



OUR LADY of the Blessed Sacrament

Catholic Church, Agaña Heights, Guam



Fr. Marvin Bearis, O.F.M., Cap.
Pastor

Deacon Louis Agbulos, Jr.

Parish Office Hours
Monday- Wednesday
and Friday

8:00 a.m. - 12:00 p.m.
and

Saturday (By Appt. Only)

Tel: 671-472-6246

Fax: 671-477-1697

CLOSED Thursdays, Sundays,
Religious and Most
Federal & Local Holidays

Email Address:

olbsaganaheights@gmail.com

Website Address:

www.olbsaganaheights.com

OUR LADY OF THE BLESSED SACRAMENT

MISSION STATEMENT

- * To develop and strengthen our spirituality in a vibrant parish community through the celebration of the Eucharist, the devotion to and the adoration of the Blessed Sacrament;
- * To nurture the closeness and unity of our parish families;
- * To promote involvement in various Church ministries and ensure the continuing formation of its ministers; and
- * To serve the need of the local community, island community, and the global community.

MARCH SAT 4 5 PM

VIGIL: FIRST SUNDAY OF LENT

ENBIDA/HEALING for Deacon Louis Agbulos, Jr., Donna Jones, Richard Davis, Ruth Leon Guerrero, Frank "Sonny" Taitano, Sr. Jacintha Marsil, Tee Sablan, Frank and Terry Indalecio and Family, Annie Untalan, James McDonald, Juan Castro, Jr., Lisa Ortiz, Tom Torres, Florence Quitugua, Louisa Van Vickle, Dolores F. Chargualaf, Doris C. Garrido, David Aguon, David LeFever, Lynn LeFever; Angie Concepcion, Kuma Santos, Manny Calvo, Dominic Terlaje, Thomas Taitano, Frank Lujan
ENBIDA/HEALING/HOLY SPIRIT for Shane McDonald, Angelica, Carolina, Julio de la Torre; **ENBIDA & Holy Spirit** Cresencia Meno, Jonathan Sablan and Venecia Chargualaf, **ENBIDA & Special Intentions** Francisco & Ester Lizama & Family, Aponik Families, **Holy Spirit** for Felicia Marie T. Cruz, Torres and Duenas Families; **Special Intentions** for Patricia RoseAnn Torres; **ENBIDA and Tres Ave Maria** Helen Charfauros and Cecilia Kisslinger; **St. Gerard Majella** for Samantha and Mark Suzuki; **For those in the U.S. Armed Forces; ANIMAS** †Millie Acfalle, †Juan, †Tony, †Michelle Limtiaco, †Joseph D.M. Bamba, †Jose E. Mendiola, †Joseph Charles Tydingco, Jr., †Connie Iriarte, †Phillip Dydasco Reyes, †Juan Untalan Torres, †Lucy C. Cruz, †James and †David Grantham, †Alfred V.G. Quiniones, †Molly Ann T. Munoz (Birthday Remembrance), †Joaquin Munoz, †Jerry Hauf, †Joseph Soriano Jr., †Leonard Baza and for the †Holy Souls in Purgatory

5 SUN FIRST SUNDAY OF LENT

7&9 AM

ENBIDA/HEALING for Deacon Louis Agbulos, Jr., Donna Jones, Richard Davis, Ruth Leon Guerrero, Frank "Sonny" Taitano, Sr. Jacintha Marsil, Tee Sablan, Frank & Terry Indalecio & Family, Annie Untalan, Pedro C. Cruz, James McDonald, Lisa Ortiz, Louisa Van Vickle, Juan Castro, Jr., Tom Torres, Florence Quitugua, David Aguon, Angie Concepcion, Zenaida Cabanting, Kuma Santos, Manny Calvo, Dominic Terlaje, Thomas Taitano, Frank Lujan **ENBIDA/HEALING/SPECIAL INTENTIONS** for Shane McDonald, Angelica, Carolina, Julio de la Torre; **ENBIDA & Holy Spirit** Cresencia Meno, Jonathan Sablan and Venecia Chargualaf; **ENBIDA & Special Intentions** Francisco & Ester Lizama & Family, Aponik Families, **ENBIDA and Tres Ave Maria** Helen Charfauros and Cecilia Kisslinger; **Holy Spirit** for Felicia Marie T. Cruz, Torres and Duenas Families; **Special Intentions** for Patricia RoseAnn Torres; **St. Gerard Majella** for Samantha and Mark Suzuki; **ENBIDA and Special Intention** for all those in need, **ENBIDA and Safe Journey** Charles McDonald, **For those in the U.S. Armed Forces; ANIMAS** †Isabel C. Munoz, †Millie Acfalle, †Juan, †Tony, †Michelle Limtiaco, †Joseph D.M. Bamba, †Jose E. Mendiola, †Rodolfo de la Torre, †Teresa Hernandez, †Juan Garcia, †Juan Untalan Torres, †Lucy C. Cruz, †Phillip Dydasco Reyes, †James and †David Grantham, †Kenneth T. Guma-taotao, †Alfred V.G. Quiniones, †Molly Ann T. Munoz, †Joaquin Munoz, †Jerry Hauf, †Joseph Soriano Jr., †Leonard Baza and for the †Holy Souls in Purgatory

