

LENT BEGINS WEDNESDAY, February 17, 2021

The three traditional pillars of Lenten observance are **PRAYER, FASTING and ALMSGIVING.**

The definition of “Lent” means springtime, a time of renewal. How can you make your “Lent” a time of spiritual renewal for you and your family?

Prayer More time given to prayer during Lent should draw us closer to the Lord. We might pray especially for the grace to live out our baptismal promises more fully. Please consider praying

The Rosary

The Divine Mercy Chaplet

Your Own Personal Prayers

Spiritual Reading on FORMED (kewaskumcatholicparishes.formed.org)

Perhaps daily prayer is already a part of your life, and this Lent you'd like to go deeper. Lent can be a great time to pray through a spiritual classic, like Abandonment to Divine Providence, The Imitation of Christ, St. Augustine's Confessions, or books on the spiritual life from saints such as St. Josemaria Escriva, St. Francis de Sales, or St. Teresa of Avila. You may also want to pick up spiritual or Scriptural commentaries on the Passion, the Way of the Cross, or the seven last words of Christ. No matter where you are in your walk, it also doesn't hurt to go back to the basics. Pick one of the Gospels to meditatively read throughout Lent, timing it to reach the end as Holy Week arrives.

Fasting is more than a means of developing self-control. It is often an aid to prayer, as the pangs of hunger remind us of our hunger for God. Fasting should be linked to our concern for those who are forced to fast by their poverty, those who suffer from the injustices of our economic and political structures, those who are in need for any reason. Thus fasting, too, is linked to living out our baptismal promises. By our Baptism, we are charged with the responsibility of showing Christ's love to the world, especially to those in need. Fasting can help us realize the suffering that so many people in our world experience every day, and it should lead us to greater efforts to alleviate that suffering.

Fasting means eating one full meal and two smaller meals with no snacking between meals for ALL Catholics 18—59 years of age (exceptions for medical conditions). ***Abstinence*** means not eating meat for ALL Catholics 14 years and older, but younger children are encouraged to do the same. **Days of Fast and Abstinence: Ash Wednesday & Good Friday. Remember to abstain from meat every Friday during Lent.**

Almsgiving It should be obvious that almsgiving, the third traditional pillar, is linked to our baptismal commitment in the same way. It is a sign of our care for those in need and an expression of our gratitude for all that God has given to us. Works of charity and the promotion of justice are integral elements of the Christian way of life we began when we were baptized. Our parishes offer opportunities for Almsgiving through CRS Rice Bowl and Hygiene Kits for the homeless.



**Opportunities for Confession
@ the following Lenten Reconciliation Services**

Monday, March 22 7pm—Shepherd of the Hills, Eden
Tuesday, March 23 7pm—Holy Trinity, Kewaskum
Thursday, March 25 7pm.—St. Matthews, Campbellsport

Regular Sacrament of Reconciliation Schedule

Tuesdays: 7:30pm. - Holy Trinity
Fridays: 7:15am - Holy Trinity
Saturdays: 3:15pm - St. Michael



Parish Lenten Challenge—Lent is the perfect time to ‘make things right with God.’ One of the best ways to ‘make things right’ between you and God is to receive the Sacrament of Reconciliation/Confession. This year, take on our **Parish Lenten Challenge**: Before you head out to Confession, invite one other person (who hasn’t been going to Confession regularly) to go along with you. Don’t forget to ask your own spouse, or your young adult children, or your brother or sister! You’ll be surprised at what a difference this simple invitation can make in someone’s spiritual life! Be sure to share your success story with others, so they, too, can take on our **Parish Lenten Challenge**. Lead others to receive the gift of God’s mercy this Lent!

Tuesday, February 16 @ 6:30 p.m. Burial of the Alleluia at St. Michael—Boxed Lunch Following Service

Wednesday, February 17—Ash Wednesday

6am Mass—Holy Trinity
8am Liturgy of the Word with Distribution of Ashes—St. Michael
6:30pm—St. Michael

Stations of the Cross—Praying the Stations of the cross is a wonderful opportunity for families to come together in prayer during this Lenten Season.

Monday @ 7pm at St. Michael
Friday @ 2pm at Holy Trinity (when students are present 3/5, 3/19, please sit in the choir loft)
Friday @ 7pm at Holy Trinity

Families That Pray Together, Stay Together

Holy Week

Palm Sunday March 28

Saturday (March 27): St. Michael, 4:00 p.m.

Sunday: St. Michael, 9:00 a.m. Holy Trinity, 7:30 a.m. & 11:00 a.m.

Holy Thursday Mass/Washing of the Feet (April 1) Holy Trinity 7:00 p.m.

Good Friday Service (April 2) St. Michael 1:00 p.m., Holy Trinity 3:00 p.m.

Good Friday Stations of the Cross (April 2) Holy Trinity 7:00 p.m.

Holy Saturday/Easter Vigil (April 3) Holy Trinity TBD

(There will be no Saturday 4:00 p.m. Mass)

Easter Sunday

Sunday, April 4

St. Michael Church: 9:00 a.m., Holy Trinity: 7:30 a.m. & 11:00 a.m.