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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 1st Sunday of Lent)

Customary expectations regarding Lenten penitence:

- *Ash Wednesday (February 17) and Good Friday (April 2) 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 – PSR Confessions for on-site students will be during regular class time on February 22, March 1, and March 8. PSR students on remote learning, Family Catechesis, and home-schooling are invited with your families to make use of regularly scheduled parish confession times during Lent.

Confessions for the grade school children will be during school time Monday, Thursday, the week of March 8.

There will be extended opportunities for the Sacrament of Penance for the entire parish on Saturday, March 20, from 3pm until 4:45 and on Thursday, March 25, from 6:30 pm until all have been heard.

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.

Stations of the Cross – Due to the schedule of shared use of the Parish Center for PE, CYC sports, and activities other than worship it will not be possible to provide a communal opportunity for praying the Stations of the Cross this Lent. All are invited to make use of various online and printed resources which are available to reflect on the Stations of the Cross in private prayer.

Covenant & Hope - Music of Lent - Orin Johnson and David Brinker will offer a Lenten streaming program on March 1, 7pm, titled "Covenant of Hope". It will be available for viewing/listening at: <http://bit.ly/covenantofhope> or <http://oddblog/videos/live>

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 Resources

Loyola Press Lent Resources

<https://www.loyolapress.com/catholic-resources/liturgical-year/lent/>

Loyola Press Lenten Activities for Children

<https://www.loyolapress.com/catholic-resources/liturgical-year/lent/activities-and-resources/lenten-activities-for-children/>

Catholic Icing: Lenten Activities for Children

<https://www.catholicicing.com/lenten-activities-for-children/>

The Living Lent Daily E-mail series for 2021

Inspired by the new book, *I Am with You: Lessons of Hope and Courage in Times of Crisis* by Cardinal Timothy M. Dolan, our daily reflections will encourage us in confusing and turbulent times. Sign up to receive the daily messages via e-mail from Ash Wednesday, February 17, 2021, through Easter Sunday, April 4, 2021. The messages will come from the Year in Our Church from Loyola Press. <https://www.loyolapress.com/catholic-resources/liturgical-year/lent/living-lent-daily/>

The Lunchtime Examen

<https://www.ignatianspirituality.com/ignatian-prayer/the-examen/lunchtime-examen/>

The Lenten Companion with Fr Mark Toups

<https://media.ascensionpress.com/category/ascension-presents/the-ascension-lenten-companion/>

Ascension Presents: Fasting Can Change You Forever

<https://www.youtube.com/watch?v=n834QqLLYhQ>

Word on Fire with Bishop Robert Barron: Entering the Desert of Lent

<https://www.youtube.com/watch?v=C-GOu0nM5Xg>

Word on Fire with Bishop Robert Barron: Why Lent?

<https://www.wordonfire.org/resources/blog/video-why-lent-bishop-barron-explains/1639/>

Stations of the Cross

<https://www.crsncebw1.org/stations-of-the-cross>

Stations of the Cross for Kids

<https://www.youtube.com/watch?v=IY2hcqxh7IA>

Augustine Institute Formed <https://formed.org/>

Best Lent Ever daily reflections

<https://dynamiccatholic.com/best-lent-ever>

Bishop Barron Word on Fire Lenten Reflections

<https://www.lentreflections.com/>

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.

LENTEN PENITENCE AND ALMSGIVING

Fish Fries – Carry Out only - every Friday (except Good Friday) from 4:00 to 7:00pm.

Operation Rice Bowl – containers will be made available for each household for this opportunity for sacrificial almsgiving.

Srs. 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