6 MON LENTEN WEEKDAY

7:00 AM

ENBIDA/HEALING for Deacon Louis Agbulos, Jr., Donna Jones, Richard Davis, Ruth Leon Guerrero, Frank "Sonny" Taitano, Sr. Jacintha Marsil, Frank & Terry Indalecio & Family, Louisa Van Vickle, Tom Torres, Florence Quitugua, Angie Concepcion, David Aguon, Kuma Santos, Manny Calvo, Dominic Grantham, Thomas Taitano, Frank Lujan **ENBIDA/HEALING/ST. JUDE** for Shane McDonald, Angelica, Carolina, Julio de la Torre; **ENBIDA & Special Intentions** Francisco & Ester Lizama & Family, Aponik Families; **ENBIDA and Birthday Blessings** Nico Manipol, **ENBIDA and Tres Ave Maria** Helen Charfauros and Cecilia Kisslinger; **Holy Spirit** for Felicia Marie T. Cruz, Torres and Duenas Families; **Special Intentions** for Patricia RoseAnn Torres; **St. Gerard Majella** for Samantha and Mark Suzuki; **ANIMAS** †Millie Acfalle, †Juan, †Tony, †Michelle Limtiaco, †Joseph D.M. Bamba, †Jose E. Mendiola, †Connie Iriarte, †Juan Untalan Torres, †Lucy C. Cruz, †James and †David Grantham †Alfred V.G. Quiniones, †Joseph Soriano Jr., †Leonard Baza and for the †Holy Souls in Purgatory

FIRST SUNDAY OF LENT

PARISH INFORMATION

SACRAMENT OF BAPTISM: Baptisms are celebrated on 1st and 3rd Saturdays at 4:00 p.m. Please contact the parish secretary at least three (3) weeks in advance to schedule a baptism.

SACRAMENT OF MATRIMONY: Please contact the parish office at least six months before the date of the proposed marriage.

PARISH REGISTRATION: Are you new to our parish or may-be just have not had the chance to register? If so, please stop by the parish office to register. Thank you.

GODPARENTS AND SPONSORS: Permission forms are available at the OLBS Parish Office during office hours. Sponsorship approval should be obtained from the parish where you **currently attend Mass regularly**, not from the parish where you received the Sacrament of Confirmation.

SACRAMENT CERTIFICATES: If you need a copy of your Baptism, First Holy Communion, Confirmation and/or Marriage Certificate, please contact the parish office.

PARISH BULLETIN NOTICES: All announcements for the weekly bulletin must be submitted no later than 12 NOON on Wednesday.



7 TUES LENTEN WEEKDAY

6:00 PM ENBIDA/HEALING for Deacon Louis Agbulos, Jr., Donna Jones, Richard Davis, Ruth Leon Guerrero, Frank "Sonny" Taitano, Sr. Jacintha Marsil, Frank & Terry Indalecio & Family, Tom Torres, Florence Quitugua, Louisa Van Vickle, David Aguon, Angie Concepcion, Kuma Santos, Manny Calvo, Dominic Terlaje, Thomas Taitano, Frank Lujan **ENBIDA/HEALING/ST. ANTHONY** for Shane McDonald, Angelica, Carolina, Julio de la Torre; **ENBIDA & Special Intentions** Francisco & Ester Lizama & Family, Aponik Families; **ENBIDA and Tres Ave Maria** Helen Charfauros and Cecilia Kisslinger; **Holy Spirit** for Felicia Marie T. Cruz, Torres and Duenas Families; **St. Gerard Majella** for Samantha and Mark Suzuki; **ANIMAS** †Millie Acfalle, †Juan, †Tony, †Michelle Limtiaco, †Joseph D.M. Bamba, †Jose E. Mendiola, †Connie Iriarte, †Juan Untalan Torres, †Lucy C. Cruz, †James and †David Grantham, †Alfred V.G. Quiniones, †Joseph Soriano Jr., †Leonard Baza and for the †**Holy Souls in Purgatory**

