

2014 GUIDE TO LENTEN ACTIVITIES AND OFFERINGS

DAYS OF FASTING AND ABSTINENCE

Church discipline requires that Ash Wednesday and Good Friday be observed as days of fasting. Those between the ages of 18 and 59 should take only one full meal on those days, without taking solid food between meals. Abstinence from meat is also required on Ash Wednesday and all Fridays of Lent. Those with serious health conditions are excused from these requirements.

SACRAMENT OF RECONCILIATION

Confessions are heard each Saturday afternoon at 3:30PM in St. Francis Church. Our parish **Lenten Penance Service** will be held on Tuesday, March 18, at 7PM. **Confessions** will also be heard on Thursday, April 10, from 5PM to 7:30PM in St. Francis Church (an outside priest will be available). Check the bulletin for area penance services.

PARISH LENTEN MISSION

Fr. Austin Dominic Litke, O.P., a Dominican Father who serves at New York University and St. Joseph's Parish in Greenwich Village, will deliver our 2014 Lenten Mission, **"And These Three Remain: Faith, Hope and Charity in Christian Life."** He will preach at all Masses on the weekend of March 15 and 16. The mission will continue with an evening service at 7PM on each of the following three evenings:

- March 17—Mission Service with Benediction; March 18—Penance Service; March 19—Closing Mass.

STATIONS OF THE CROSS

Stations of the Cross with Benediction will be offered on the Friday evenings of Lent at 7PM in St. Francis Church. **"Step Up Close to Jesus,"** the Stations of the Cross for children, will be offered in Fr. Greenan Center on March 12 at 4PM and on March 30 at 11AM. The **"Living Stations,"** presented by our seventh graders, will be offered on April 9 at 7PM in St. Francis Church.

NEW LENTEN OFFERINGS AT ST. ROMUALD CHAPEL

Please join us at St. Romuald Chapel for **Adoration of the Blessed Sacrament with Evening Prayer** at 6:30PM on the Tuesday and Thursday evenings of Lent (except March 18 and April 17). **Stations of the Cross** will be prayed in the chapel on the Wednesday afternoons of Lent at 12:30PM. Note that our **Lenten Evening of Prayer and Song** will be held at St. Romuald this year.

NEW 2014 LENTEN SERIES: COFFEE AND CAMEOS

When we read through the accounts of Jesus' suffering and death, several interesting personalities make "cameo" appearances in the story. Throughout the season of Lent, our parish **Retreat Team** will lead reflections on *six* of those personalities. We will examine the person, his or her role in the crucifixion of Jesus, and what we might learn from him or her. Gatherings of under an hour will be held after the 8AM Sunday Mass in Helen Bouchard Hall and a continental breakfast will be offered to participants. Why not join us after attending the 8AM Mass, or why not come a bit early if you're planning on attending the 10AM Mass? Take advantage of this unique opportunity to have a bite and take a deeper look at the cameos in the crucifixion story. Bring a friend along and come to *any* or *all* of the presentations!

- **Schedule:** March 9—Peter; March 16—Pontius Pilate; March 23—The Women of Jerusalem; March 30—Simon of Cyrene; April 6—Mary Magdalene; April 13—The Two Thieves
- **Please note:** All meetings will be held in lower St. Francis Church, with the exception of March 9, which will be held in the rectory.

LENTEN EVENING OF PRAYER AND SONG

All are invited to join us for a quiet evening of **Lenten prayer, song and reflection** on Sunday, March 23, at 6:30PM in St. Romuald Chapel.

ONGOING ADULT FORMATION

Our parish **Parenting Group** will continue to meet throughout Lent. New members are always welcome. Check the Lenten calendar and the bulletin for meeting times. The parish **Men of St. Joseph** will also continue to meet throughout Lent and are offering a special **movie night** for men on Thursday, March 6, at 7PM in Fr. Greenan Center.

THE SACRED TRIDUUM

Our Lenten preparations are ordered toward our observance of the three most sacred days of the year, the Sacred Triduum. Please plan on joining with our parish community as we commemorate the mysteries of our Redemption.

Holy Thursday - 7PM Mass of the Lord's Supper in St. Francis Church
(Adoration of the Blessed Sacrament will continue until 11PM in Helen Bouchard Hall.)

Good Friday - 3PM Celebration of the Lord's Passion at St. Romuald Chapel
3PM Stations of the Cross in St. Francis Church
7PM Celebration of the Lord's Passion in St. Francis Church

Holy Saturday - 8PM Solemn Vigil of the Lord's Resurrection

LENT ✦ 2014



PRAYER ✦ FASTING ✦ ALMSGIVING

ST. FRANCIS AND ST. ROMUALD PARISH LENTEN PRAYER

Christ in me arise! May your might uphold me and your wisdom guide me. May your eye look before me, your ear hear me and your word speak to me. May your hand guard me, your shield protect me and your defense save me.

Christ in me arise! Be with me, before me, behind me, beneath me, above me; when I lie down and when I rise.

Christ in me arise! Be in the hearts of all who think of me, the eyes of all who see me, and the ears of all who hear me.

I arise today because you, Christ, arise in me! Amen.

-Based on the *Lorica* of St. Patrick



