

STATIONS OF THE CROSS

One of the most familiar forms of Lenten prayer practiced by Catholics is **THE WAY OF THE CROSS**. This traditional Lenten devotion helps us to prayerfully enter into fourteen key moments of Christ's passion. Its origins date back to the ancient practice of pilgrims visiting the various sites along the "Via Dolorosa" (Sorrowful Way), in Jerusalem that are associated with Christ's suffering and death. **Join us in praying the STATIONS OF THE CROSS all the Fridays of Lent at 3:00pm and 6:00pm in the church. Please note that the Stations of the Cross will not be celebrated on Good Friday at 6:00pm due to our Evening Service at 7:00pm**

SACRAMENT OF RECONCILIATION

The celebration of the Sacrament of Reconciliation is an important part of our Lenten observance. There is no better way to prepare for the celebration of the Resurrection of the Lord at Easter than by this Sacrament "which brings about a true spiritual resurrection, and restoration of the dignity and blessings of the life of the children of God" (Catechism of the Catholic Church #1468). **Our two parish communal Penance Services will be celebrated on Friday March 19th at 12:00pm, and Wednesday March 24th at 7:00pm in the church. Individual confessions will also be heard by appointment. Please call the parish office.**

ADULT ENRICHMENT

All parishioners are invited to participate in our Lent **EVENING OF REFLECTION, "WHAT DOES A MATURE CATHOLIC LOOK LIKE?"** This special presentation will be offered by Ron Ryan, a well-known and highly respected archdiocesan speaker and retreat master who has served in full-time ministry for over forty-three years. Come and join the discussion on what real spiritual maturity and the call to holiness look like for adult Christians seeking to grow in their relationship with God and others on **Wednesday, March 10th, from 7:00pm – 8:30pm in the church.**

CHRISTIAN INITIATION OF ADULTS (RCIA)

Each year, our parish community is privileged to welcome those who will become the newest members of the Church and of our parish family at the Easter Vigil. Please include in your daily prayers our **Catechumens**, (those to be baptized), **Candidates**, (those baptized in other Christian denominations who will become Catholics) and **already baptized Catholics** (those seeking Confirmation and First Eucharist), as they say "Yes" to the Lord's invitation to enter into deeper relationship with him. May God bless all of them and their families.

The special celebrations that mark the final days of this part of their faith journey include:

Olympic Deanery Rite of Election: All Catechumens and Candidates from area parishes will gather together with our bishop on Saturday, February 20th, at Our Lady Star of the Sea Parish to celebrate God's choice of them to be his disciples and to receive the Easter sacraments.

Penitential Rite for the Baptized and Scrutinies: As Church we pour out our most powerful prayers that God will deliver our "Elect," those chosen to celebrate the Easter sacraments, from the power of evil and sin as they turn their lives over to the Lord and continue in the lifelong process of the conversion of their minds and hearts to God. **We celebrate these special rites on the Sundays of Lent at the 11:30am Mass.**

Please be advised that reservations for participation in ALL Masses and Lenten Services is still required due to COVID-19 occupancy limitations in the church. You may make your reservation online or by calling the parish office. The wearing of a face mask is a must for all who come to the church or parish offices. Let us do our best to protect ourselves and each other.

LENT: A TIME TO SEEK AND BE FOUND BY GOD

The Lent-Easter Season calls us to honesty about ourselves, our motives, our values, our actions, our identity, and our lives. During these sacred days we seek to see ourselves and our lives truly, as God sees. Shattering illusions, rejecting false values, facing the truth about ourselves is not easy; thus, Lent is a period of serious discipline and the hard work of the Spirit that leads to the death of our old life that we might share the resurrected life of Jesus.

But there is joy in it too: the joy of coming home to our true selves, of finding the love that binds us together, of coming to trust in the only One who deserves our ultimate trust. There is joy in remembering what and who we really are in Jesus – beloved daughters and sons of God.

ASH WEDNESDAY

Through the prophet Joel we hear the clear and compelling call to return to God with all our hearts, to change our lives and give us a new direction. We gather together to confess our human frailty and to receive ashes, a public, outer sign of our inner desire for repentance and healing. **ASH WEDNESDAY, February 17th**, marks the beginning of Lent and the Church's solemn invitation to enter deeply into this season of spiritual renewal as individuals and as a community. For one and all, Lent is a season of grace, of prayer, fasting and almsgiving that leads to our celebration of Easter purified in heart and renewed in spirit. We are reminded to "Repent and believe in the Gospel" message of salvation and peace. **Ashes will be blessed and distributed during the 9:00am and 7:00pm liturgies.**

LENTEN DISCIPLINE

ASH WEDNESDAY and GOOD FRIDAY are days of FAST and ABSTINENCE. ALL FRIDAYS of Lent are days of ABSTINENCE.

FAST: On a day of fasting, one full meal is allowed. Two smaller meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal the other full meal. Eating between meals is not permitted, but liquids, including milk and juices, are permitted. **The law of fast binds all Catholics who are eighteen, but not yet fifty-nine years old.** We are also encouraged to keep the ancient paschal fast, which includes Good Friday

and Holy Saturday, ending after the Easter Vigil.

ABSTINENCE: On days of abstinence no meat or meat products are allowed. **All Catholics who are fourteen and older are bound by the law of abstinence.** Note that when one's health or ability to work would be seriously affected by this discipline, the law does not oblige.

YEARLY EASTER DUTY: Once they have received the sacrament of the Eucharist, all the faithful are obliged to receive communion at least once a year. **For those who are able in this pandemic year**, this precept should be fulfilled during the Easter season, unless it is fulfilled for a good reason at some other time during the year. The Easter season begins at the Vigil of Holy Saturday Eve, April 3rd, and ends with the celebration of the feast of Pentecost, on Sunday, May 23rd.

RICE BOWL

We invite you and your family to participate in this annual Lenten program to help feed the hungry of the world by making a daily sacrificial monetary offering and setting aside the money saved for the poor. Let us stand in solidarity with those suffering from poverty and malnutrition. **RICE BOWLS are available in the narthex. Please take one home.** On Holy Thursday we invite you to bring your filled **RICE BOWLS** to the Evening Mass of the Lord's Supper at 7:00pm. All monies will be sent to Catholic Relief Services to support their ministry to the poor.