8 WED LENTEN WEEKDAY

6PM ENBIDA/HEALING for Deacon Louis Agbulos, Jr., Donna Jones, Richard Davis, Ruth Leon Guerrero, Frank "Sonny" Taitano, Sr. Jacintha Marsil, Frank & Terry Indalecio & Family, Tom Torres, Florence Quitugua, David Aguon, Louisa Van Vickle, Angie Concepcion, Kuma Santos, Manny Calvo, Dominic Terlaje, Margaret T. Artero, Gian Bordallo; Thomas Taitano, Frank Lujan **ENBIDA/HEALING/OUR LADY OF PERPETUAL HELP** for Shane McDonald Angelica, Carolina, Julio de la Torre; **ENBIDA & Special Intentions** Francisco & Ester Lizama & Family, Aponik Families; **ENBIDA and Tres Ave Maria** Helen Charfauros and Cecilia Kisslinger; **Holy Spirit** for Felicia Marie T. Cruz, Torres and Duenas Families; **Special Intentions** for Patricia RoseAnn Torres; **St. Gerard Majella** for Samantha and Mark Suzuki; **ANIMAS** †Ignacio San Nicolas, †Millie Acfalle, †Juan, †Tony, †Michelle Limtiaco, †Joseph D.M. Bamba, †Jose E. Mendiola, †Connie Iriarte, †Juan Untalan Torres, †Lucy C. Cruz, †James and †David Grantham, †Alfred V.G. Quiniones, †Joseph Soriano Jr., †Leonard Baza and for the †**Holy Souls in Purgatory**

9 THURS LENTEN WEEKDAY

7:00 AM ENBIDA/HEALING for Deacon Louis Agbulos, Jr., Donna Jones, Richard Davis, Ruth Leon Guerrero, Frank "Sonny" Taitano, Sr. Jacintha Marsil, Frank & Terry Indalecio & Family, Tom Torres, Florence Quitugua; David Aguon, Louisa Van Vickle, Angie Concepcion, Kuma Santos, Manny Calvo, Dominic Terlaje, Margaret T. Artero, Gian Bordallo; Thomas Taitano, Frank Lujan **ENBIDA/HEALING/OUR LADY OF SORROWS** for Shane McDonald, Angelica, Carolina, Julio de la Torre; **ENBIDA & Special Intentions** Francisco & Ester Lizama & Family, Aponik Families; **ENBIDA and Tres Ave Maria** Helen Charfauros and Cecilia Kisslinger; **Holy Spirit** for Felicia Marie T. Cruz, Torres and Duenas Families; **Special Intentions** for Patricia RoseAnn Torres; **St. Gerard Majella** for Samantha and Mark Suzuki; **ANIMAS** †Ignacio San Nicolas, †Millie Acfalle, †Juan, †Tony, †Michelle Limtiaco, †Joseph D.M. Bamba, †Jose E. Mendiola, †Connie Iriarte, †Juan Untalan Torres, †Lucy C. Cruz, †James and †David Grantham, †Alfred V.G. Quiniones, †Joseph Soriano Jr., †Leonard Baza, †Carlene Mendiola and for the †**Holy Souls in Purgatory**

10 FRI LENTEN WEEKDAY

6:00 PM ENBIDA/HEALING for Deacon Louis Agbulos, Jr., Donna Jones, Richard Davis, Ruth Leon Guerrero, Frank "Sonny" Taitano, Sr. Jacintha Marsil, Frank & Terry Indalecio & Family, Tom Torres, Florence Quitugua; David Aguon, Louisa Van Vickle, Angie Concepcion, Kuma Santos, Manny Calvo, Dominic Terlaje, Margaret T. Artero, Gian Bordallo; Thomas Taitano, Frank Lujan **ENBIDA/HEALING/SACRED HEART** for Shane McDonald, Angelica, Carolina, Julio de la Torre; **ENBIDA & Special Intentions** Francisco & Ester Lizama & Family, Aponik Families; **ENBIDA and Tres Ave Maria** Helen Charfauros and Cecilia Kisslinger; **Holy Spirit** for Felicia Marie T. Cruz, Torres and Duenas Families; **Special Intentions** for Patricia RoseAnn Torres; **St. Gerard Majella** for Samantha and Mark Suzuki; **ANIMAS** †Millie Acfalle, †Juan, †Tony, †Michelle Limtiaco, †Joseph D.M. Bamba, †Jose E. Mendiola, †Connie Iriarte, †Juan Untalan Torres, †Lucy C. Cruz, †Catherine C. Blas, †James and †David Grantham, †Alfred V.G. Quiniones, †Joseph Soriano Jr., †Leonard Baza, †Carlene Mendiola and for the †**Holy Souls in Purgatory**

