at 2:00pm in Church. All are invited to attend a Free Lenten Concert - Michael James Mette & Family, Join one another for a special time of reflection and preparation for the most sacred time of the year. You won't regret this afternoon of prayer, worship, music and reflection.

Women for Christ Conference - March 10th. The conference offers women a day of spiritually uplifting speakers and a chance to commune with other women on their faith journey. Other popular features of the conference include: Adoration, Sacrament of Reconciliation, Eucharistic Celebration of the Mass, Catholic vendors, etc. Go online to catholicwomenforchrist.org for more information or to register and order tickets, or you may call the UMSL Touhill ticket office at [314-516-4949](tel:314-516-4949).

Lenten Women's Retreat -- Sunday, March 18th, 3:00-5:00pm in the cafeteria. All women of the parish are invited to a Women's Lenten Retreat "Walking with Hope as we Journey through this Life". Take some time for yourself and come listen to an uplifting speaker with time for discussion and quiet reflection No cost, but women are asked to bring an appetizer or dessert to share.

Dynamic Catholic - Best Lent Ever!!! – <https://dynamiccatholic.com/bestlentever>. Daily emails and inspirational videos.

Loyola Press Online Living Lent Daily - <https://www.loyolapress.com/our-catholic-faith/liturgical-year/lent/living-lent-daily>. E-mail series designed to help you grow in friendship with God.

Adult Faith Formation – Consider participating in a Scripture Study Program. 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 636.926.0021

LENTEN PENITENCE AND ALMSGIVING

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

Family Service Day - Sunday, March 11, 10:30am – 12:30pm in the cafeteria. All families of the parish are invited to make sandwiches for the homeless, casseroles for St. Patrick's Center, items for Cardinal Glennon Children's Hospital, nursing homes, police officers & military. Contact Rose Wieschhaus, wieschhausr@stsja.org or 636.926.0021

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 Triumphal 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 6:30am, 8:30am, 10:30am and 12:30pm