

# LENT 2021

***St. Mary (Dorchester) ++ St. Patrick (Waukon) ++ St. Mary (Hanover)***

## Stations/Way of the Cross

Waukon		Tuesdays after 8:30am Mass, Thursdays at 5:00pm; Wednesdays, March 3 & 24 at 6:00pm after 4:00pm Mass on February 27 & March 13 after 8:00am Mass on February 21 & March 21 after 10:00am Mass on February 28 & March 14
Hanover		after Mass on March 13 & 27
Dorchester		Wednesdays at 6:30pm; after Mass on Feb. 20 & March 20

## The Symbols and terms of Lent

**Colors:** **Violet** is the usual color for Lent because it symbolizes repentance.

**Red** on Good Friday relates to Jesus' sacrifice.

**White** is the color of Easter because of the Resurrection of Jesus Christ and new life.

**Ashes:** placed on the forehead hint at an ancient ritual-covering oneself with ashes in penitence. Receiving the cross-shaped "smudge" reminds us that we are dust and is a public statement of repentance. The ashes are from the previous year's Palm Sunday branches, illustrating the circle of the Church year.

**Forty days:** reminds us of the 40 days which Jesus spent fasting and prayer in the wilderness.

**Lent:** is an Anglo-Saxon word meaning "spring." The season lasts from Ash Wednesday until the Mass of the Lord's Supper on Holy Thursday.

## Resources for families and individuals

*CRS Rice Bowl    a New Kind of Hope    the Word among us*

*Saint Patrick Facebook page    website: [stpatrickwaukon.com](http://stpatrickwaukon.com)*



## the Three Pillars of Lent

**Prayer:** turns us away from sin's rebellion and draws us into right relationship with our Creator. The summit of Catholic prayer is the Mass, and a good Lenten practice is to attend daily Mass if possible. The Rosary, Scripture reflection, Eucharistic Adoration and other forms of prayer also help us get the most out of Lent.

**Fasting:** is a discipline designed to remove whatever threatens to become more important than God in our lives. Normally, fasting focuses on food, but it could also involve other activities like watching TV or playing video & computer games. According to Church regulations, those in good health are to observe the following practices during Lent (unless for some serious reason they are unable to do so).

*Fast* – Catholics from age 18-59 are to fast on Ash Wednesday and on Good Friday. On a fast day, a person limits themselves to one full meal and two smaller meals, with no snacking between meals.

*Abstinence* – Catholics of age 14 and older are to abstain from meat (beast or fowl) on Ash Wednesday, Good Friday and all the Fridays of Lent.

**Almsgiving:** reestablishes the community dimension in our lives, reminding us that we are not here just for ourselves but are bonded in solidarity with others. Because of that solidarity, we have an obligation to one another, especially those in the greatest need. Participating in the disciplines of Lent is itself a sign of spiritual solidarity with other members of the Church.



## Operation Rice Bowl “*For Lent, for Life*”

**PRAY - FAST – LEARN – GIVE**



Join our parish faith community and more than 12,000 Catholic communities across the U. S. in a life-changing Lenten journey.

Through CRS Rice Bowl you can help more than 159 million people with lifesaving support. 75% of your Rice Bowl donation supports Catholic Relief Services’ work around the world. 25% of your donation helps fight hunger and poverty in our Archdiocesan community. Find out what a difference you can make and watch videos of the people & communities you support by visiting [crsricebowl.org](http://crsricebowl.org)

Since 1975 CRS Rice Bowls have been distributed; just one way that we are putting faith into action during the Lenten season. Through this Lenten practice we learn about how our sisters and brothers around the world overcome hunger and malnutrition. We are making our world a better place for all.

With each rice bowl you will receive a Lenten calendar that offers daily suggestions or thoughts and stories of hope. Through these stories, we can learn about the principles of Catholic social teaching. Use your calendar to guide your prayer, fasting and almsgiving. What you give up for Lent changes lives. *For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me.* – Matthew 25:35



### From the desk of Father Moser

We hope and pray that you can join us for Mass (observing covid-19 suggestions) and be inspired by the spirit of God alive in our parish / faith communities. On this Wednesday, February 17, we begin the season of Lent. Why not spend the six weeks of Lent with the Saints? PRAYER – the saints yearned for a deeper relationship with God and sought this through prayer. They did not see it as an obligation, but as an essential part of their relationship with the Lord. Model your prayer life after the saints by looking for the “small” moments available each day for prayer. The saints teach us that the human soul cannot live without prayer.

FASTING – a major part of our Lenten practice is fasting and abstinence. The saints can teach us the benefits of self-denial and personal sacrifices. All the saints practiced some form of self-denial, giving up something they enjoyed as a sign of their love for God. Furthermore, by their example the saints teach us that making small sacrifices is good training for making larger sacrifices in our lives. CHARITY/ALMSGIVING – we know that every charity needs financial funds and God is pleased whenever we reach into our pockets to donate to a good cause; therefore, consider increasing your gifts to charities during Lent. Recall the Gospel story of the widow’s small coin – no amount is too small. Many of the saints were involved in charitable activities; they saw Christ in the poor, the suffering and the needy. St. Louise de Maurillac (1591-1660) told the young women she recruited to help her, the Daughters of Charity, “Love the poor, honor them, my children, as you would honor Christ himself.”

May God bless you during the season of Lent and may you deepen your spiritual life. My prayer is that the saints aid you in turning away from sin and responding with charity to the people around you who need your help; when Easter arrives you will have grown closer to becoming the saint Christ Jesus is calling you to be. + *Peace and joy, Father John Moser*