11 SAT LENTEN WEEKDAY

7:00 AM ENBIDA/HEALING for Deacon Louis Agbulos, Jr., Donna Jones, Richard Davis, Ruth Leon Guerrero, Frank "Sonny" Taitano, Sr. Jacintha Marsil, Tee Sablan, Frank & Terry Indalecio & Family, James McDonald, Angie Concepcion, Tom Torres, Florence Quitugua, Dolores F. Chargualaf, Doris C. Garrido; David Aguon, Louisa Van Vickle, David LeFever, Lynn LeFever, Kuma Santos, Manny Calvo, Dominic Terlaje, Margaret T. Artero, Gian Bordallo; Thomas Taitano, Frank Lujan **ENBIDA/HEALING/BLESSED VIRGIN MARY** for Shane McDonald, Angelica, Carolina, Julio de la Torre; **ENBIDA & Special Intentions** Francisco & Ester Lizama & Family, Aponik Families; **ENBIDA and Tres Ave Maria** Helen Charfauros and Cecilia Kisslinger; **ENBIDA** Stephanie Walters Moore; **Holy Spirit** for Felicia Marie T. Cruz, Torres and Duenas Families; **Special Intentions** for Patricia RoseAnn Torres; **St. Gerard Majella** for Samantha and Mark Suzuki; **For those in the U.S. Armed Forces;** **ANIMAS** †Ana Indalecio, †Millie Acfalle, †Juan, †Tony, †Michelle Limtiaco, †Juan Untalan Torres †Joseph D.M. Bamba, †Jose E. Mendiola, †Connie Iriarte, †Phillip Dydasco Reyes, †Ignacio San Nicolas, †Lucy C. Cruz, †James and †David Grantham, †Alfred V.G. Quiniones, †Jerry Hauf, †Joseph Soriano Jr., †Leonard Baza, †Carlene Mendiola and for the †**Holy Souls in Purgatory**

FIRST SUNDAY OF LENT

FIRST SUNDAY OF LENT



Life is like a Cup of Coffee

We are often more concerned with what makes us live than with what makes our life worth living. We are so taken up by work that we no longer know what is happening to our spouse and children. We do not have time to enjoy our family. We hold a cup of coffee but focus on the cup rather than savor the drink.

In the Gospel, Jesus shows us that life is not about satisfying our lust for power and material wealth or replacing God with “loaves of bread” or “the kingdoms of the world.” What matters is not what we acquire but whom we worship. Life is always about God.

In Lent, let us spend time with the Lord, speak with him, reflect on our priorities, and confront our craving for the passing pleasures of the world. Let us allow God’s mercy to wash away our sins.

Let us enjoy the coffee, not complain about the cup. The happiest people may not have the best, but they make the best of everything. Let us live simply, love generously, forgive until it hurts, care deeply, speak kindly and live uprightly.

MASS ON THURSDAY (DURING LENT)



During the Lenten season, there will be Mass every Thursday at 7:00 a.m.

FELLOWSHIP SUNDAY

POSTPONED

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There will be no Fellowship Sunday during the Lenten season. Our Fellowship Sunday will resume on Sunday, May 7th.

FR. ERIC FORBES' CLASS ON LITURGY DURING HOLY WEEK

On March 27, 28 and 29 Fr. Eric Forbes, O.F.M., Cap. will be offering a class on the “*Liturgy During Holy Week.*”

This will be a great way to prepare yourself for the Easter Triduum as he goes over the Liturgy and spirituality of Holy Week.

If you are interested please contact the parish office at 472-6246 or e-mail olsaganaheights@gmail.com. Deadline to sign up is Sunday, March 19, 2017.

