

Catholic Student Center

Lent 2012

www.TXStateCatholic.org



<p>What is Lent? Lent is a time when the Catholic Church enters into preparation for the celebration of Easter. It is also a season of conversion. Conversion is the process of turning away from sin and turning to God.</p>	<p>Why abstain from meat? Because of the spiritual discipline it provides. (see Dan 10:1-3) We give up meat, which still today is a luxury in some parts of the world, as a good thing that we offer up in order to remember that Christ is better than food.</p>
<p>Why forty days and not some other number? In the Bible "40" signifies preparation for something special - as in the 40 day flood of Noah. Jesus, before starting his ministry, spent 40 days in the desert in prayer and fasting (Matt 4:2).</p>	<p>Why is fish not considered meat? Because it was the food of the poor who could not afford meat, yet could catch fish to sustain them.</p>
<p>So, what is Ash Wednesday all about? Ash Wednesday is so named because this first day of Lent is where we are marked with ashes to show the repentance of our sins and mourning. This is also a Biblical sign that we live today. (e.g. Dan 9:3; Gen 18:27).</p>	<p>So, what are the other days of fast and abstinence? Good Friday is a day of fasting and abstinence, while all Fridays during Lent are days of abstinence from meat – this is because Christ died on a Friday.</p>
<p>So, why are the ashes made into a cross on the forehead? It is an ancient sign of being marked by Christ in our baptism, as God's Children. The book of Revelation tells us that all those who will go to heaven will be marked by the sign of Christ (Rev 14:1).</p>	<p>So, why do people "give up" things during Lent? While we are not required to "give something up" we are required to do something to show we are sorry for our sins. Lent is a great time to break a bad habit and give it to the Lord. These sins and vices we should not take back after Lent. It is also a time to give something up that is good during this season. This is why people give up something they enjoy. In doing so we can draw closer to God by our temporary sacrifice. We will find our need for God if we do it correctly. Don't do too much or too little. Stretch yourself, but don't pick things you won't stick to.</p>
<p>Where do we get the ashes? They come from burning the palms from last years Palm Sunday Masses.</p>	<p>What else then IS required during Lent? The Church asks us to increase our prayer, fasting and almsgiving. It is assumed that we are already doing these things regularly and for Lent we would merely increase our prayer and sacrifice..</p>
<p>Who can receive ashes? Anyone can receive ashes on Ash Wed.</p>	<p>Got any suggestions? First off, pray about what you are going to do for Lent. Ask for the guidance of the Holy Spirit in your spiritual practice of Lent. Then find a few things that you feel called to do. Don't do too much or too little. Stretch yourself, but don't pick things you won't stick to.</p>
<p>Is Ash Wed a holy day of Obligation? No. But all Catholics are strongly urged to attend.</p>	<p>We have more concrete suggestions on the back of this handout. FOR MORE FAQ on Lent, check out: www.MarysAggies.blogspot.com</p>
<p>Do we have to fast and abstain from meat on Ash Wed? Yes. This means that all Catholics from 18 - 60 are required to abstain from meat and to eat only one average meal and two small snacks. Small children, the elderly and those who are sick are not obligated to do this.</p> <p>Why fast? By denying ourselves a good thing, we remember God is the greatest good. We also practice self-mastery and follow the example of Jesus who fasted for 40 days. Fasting also helps focus us in our prayer (Psalm 35:13).</p>	

LENLEN SUGGESTIONS

Increased Prayer:

- Wake up early to start your day with prayer.
- Go to Daily Mass.
- Add an hour of Adoration every week.
- Go to Confession every few weeks.
- Read & pray with Scripture daily.
- Go to a Lenten Class or event.
- Read a book from CSC Library
- Pray a daily Rosary.
- Pray the Liturgy of the hours.
- Pray a Divine Mercy Chaplet.
- Stations of the Cross on Mondays or Fridays.
- Pray for your enemies.
- Watch The Passion of the Christ and then meditate on Christ's life.
- Read about the life of a saint.
- Do an extra spiritual activity at Church
- Memorize Scripture verses.
- Find a spiritual director & meet with them.
- Pray a novena for special intention.
- Try a new kind of prayer.

Increased Almsgiving:

- When you fast, give your food \$ to the poor.
- Use a lenten coin box to collect \$ for the poor.
- Volunteer with a service organization.
- Spend more time with your family.
- Visit a nursing home.
- Start to tithe a % of your income.
- Start or up your regular donation to the CSC.
- Forgive an old grudge.
- Invite someone to Church.
- Share your faith with someone else.
- Give someone a Catholic tract or book.
- Donate blood.
- Speak in a pleasant tone to everyone.
- Participate in a food drive.
- Go out of your way to talk to someone who is shy or difficult.
- Offer to watch a mother's child(ren).
- Drive patiently with love.
- Handwrite a letter to an old friend or relative.
- Volunteer with 40 Days for Life.

Increased fasting:

The following are good things we can fast from and have back at a later time:

- Fast from snacking or candy.
- Fast from TV and/or texting.
- Fast from the radio in your car.
- Fast from Facebook, Twitter, or internet.
- Fast from caffeine.
- Do not use seasoning on your food.
- Fast from alcohol

The following are things we continue to give up after Lent:

- Fast from speeding.
- Fast from sarcasm or gossip.
- Fast from pornography.
- Fast from being lazy or lying.
- Fast from not studying.
- Fast from complaining.
- Fast from envying what others have.
- Fast from some other vice.

LENLEN OPPORTUNITIES AT THE CSC

STATIONS OF THE CROSS

Mondays CSC Chapel 5:15pm

DAILY MASS

MWF 12:30 p.m / TT 5:15 p.m.

RECONCILIATION

30 min before daily Mass / Thur 7:30-9:00pm
CSC Lent Penance Service – Wed, March 28 – 7:00pm

EUCHARISTIC ADORATION

Mon 7-10am / Tue 5:45-9pm

REVOLUTION: Unveiling Reality

Wednesday Feb 29 7:00 pm
Theology of the Body, talk, video, etc.

LENLEN BIBLE STUDIES

To sign up email: office@txstatecatholic.org

HOLY WEEK SCHEDULE

Holy Thursday - April 5

7:00 pm - Mass of the Lord's Supper

Good Friday - April 6

Live Stations of the Cross – start at the CSC - 12 noon
Good Friday Liturgy (Passion of the Lord) – 3:00pm

Easter Vigil - April 7

Mass (including sacraments of Initiation - 8:30pm

Easter Sunday - April 8

10am, (NO 5:00 or 7:30pm Mass)