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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 (March 6) and Good Friday (April 19) 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 6:30am, 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, April 6th, beginning at 3:30 until 4:45pm and also on Wednesday evening, April 3rd, from 6:30pm until all have been heard. The Sacrament will be celebrated with our PSR students on Monday evening, April 8th, and with our schoolchildren on Tuesday, April 9th, 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:

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- March 8th, 5th, and 22nd — Traditional Stations
- March 29th, and April 5th — Private devotional walking stations

Living Stations will be presented by our full-time school seventh graders on Thursday, April 11th, at 9am and on Friday, April 12th, at 7:00pm. Our PSR seventh graders will present the Living Stations on Monday, April 15th, at 6:45pm.

Best Lent Ever!! - you can receive a free, daily inspirational email with a short video from Dynamic Catholic. They are simple ways to bring Jesus into your everyday life! Sign up at Dynamic-Catholic.com/Lent.

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.

Formed.org There are many Lenten videos, bible studies, audio books and children's videos for free. If you haven't registered go to Sts.ja.formed.org and register with your email and create a password. Type Lent in the search box to access the variety of resources.

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

Women for Christ Conference - March 9th. 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 catholicwomenforchrist.org for more information or to register and order tickets, or you may call the UMSL Touhill ticket office at 314-516-4949.

Lenten Women's Retreat -- Sunday, April 7, 2:00-5:00pm. All women of the parish are invited to a Women's Lenten Retreat "Living As Mary & Martha". 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. Contact Rose Wieschhaus at 636-926-0021 or wieschhausr@stsja.org *As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said.*
~Luke 10:38-39

Men's "Christ Renews His Parish-ChRP" Retreat - All men, age 18 and older, are invited to participate in a community based and transformative retreat experience with the men of our parish on the weekend of April 6th -7th. See the ChRP Retreat coordinators in the Gathering Space each weekend for information and to register.

IMPACT Youth Spring Retreat - All 8th graders and Teens of the parish are encouraged to participate in a weekend retreat on April 5th through April 7th. This year's Spring Retreat theme is Unstoppable! Contact our Youth Ministers, Wayne at 314-398-0861 or Michelle at 314-277-5905.

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.

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