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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 1<sup>st</sup> Sunday of Lent)

Customary expectations regarding Lenten penitence:

- Ash Wednesday (February 26) and Good Friday (April 10) 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 Thursday, March 26th, from 6:30pm until all have been heard, and on Saturday, March 28th, from 9:00-11:00am. The Sacrament will be celebrated with our PSR students on Monday evening, March 2nd, and with our schoolchildren on Thursday, March 5th, 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 **Living Stations** will be presented by our full-time school seventh graders on Friday, March 27th, at 2pm and 7pm and by our PSR seventh graders on Monday, April 6th, at 6:45pm. Materials will also be available to pray private devotional Walking Stations. Access to the Church can be obtained via the Parish Office.

**Lenten Parish Mission** - Fr. James Sichko, Evangelist Missionary of Mercy, will present “**60 Minutes for Jesus**” March 7th - 11th. Fr. Sichko will preach at all Celebrations of Eucharist in observance of Sunday (3/7 - 3/8). Mission Sessions will be Monday - Wednesday (3/9 - 3/11) from 6:30 - 7:30pm in Church.

**Women for Christ Conference** - March 7th. 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. Register and pay online at [catholicwomenforchrist.org](http://catholicwomenforchrist.org). Contact our parish rep, Diane Distl, with questions at 314-954-4887 or at [dcdistl@gmail.com](mailto:dcdistl@gmail.com).

**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](http://Dynamic-Catholic.com/Lent).

**Loyola Press - Lenten Resources**  
<https://www.loyolapress.com/our-catholic-faith/liturgical-year/lent>

**Formed.org** There are many Lenten videos, bible studies, audio books and children’s videos for free. <https://formed.org/lent>

**Into the Desert- A Lenten Study on Prayer -**  
<https://watch.formed.org/into-the-desert>

**A Lent to Remember -A Lenten Encounter with Mercy**  
<https://watch.formed.org/a-lent-to-remember>

**My Beloved Son: Meditations for Lent** - Bishop Robert Barron  
<https://watch.formed.org/my-beloved-son-meditations-for-lent-by-bishop-robert-barron>

**Ascension Press - 40 Ways to Get More Out of Lent**  
<http://media.ascensionpress.com/2018/02/21/40-ways-to-get-more-out-of-lent/>

**My Parish App** - Enjoy daily Lenten reflections through the My Parish App. The app is available for download at the Apple App Store, or Android Google Play.

**IMPACT Youth Ministry - Disciples** every Wednesday from 7-9pm in the St. John Bosco Room. **Youth Mass and Life Nights** every Sunday from 6:30-9pm at St. Elizabeth Ann Seton. Many Lenten topics will be covered during Lent.

## **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