STATIONS OF THE CROSS

There will be Stations of the Cross **every Friday after the 6:00 p.m. Mass** which will be led by the various ministries. Please make this a part of your Lenten devotion.

DATE

March 3
March 10
March 17
March 24
March 31
April 7

LED BY:

Christian Mothers
Confirmation Students/Teachers
Lectors
Eucharistic Ministers
CCD Students/Teachers (Grades K-9th)
Altar Servers

Techas will lead the Stations of the Cross on Sunday before the masses.

FIRST SUNDAY OF LENT

DURING THE LENTEN SEASON:

- At the end of the Saturday Vigil and Sunday 7 and 9 am. Masses, we will end the Mass in silence. Therefore, there will be **NO SINGING** by the choir as Father and the altar servers process after mass.
- During the Lenten season, there will be **NO VENERATION** of St. Jude, St. Anthony and Our Mother of Perpetual Help after the daily Masses.

MARIA ARTERO CATHOLIC PRESCHOOL AND KINDERGARTEN

Maria Artero Catholic Preschool & Kindergarten for 3 1/2 year olds (Preschool) and 4 1/2 year olds (Kindergarten) has opened registration. Please stop by the school office to pick up the registration forms.

If you have any questions, contact Sr. Anotia Addy at 472-8777 for further information.

Thank you! And God bless!

40 DAY LENTEN CHALLENGE

To encourage devotion to our Lord in the Blessed Sacrament I would like to invite everyone in the parish to participate in a "40 Day Lenten Challenge."

What is it?

It's basically using the season of Lent to grow in our relationship with Christ by visiting our Perpetual Adoration Chapel every day for at least **15 minutes a day**.

When does it start?

From the beginning of Lent on March 1st on Ash Wednesday to the beginning of Holy Week, April 9 on Palm Sunday.

Who can participate?

Everyone, from children to adults can participate in this activity. I encourage families and friends to take just 15 minutes to pray in front of the Blessed Sacrament.

NEW PARISH WEBSITE

The parish weekly bulletin can be found on our Parish Website:

www.olbsaganaheights.com

Please check out our parish website for any upcoming events and announcements.

LAST WEEK'S COLLECTIONS

Last weekend's Collection = \$ 2,928.13

Adoration Chapel Donation = \$

Ash Wednesday Donation = \$1855.22

Thank you to all who so generously and faithfully support our parish.

TECHA SCHEDULE

March 5—11

Emily Cruz/Letty Bartels

March 12 – 18

Millie Artero/Natty Calvo

March 19-25

Glorina Perez/Lucia McDonald

PLEASE PRAY....

For our Sick and/or Recovering:

Deacon Louis Agbulos, Jr., Rose Borja, Pedro C. Cruz, Doris Garrido, Mercedes Grantham, Donna Jones, Bernadette Lizama, Francisco Lizama, Sr. Jacinta Marsil, Maria P. Masnayan, James McDonald, Viola Pangelinan, Mark Pangilinan, Lisa Ortiz, Tee Sablan, Irene Sobrevilla, Bill Suzuki, Clarissa Taitano, Dorothy Tydingco, Annie Untalan.

For our Homebound:

Maria Aguon, Anne Calvo, Dolores F. Chargualaf, Serafina Fejeran, Agueda (Ida) Fujikawa, Olivia Guinto, Isabel Gumataotao, Rita Gumataotao, Bernadita Hamamoto, Ester Lizama, Dolores Luzano, Terry McDonald, Virginia Portusach, Florence Sablan, Francisco San Nicolas, John and Winnie Suzuki, Rosa M. Torres and Annie Untalan.

Please remember our sick, recovering and Homebound parishioners in your daily prayers. .

FIRST SUNDAY OF LENT

Nominations to the Parish Pastoral Council

“O Lord, You read the hearts of all people. Make known to us which of these you choose for your apostolic ministry...They then drew lots between them. The choice fell to Matthias, who was added to the eleven Apostles.” Acts 1:24-26

With the guidance of the Holy Spirit, we will continue to accept nominations for members to sit in our Parish Council at this weekend’s Masses. The nomination process began on the weekend of February 25 and 26, but we have extended nominations this weekend. Only **REGISTERED** parishioners may nominate or be nominated.

Nominees must also participate in the sacramental life of the Church and be 18 years of age or older. Parish Pastoral Council members must serve a term of two years and attend monthly meetings. As a consultative body, the Parish Pastoral Council is responsible to the pastor, assisting and supporting him in his leadership role. It also recognizes the varied gifts of parish members and invites them to an active leadership role in the parish.

