



A Journey Through Lent

Opportunities to Grow in Faith This Lenten Season

- **Best Lent Ever!** By Dynamic Catholic is a free email program that will guide you on an incredible 40-day journey to become the-best-version-of-yourself, making this a truly life-changing Lent. This year's program is based on Matthew Kelly's book *Perfectly Yourself*. **(Yes, that's the free book all parishioners received at Christmas!)** In this newly revised edition, you will discover 9 ways to embrace God's amazing dream for your life. Sign up on our website, www.olgsplajunta.org or at <https://dynamiccatholic.com/bestlentever>
- **Read-Reflect-Pray-Act.** The US Bishop's website, www.usccb.org/prayer-and-worship/liturgical-year/lent/index.cfm has a calendar that allows you to click on each date for a brief daily Lenten devotion. Available in Spanish and English.
- **Rice Bowls** are available at either entrance to the Church. Please return your donation by April 10. See our website or the Catholic Relief Services website, www.crsricebowl.org/families for Lenten Simple Supper Guides, devotions on the lives of the Saints, Stations of the Cross digital retreats, daily reflections and activities for all ages. Available in Spanish and English.

Lenten Schedule:

Ash Wednesday Services: Mass at 7 AM, Word Services with Ashes at 12 noon and 6 PM.

Stations of the Cross: Wednesdays 6 PM in Spanish, Fridays 6 PM in English.

Community Bread & Soup Supper in the Parish Hall following the Stations of the Cross on Friday, March 23.

Holy Week:

Lenten Penance Service: Tuesday March 27 at 6 PM.

Holy Thursday of the Lord's Supper: Thursday March 29 at 6 PM, followed by Adoration in Chapel and meal at Parish Hall.

Good Friday, Passion of the Lord: Friday March 30 at 6 PM. (Parish office will be closed.)

Easter Vigil Mass: Saturday March 31, time to be announced by the Bishop.

Easter Sunday Masses: 8:30 and 10:30 AM, 6:00 PM in Spanish.

In addition to the special Lenten services, the regular schedule is:

Confession: 30 minutes before every daily and weekend Mass.

Weekend Mass: Saturday 4:00 PM, Sunday 8:30 and 10:30 AM, 6:00 PM in Spanish.

Daily Mass: Monday, Wednesday and Friday 7 AM, Tuesday 12 noon, Thursday 4:30 PM.

Adult Faith Formation: Every Monday at 5:30 PM in the Parish Hall

Healing Prayer Team: Every Tuesday at 5:30 PM (note change of day)

Blue Army Rosary: Every Thursday at 5:00PM

Adoration: Every Friday after 7 AM Mass, until Benediction at 4:30 PM.

Divine Mercy Devotion: Every Sunday at 3:00 PM

This Lent, commit to attend one more Mass, devotion, or class per week than you usually attend.

Fast and Abstinence

The Church teaches that all Catholics are to fast and abstain from eating meat on Ash Wednesday and Good Friday. In addition, we are to abstain from eating meat on all Fridays during Lent.

When fasting, a person (from age 18 until age 59) is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. Abstinence from meat is required of Catholics age 14 and older. Of course, those who are ill, frail, pregnant or nursing are excused from these requirements.

Did you know? On the Fridays outside of Lent, Catholics in the US can substitute a penitential or charitable practice of their choosing for abstaining from eating meat. However, for most people the easiest practice to consistently fulfill will be the traditional one, to abstain from meat on all Fridays of the year.

www.ewtn.com/expert/answers/fast_and_abstinence.htm



PRAYER



FASTING



ALMSGIVING

A Different Kind of Fasting & Feasting

Fast from judging others; **feast on the Christ dwelling in them.**
Fast from emphasis on differences; **feast on the unity of all life.**
Fast from apparent darkness; **feast on the reality of light.**
Fast from words that pollute; **feast on phrases that purify.**
Fast from discontent; **feast on gratitude.**
Fast from anger; **feast on patience.**
Fast from pessimism; **feast on optimism.**
Fast from worry; **feast on trust.**
Fast from complaining; **feast on appreciation.**
Fast from negatives; **feast on affirmatives.**
Fast from unrelenting pressures; **feast on unceasing prayer.**
Fast from hostility; **feast on nonviolence.**
Fast from bitterness; **feast on forgiveness.**
Fast from self-concern; **feast on compassion for others.**
Fast from personal anxiety; **feast on eternal Truth.**
Fast from discouragement; **feast on hope.**
Fast from facts that depress; **feast on truths that uplift.**
Fast from lethargy; **feast on enthusiasm.**
Fast from suspicion; **feast on truth.**
Fast from thoughts that weaken; **feast on promises that inspire.**
Fast from shadows of sorrow; **feast on the sunlight of serenity.**
Fast from idle gossip; **feast on purposeful silence.**
Fast from problems that overwhelm; **feast on prayer that undergirds.**
**Gentle God, during this season of fasting and feasting,
gift us with your presence,
so we can be a gift to others in carrying out your work.**

Amen.