

Lent 2009 - Feb 25th – April 9th

In Lent we are called to activate our faith in Jesus Christ unleashing God’s power to transform our lives. “Without faith it is impossible to please God. For whoever would draw near to God must believe that he exists and that he rewards those who seek him.” (Heb. 11:6)

Lent is a season of intense prayer, fasting and concern for those in need. It offers all Christians an opportunity to prepare for Easter by a serious discernment of their life. The Old Testament knows of both public and private fasting as a form of prayer, as a sign of mourning and repentance, and as a preparation for the day of the Lord. The receiving of ashes is traditionally the “outward sign” that we willingly enter into 40 days of penance and preparation to more closely unite our lives with Christ. This preparation includes increased prayer, fasting and almsgiving and other acts of charity. This is a chance to look at ourselves through the lens of Christ’s teachings. Lent is a time for conversion. We are called to be “Salt” and “Light” to the world. Lent is a time to draw closer to Christ! - Fr. Mike

The Lenten Regulations on fasting & abstinence:

The obligation to observe, as a whole or “substantially,” the penitential days specified by the Church is a serious obligation. “On these days (of penance), the faithful are in a special manner to devote themselves to prayer, to engage in works of charity, to deny themselves by fulfilling their obligations more faithfully and especially by observing the fast and abstinence ...” (Code of Canon Law). The present laws of the Church regarding fast and abstinence during Lent are as follows:

- 1. On days of fast (Ash Wednesday and Good Friday) only one full meal is allowed.** Two lesser meals, sufficient to maintain strength, may be taken according to each one’s needs, but together they should not equal another full meal. Eating between meals is not permitted. Catholics who have completed their 18th year are bound by this law until the beginning of their 60th year.
- 2. On days of abstinence (Ash Wednesday, Good Friday and Fridays of Lent) meat should not be taken at any meal.** Soups and gravies made from meat are permitted. The law of abstinence binds all Catholics who have completed their 14th year.

Suggested Lenten practices:

<p><u>Public Prayer & Worship:</u></p> <ul style="list-style-type: none"> * <u>Daily Mass</u> – Monday thru Saturday (see bulletin for times) * <u>Stations of the Cross</u> – Fridays if Lent after 7:30 am and 12:15 pm Mass and at 7:00 pm * Evening Pray at the Parish each Sunday of Lent at 4:00 pm. * Participate in Lenten Retreat – March 7-11 	<p><u>Weekly/Daily Private Disciplines during Lent:</u></p> <ul style="list-style-type: none"> * <u>Fasting/Abstinence</u> – each Friday (see Lenten Regulation #2 above – no meat.) * <u>Almsgiving</u> – Gift to Mustard Seed, CS&J or other Charities. The corporal works of Mercy. * <u>Prayer</u> - <ul style="list-style-type: none"> • The Sorrowful Mysteries of the Rosary • The Stations of the Cross • Eucharistic Adoration • Spiritual Reading: Readings in Scripture (Suggest the readings of the week from the daily Mass). • Spiritual Works of Mercy
<p><u>Sacrament of Reconciliation:</u></p> <ul style="list-style-type: none"> • See bulletin for normal times • By appointment • Communal Penance Service - March 8 	<p><u>Meditations:</u></p> <ul style="list-style-type: none"> • The beatitudes • The commandments • The Stations of the Cross

Corporal Works of Mercy & Spiritual Works of Mercy:

The Corporal Works of Mercy are oriented toward the body. The Spiritual Works of Mercy are oriented toward the soul.

The seven practices of charity toward our neighbor are based on Christ's prophecy of the Last Judgment. These are based on the teaching of Christ and on Church practice since apostolic times. {Mt 25:34-40} "Then the King will say to those at his right hand, 'Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.' Then the righteous will answer him, 'Lord, when did we see thee hungry and feed thee, or thirsty and give thee drink?' And the king will answer them, 'Truly, I say to you, as you did it to one of the least of my brethren, you did it to me.'"

Corporal Works of Mercy	Spiritual Works of Mercy
<p style="text-align: center;">Feed the hungry Give drink to the thirsty Clothe the naked Shelter the homeless Visit the sick Visit those in prison Bury the dead</p>	<p style="text-align: center;">Instruct the ignorant Counsel the doubtful Admonish sinners Bear wrongs patiently Forgive offenses willingly Comfort the afflicted Pray for the living and the dead.</p>

The Beatitudes: {Mt 5: 3-10} Teaching of Christ:

- Blessed are the poor in spirit; for theirs is the kingdom of heaven.
- Blessed are the meek; for they shall possess the land.
- Blessed are they who mourn; for they shall be comforted.
- Blessed are they that hunger and thirst after justice; for they shall have their fill.
- Blessed are the merciful; for they shall obtain mercy.
- Blessed are the clean of heart; for they shall see God.
- Blessed are the peacemakers; for they shall be called the children of God.
- Blessed are they that suffer persecution for justice's sake; for theirs is the kingdom of heaven.