The Council should be an important means by which the pastor will hear the voice of the parish. In deliberations and consultation with the pastor, the council helps to unite the pastor and parishioners. Together they discern the pastoral needs of the parish and ways in which those needs can be addressed.

Once the nominations are in, the nominees will be contacted to see if they accept the nomination. If they do, their names will included in the ballot for our Parish Council Election.

Please consider possible candidates for the Council and submit their names to give us adequate time to contact the nominees prior to the election. You may nominate by filling out the 2017 Parish Council Nomination Form below and dropping it off at next weekend’s Mass in the box at the entrance to the Church or at the Parish Office.

Current Parish Pastoral Council Members are: ***Anna Aflague, Margaret Baza, Sylvia Calvo, Pauline Camacho, Christine Chargualaf, Eleanor Cruz, Greg Manglona, Donald Martir, Kathy McDonald, Terry Perez and Michele Santos.*** These council members have served over 10+ years and we thank them for their insight on various issues, their dedication to the Parish and for their guidance and support.

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2017 PARISH COUNCIL NOMINATION FORM

Please submit this portion with your nomination(s) to the Parish Office or you may drop it in the box at the front entrance of the Church. Remember ***(a) you and the nominee must both be REGISTERED parishioners, (b) the nominee must be a Catholic in good standings, (i.e. marriage, sacraments, moral character) (c) who is active/or willing to take a more active role in the Parish, (d) the nominee participates in the sacramental life of the Church, (e) has a devotion to the Eucharist as a Chapel Guardian or daily mass attendee, and (f) must be 18 years of age or older.***

I, _____, a REGISTERED parishioner of Our Lady of the Blessed Sacrament Church nominate the following people to serve in the Parish Council:

1. _____ 2. _____ 3. _____

THANK YOU FOR YOUR NOMINATION

FIRST SUNDAY OF LENT

Save the Date: **Reconciliation Service**

Our Parish Reconciliation Service will be held on Tuesday March 21, 2017 at 6:45 pm. 6 to 8 priest will be present to hear your confession that evening.

Lenten Reflection Series

There will be series of Lenten Talks focused on the "Stations of the Cross". The talks will be given at the Father Duenas Memorial School Boy's Chapel. It starts with an optional 6pm Mass and the talks begin shortly at 6:30 pm and ends at 7:30 pm. Here is the schedule of presenters:

March 8 - Fr. Jeff San Nicolas, speaking on Stations 1-3

March 15 - Fr. Richard Kidd, speaking on Stations 4-6

March 22 - Fr. Mike Crisostomo, speaking on Station 7-9

March 29 - Fr. Paul Goffigan, speaking on Stations 10-12

April 5 - Fr. Marvin Bearis OFM Cap, speaking on Station 13-14

I encourage you to come and use this as an opportunity for spiritual growth and Nourishment in the Season of Lent.

Discovery Day Holiday

Mass will be at 7AM on Monday, March 6th due to the Holiday. The Parish office will also be closed on this day as well.

Lenten Prayer for Spiritual Renewal

God, heavenly Father,
look upon me and hear my prayer
during this holy Season of Lent.
By the good works You inspire,
help me to discipline my body
and to be renewed in spirit.

Without You I can do nothing.
By Your Spirit help me to know what is right
and to be eager in doing Your will.
Teach me to find new life through penance.
Keep me from sin, and help me live
by Your commandment of love.
God of love, bring me back to You.
Send Your Spirit to make me strong
in faith and active in good works.
May my acts of penance bring me Your forgiveness,
open my heart to Your love,
and prepare me for the coming feast
of the Resurrection of Jesus.

Lord, during this Lenten Season,
nourish me with Your Word of life
and make me one
with You in love and prayer.

Fill my heart with Your love
and keep me faithful to the Gospel of Christ.
Give me the grace to rise above my human weakness.
Give me new life by Your Sacraments, especially the
Mass.

Father, our source of life,
I reach out with joy to grasp Your hand;
let me walk more readily in Your ways.
Guide me in Your gentle mercy,
for left to myself I cannot do Your Will.

Father of love, source of all blessings,
help me to pass from my old life of sin
to the new life of grace.
Prepare me for the glory of Your Kingdom.
I ask this through our Lord Jesus Christ, Your Son,
Who lives and reigns with You
and the Holy Spirit, one God, forever.
Amen.