

2019 Lenten Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			MARCH 6 ASH WEDNESDAY Masses: 8:00 am & 7:00 pm Family Formation: 6:00-6:45 pm	7 Ave Maria Lenten Concert 6:00 pm	8 Stations of the Cross: 6:00 pm	9 Mass: 8:00 am Extraordinary Form Confessions following Mass Hand & Foot Card Party: 5:00 - 9:00 pm
10 Divine Mercy Cenacle Noon-1:30 pm	11 Women's Bible Study: 9:00-11:00 am	12	13 Men's Rosary & Rolls: 6:00 am	14	15 Simple Fish Fry: 5:00 - 7:00 pm Stations of the Cross: 7:00 pm	16 Mass: 8:00 am Extraordinary Form Confessions following Mass
17 Donut Sunday: After Both Masses	18 Women's Bible Study: 9:00-11:00 am Temperament Study: 7:30-9:00 pm	19	20 Men's Rosary & Rolls: 6:00 am	21 Senior Luncheon: 11:30 am Men's Traditional Latin Mass: 6:30 pm	22 Stations of the Cross: 6:00 pm	23 Mass: 8:00 am Extraordinary Form Confessions following Mass
24 Divine Mercy Cenacle Noon-1:30 pm	25	26	27 Men's Rosary & Rolls: 6:00 am	28	29 Stations of the Cross: 6:00 pm	30 Mass: 8:00 am Extraordinary Form Confessions following Mass
31	APRIL 1 Temperament Study: 7:30-9:00 pm	2	3 Men's Rosary & Rolls: 6:00 am	4	5 Stations of the Cross: 6:00 pm	6 Mass: 8:00 am Extraordinary Form Confessions following Mass
7 Donut Sunday: After Both Masses Men's Rosary & Adoration: 8:30 - 9:30 pm	8	9	10 Men's Rosary & Rolls: 6:00 am Family Faith Formation 6 pm (Confessions 5:30 pm)	11 Senior Breakfast: 8:30-10:00 am	12 Stations of the Cross: 6:00 pm	13 Mass: 8:00 am Extraordinary Form Confessions following Mass
14 Palm Sunday KC Pancake Breakfast: 9:30 am-Noon Divine Mercy Cenacle Noon-1:30 pm	15 Temperament Study: 7:30-9:00 pm	16 Confessions: 6:30 pm	17 Men's Rosary & Rolls: 6:00 am Confessions: 6:30 pm	18 Holy Thursday Parish Office Closed Mass of Lord's Supper: 7:00 pm	19 Good Friday Parish Office Closed Stations of the Cross: Noon Celebration of Lord's Passion: 3:00 pm	20 Easter Vigil: 9:00 pm
APRIL 21 - EASTER SUNDAY Masses: 8:30 am & 10:30 am	22 Easter Monday Parish Office Closed					

Eucharistic Adoration

Pray with Jesus in Lent

Whenever our Lord did something important or made an important decision He would withdraw to a quiet place to pray. He did so before He chose the apostles, before casting out demons, before performing miracles, and before teaching. Lent is an excellent opportunity to spend time with the Lord.

Who can come to Adoration?

Anyone is welcome to adore the Lord in the Holy Eucharist during this silent time of prayer.

What does one do during Adoration?

You can sit quietly with the Lord, pray the Rosary, offer the Stations of the Cross, read the Bible and the Gospels, pray the Liturgy of the Hours or do spiritual reading, but the most important thing of all is to relate your joys, sorrows, hopes, fears, needs and concerns to the Lord. At the very least as a farmer once told St. John Vianney: "I just look at Him, and He looks back at me."



THREEFOLD DISCIPLINE OF LENT & EVERYDAY LIFE

PRAYER - All of the synoptic Gospels (Matthew, Mark, Luke) tell us that Jesus was led by the Holy Spirit into the desert where he fasted and prayed for 40 days. As disciples, we seek to follow St. Paul's call to "pray always." During Lent, we concentrate our prayer on conversion from our sinful ways and renewal of our baptismal promises.

FASTING - Fasting is an integral part of Lent. Traditionally, we reduce the amount of food we eat and abstain from meat. But why do we fast? Not because our bodies and appetites are something evil, but to allow our physical hunger to remind us of our spiritual hunger, our need for God. Our Lenten fasting is modeled on Jesus' 40-day fast in the desert in preparation for His public ministry after His baptism. We fast to remind ourselves of our baptismal commitment. Fasting can take many forms. We can also fast from other things, whether they are enjoyable activities or bad habits.

ALMSGIVING - The cycle of envy and guilt is useless. Lent is a good time to break out of it and be grateful for what we have. Our health, friendships, love and the beauty of creation are pure gifts from God. Without them, material possessions are worthless. Gratitude prompts us to do something for those in need with compassion, not guilt. Compassion and generosity involves giving from our surplus AND our substance.

FASTING & ABSTINENCE REGULATIONS

Following the example of Jesus, the church has encouraged fasting and abstinence from meat as preparation for major celebrations and growth in the spiritual life. Fasting is taken on to remind us of our dependence on God, to express a desire for repentance, and provide for our spiritual development. What you see underlined refers to the legal minimum that is required by Church Law in the United States of America.

Abstinence: Catholics age 14 years old and older are asked to abstain from eating meat on Ash Wednesday and on all Fridays during Lent.

Fasting: Catholics between the age of 18 and 59 are obliged to fast on Ash Wednesday and Good Friday. Fasting means *limiting oneself* to one full meal on a given fast day. On those days, two additional smaller meals are permitted if necessary to maintain strength. Eating between meals is not permitted.

If someone is ill, taking medicine, or working in a job where fasting may be a problem (police officer, fire fighter, etc.) they can be exempt from the rule.

We are encouraged to do more than what is legally required. For instance we may choose to fast every day of Lent except on Sundays, or we may choose to eat meat only at one meal per day for each weekday of Lent.

STATIONS OF THE CROSS

This rich tradition walks us through the 14 steps Jesus made from his condemnation by Pilate to His being placed in the tomb. In Jerusalem, you can walk the Via Crucis (Way of the Cross), also known as the Via Dolorosa (Way of Sorrows) and stop and meditate on what happened in the last hours of Jesus' life. Fourteen crosses, often with pictures accompanying them, are set in churches or even in the middle of towns and fields, where people can come and pray the Stations of the Cross.



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LENT & EASTER GUIDE 2019



**BEHOLD THE WOOD OF THE
CROSS ON WHICH HUNG
THE SALVATION OF THE WORLD.**