



Lenten Schedule

Lent is the penitential season of the Church's year. It begins on Ash Wednesday and ends with the Mass of the Lord's Supper on Holy Thursday. Lent has six Sundays. The sixth is called Passion or Palm Sunday and marks the beginning of Holy Week.

Traditionally the Lenten season is a time of penance throughout the Catholic Church. Lent is a season in which prayer, the reception of the sacraments, charity and almsgiving are emphasized. Fasting and abstinence are to be observed on Ash Wednesday and Good Friday. All the Fridays of Lent are days of abstinence from meat.

Mass Schedule

February 14th - Ash Wednesday

Ashes will be distributed at all Masses 6:30, 8:30 and 10:00 AM (all school) 5:30 and 7:15 PM

Lenten Weekday Masses*

Monday and Tuesday - 6:30 AM
Wednesday, Thursday and Friday 6:30 and/or 8:30 AM

*Schedule subject to change; please check your bulletin or call the Parish Center at 837-7381 to verify times.

Exposition and Stations of the Cross

Every Friday during Lent
Exposition of the Blessed Sacrament 6:00 PM
Benediction and Stations - 7:00 PM

Eucharistic Day - March 11th

Exposition of the Blessed Sacrament
Noon - 3:00 PM
3:00 PM Evening Prayer
Followed by speaker:
Msgr. Doug Dushack
and Benediction

Reconciliation

Saturdays - 9:30 – 10:00 AM
No confessions on March 31st

Communal Penance Services

March 6th - Sacred Hearts 7:00 PM
March 14th - St. Alberts 6:00 PM
March 16th - Sacred Hearts 2:00 PM
March 21st- St. Olafs, DeForest 7:00 PM

The **Easter Triduum** begins with the evening Mass of the Lord's Supper on Holy Thursday. It commemorates the Lord's passion and death on Good Friday; reaches its high point at the Easter Vigil and ends on Easter Sunday when the joyful Easter Season of 50 days begins.

Holy Week Schedule

March 29th - Holy Thursday

Morning Prayer 8:30 AM
Mass of the Lord's Supper 7:00 PM
Vigil 8:30 to 10:00 PM
Closing Service 10:00 PM

March 30th - Good Friday

Morning Prayer 8:30 AM
The Lord's Passion 1:00 PM
Tenebrae 7:00 PM

March 31st - Holy Saturday

Morning Prayer 8:30 AM
Easter Basket Blessing 11:00 AM
Easter Vigil 8:00 PM
(fulfills Sunday obligation)

April 1st - Easter Sunday

7:30, 9:00 and 11:00 AM

Lenten Regulations

Weekdays of Lent:

There is no obligation to fast. However, voluntary acts of self-denial are recommended.

Ash Wednesday and Good Friday

These are days of **Fast and Abstinence from meat**. There is a limit of one full meal on these days for all between the ages of 18 until age 59.

Days of Abstinence

Ash Wednesday and all Fridays in Lent

All who have reached their 14th year are bound to abstain from meat.

Easter Duty Obligation

After they have received their First Communion, Catholics are bound by the obligation of receiving Holy Communion at least once per year. This precept should be fulfilled during the Easter season. Catholics are also bound to confess serious (mortal) sins at least once a year, but this is not limited to the Lenten/Easter Season.

Is someone in your family or neighborhood unable to attend Mass due to health or age? Please call the Parish Center at 837-7381; we are happy to add anyone in need to our list for home-bound Communion.

PRAYER , FASTING, ABSTINENCE AND ALMSGIVING

Four traditional foundations of Lenten observance are prayer, fasting, abstaining from meat and almsgiving. One way to look at these practices is to see their relationship with the promises made during our Baptism.



PRAYER: If we spend more time praying during Lent, we should be drawn closer to God. We might ask God for the strength and grace to live out more fully our Baptismal promises. We might pray for those people in the RCIA who will be Baptized at Easter or received into the Catholic Church and support their conversion journey. We can pray for those who receive the sacrament of Reconciliation with us during Lent, that they will be renewed in their Baptismal commitment.



FASTING: Fasting is more than a means of developing self-control. It can be an aid to prayer as the hunger pangs remind us of our hunger for God. In the first reading on Ash Wednesday the Lord says, “... **Return to me with your whole heart, with fasting...**” (Joel 2:12). The prophet Isaiah insists that fasting without changing our behavior is not pleasing to God. The first reading on the Friday after Ash Wednesday states: “**This, rather, is the fasting that I wish: releasing those bound unjustly, untying the thongs of the yoke; setting free the oppressed, breaking every yoke; sharing your bread with the hungry, sheltering**

the oppressed, and the homeless; clothing the naked when you see them, and not turning your back on your own.” (Isaiah 58:6-7). So how does fasting help us renew our Baptismal promises? By our Baptism, we are charged with the responsibility of showing Christ’s love to the world, especially those in need. Fasting can help us recognize the suffering that so many people in our world experience every day. It should lead us to efforts to help lessen the suffering.



ABSTINENCE: Abstaining from meat also links us to the poor around the world, who can rarely afford meat for their meals. We can embrace abstinence as a spiritual link to those whose diets are sparse and simple. This should be a goal we set for ourselves - a sparse and simple meal. Avoiding meat while eating lobster sort of misses the point.



ALMSGIVING: is linked to our Baptismal commitment in a similar way. Sharing our time, talents and treasures are signs of our care for those in need and expresses our gratitude for all that God has given us. Works of charity and the promotion of justice are important fundamentals of the Christian way of life we began on the day we were baptized.