

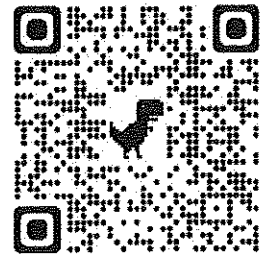
# LENT 2024



## PRAYER

If you want to know God, and if you want to know yourself, **pray**. *Talk to God.* There are many different kinds of prayer (adoration, petition, intercession, thanksgiving), but in the end, **prayer is simply conversation with God.**

- **STATIONS OF THE CROSS**- Wednesdays at 6:00pm (*February 21 & 28, March 6, 13, & 20*)  
(*Stations on your own March 27- booklets will be available*)
- **PRIVATE PRAYER IN CHURCH**- The church is open for private prayer at these times:  
\* Monday-Friday 8:30AM – 4PM \* Saturday 8AM – 5PM \* Sunday 11:30AM – 4PM
- **ROSARY**- Sundays at 4:30pm at the Grotto
- **TAIZE PRAYER**- Wednesday, March 6 at 6:30pm in church (*after Stations of the Cross*)
- **ADORATION WITH PRAISE AND WORSHIP- Women's Night**- Sunday, February 25 at 5:00pm in church with refreshments following. More information to come.
- **REFLECTIVE PRAYER**- Little Black Books (*Adults*), Little Purple Book (*Kids*), Give us this Day, Lenten Bulletin Inserts, Living Faith (*Adults/Kids*), Children's bulletins (*all resources available on tables in church*)
- **DAILY SCRIPTURE READINGS, PODCASTS, & VIDEO REFLECTIONS** -  
Go to this website or scan the QR code:  
[www.usccb.org/offices/new-american-bible/daily-reflections-video](http://www.usccb.org/offices/new-american-bible/daily-reflections-video)
- **PRAYER PARTNER** for our First Reconciliation, Eucharist, Confirmation and RCIA participants- Take a prayer card from each group and pray for them as they draw closer to encountering Christ in the sacraments. Consider letting them know you are praying for them. *Available on tables in church.*



### What is FASTING?

**Fasting** is the **limitation** of food and drink, typically to one main meal and two smaller meals, with no solid foods in between, but remember to drink enough fluids!

### When do we fast?

#### Ash Wednesday & Good Friday

If possible, the fast on Good Friday is continued until Holy Saturday night. This is called the **Paschal Fast**. This honors the suffering and death of the Lord Jesus, and prepares us to share more fully and to celebrate more readily his Resurrection.

## Fasting & Abstinence

### Why fast?

It is a form of **penance** and **self-denial** to learn **self-discipline**.

### Who has to fast?

Catholics aged **18 to 59**

### What is ABSTINENCE?

**Abstinence** is **avoiding** certain kinds of food or drink, typically meat or other desirable foods

### When do we abstain?

Catholics in the United States are required to **abstain from eating meat on Ash Wednesday, all Fridays during Lent, and Good Friday.**

### Why abstain on Fridays?

It's the **day of Christ's saving death** on the cross; we abstain to share in His work of saving the world.

### Who has to abstain?

Catholics aged **14 and older**

### Am I excused from fasting and abstinence?

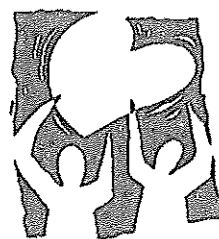
Those that are excused from fasting and abstinence outside the age limits include the physically or mentally ill including individuals suffering from chronic illnesses such as diabetes. Also excluded are pregnant or nursing women.

# Almsgiving

Charity begins at home, where we daily make the choice to give our time, our attention, our affirming smile, and give generously. But charity must not stop there, because for Catholics "home" is universal, and our family is as big as the world. During Lent, the money we save on food while fasting and abstaining should be given to others in alms.

Some options for your consideration...

- **Mandeville Collection** on Feb. 14. For the 22<sup>nd</sup> year, the Ash Wednesday collection will be for our Sister Diocese of Mandeville, Jamaica. This collection during Lent makes their Easter possible.
- **Operation Rice Bowl:** Bowls on tables in church. *Please bring back to church during Lent or no later than Holy Thursday (March 28).*
- **Local Organizations** (Mark an envelope with one of the choices below, and place your contribution in a collection basket ... *MAKE CHECKS PAYABLE TO ST. JEROME*)
  - \* *Mayfield-Graves County Needline Food Pantry*
  - \* *Hope Center of Mayfield*
  - \* *New Pathways*
  - \* *Lighthouse Ministries*
  - \* *Water with Blessings*
  - \* *St. Vincent de Paul Society- St. Jerome*



LENTEN  
ALMSGIVING

## Sacrament of Reconciliation

All Saturdays: 3:30 PM

Wednesdays: *March 13 and 20 at 6:30 PM*

*Sunday, March 24 at 3:00 PM – 4:00 PM*  
(or by appointment)

## Lent and Holy Week Schedule

ASH WEDNESDAY

*February 14: 8 AM / 6:30 PM*

PALM SUNDAY

*March 23/24: 5 PM / 8 AM / 10:30 AM*

HOLY THURSDAY

*March 28: 7 PM*

GOOD FRIDAY

*March 29: 7 PM*

HOLY SATURDAY

*March 30: 8 PM*

EASTER SUNDAY

*March 31: 8 AM / 10:30 AM*

## Create a Lenten Prayer Space

- **Purple cloth:** symbolizing a time of waiting
- **Candle:** a symbol of God's presence with us
- **Empty bowl:** represents fasting: write down something you want to fast from and place in the bowl
- **Bible and Lenten Prayer Books:** meditate on God's word
- **Cross:** Reflect on Christ's crucifixion and resurrection
- **Rice Bowl with Calendar:** Almsgiving

## POPE FRANCIS' ADVISE FOR LENT

Fast from HURTING words ... and say KIND words.  
Fast from SADNESS ... and be filled with GRATITUDE.  
Fast from ANGER ... and be filled with PATIENCE.  
Fast from PESSIMISM ... and be filled with HOPE.  
Fast from WORRIES ... and have TRUST IN GOD.  
Fast from COMPLAINTS ... and CONTEMPLATE simplicity.  
Fast from PRESSURES ... and be PRAYERFUL.  
Fast from BITTERNESS ... and fill your hearts with JOY.  
Fast from SELFISHNESS...and be COMPASSIONATE to others.  
Fast from GRUDGES ... and be RECONCILED.  
Fast from WORDS ... and be SILENT so you can LISTEN!

**CHRISM MASS-** *Tuesday, March 26 at 6:30PM at the Owensboro Sportscenter-* At this Mass, Bishop Medley consecrates the Oil of Catechumen, the Oil of the Sick, and the Holy Chrism Oil for sacramental use. These oils are divided among the parishes for use throughout the coming year.