



## A Journey Through Lent

The season of Lent extends this year from Ash Wednesday, March 2, to the Mass of the Lord's Supper, April 14, inclusive. For these Forty Days we are conscious of how we must sharpen our senses and focus mind

and heart on the Reign of God. We are, above all, aware of those waters in which we were baptized into Christ's death. We died to sin and evil and began a new life in Christ.

The Church asks us to give ourselves to prayer and to the reading of Scripture, to fasting and to giving alms. The fasting that all do together on Fridays is but a sign of the daily Lenten discipline of individuals and households: fasting for certain periods of time, fasting from certain foods, but also fasting from other things and activities. Likewise, the giving of alms is some effort to share this world equally – not only through the distribution of money, but through the sharing of our time and talents. – *Catholic Household Blessings & Prayers, United States Conference of Catholic Bishops, 2007*

1. Everyone 14 years of age or over is bound to abstain from meat on Ash Wednesday, Good Friday and all Fridays of Lent.
2. Everyone 18 years of age and under 59 years of age is also bound to fast on Ash Wednesday and Good Friday.
3. On these two days of fast and abstinence, only one full meatless meal is allowed. The other meatless meals, sufficient to maintain strength, may be taken according to one's needs, but altogether they should not equal another full meal. Eating between meals is not permitted on these two days, but liquids, including milk and fruit juices are allowed.
4. When health or ability to work would be seriously affected, the obligation of the law is modified. Those that are excused from fast and abstinence outside the age limits include the physically or mentally ill including individuals suffering from chronic illnesses such as diabetes. Also excluded are pregnant or nursing women. In all cases, common sense should prevail, and ill persons should not further jeopardize their health by fasting.
5. Because Lent is a special season for all Christians, we should not lightly excuse ourselves from these penitential practices.

### Lent in our Parishes:

**Ash Wednesday (March 2) Mass and Distribution of Ashes** 8:00am at St. Joseph-Olney; 12:00pm (Noon) at St. Joseph-Stringtown; 6:30pm at St. Lawrence-Lawrenceville and Holy Cross-Wendelin.

**Parish Mission:** with Fr. Joseph Oganda "Testimony+Witness+Story of Transformative Love" Sunday March 13 & Monday March 14 at 7:00pm at St. Joseph-Olney.

**Stations of the Cross:** 6:30pm on Friday, March 4 at St. Joseph-Stringtown; Wednesday, March 9 at Holy Cross-Wendelin; Friday, March 11 at St. Joseph-Olney; Friday, March 18 at St. Lawrence-Lawrenceville; Friday, March 25 at St. Joseph-Stringtown; Friday, April 1, at Holy Cross-Wendelin; Friday, April 8 at St. Lawrence-Lawrenceville. Also Living Stations of the Cross at 2:00pm on Friday, April 1 and Friday, April 8 at St. Joseph-Olney as well as 3:00pm on Friday, April 15 (Good Friday) at Holy Cross-Wendelin.

**Reconciliation:** Every Saturday at 3:15pm to 3:45pm at Holy Cross-Wendelin and 4:15pm to 4:45pm at St. Joseph-Olney. Parish Reconciliation will also be available with First Reconciliation at 6:30pm on Friday, March 4 at St. Joseph-Stringtown; Tuesday, March 8 at St. Lawrence-Lawrenceville; and Wednesday, March 9 at Holy Cross-Wendelin. Reconciliation will be available immediately following the Mission talks on Sunday, March 13 and Monday March 14 until 10:00pm. Reconciliation will also be available during and following the Stations of the Cross on Fridays at the scheduled parish church.

**Lenten Book Discussion:** "Seriously, God? Making Sense of Life Not Making Sense" Group prayer and Discussion following weekday Masses on Mondays, 6:30pm at St. Joseph-Stringtown; Tuesdays, 5:00pm at St. Lawrence-Lawrenceville; Wednesdays, at 8:00am at St. Joseph-Olney and Thursdays at 6:30pm at Holy Cross-Wendelin.