



# THE GREAT GAZETTE

Lenten Issue February 2021

# LENT



This a season of focus and preparation.  
It aligns our hearts with God's heart as we approach Easter.

Ways we can prepare with the 3 Pillars of Lent...



Ash Wednesday, February 17

Remember that  
you are dust,  
and unto dust  
you shall return.



Masses at  
8:30am, 12 Noon,  
6pm



# PRAYING



## **Nurture your relationship with God.**

Consider adding something that helps you to connect with your faith and with God.

Maybe commit to daily prayer. Study the Bible or do a devotional. Maybe practice a Lectio Divina.

We have several opportunities to help you connect and build our relationship with God.

## **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. We might pray for all those who will celebrate the sacrament of reconciliation with us during Lent that they will be truly renewed in their baptismal commitment. We might pray for the end to the current pandemic and the end to social injustices.

## **Exposition & Benediction**

Exposition is when we view and adore the exposed consecrated Host. After about 15 minutes, Benediction begins with scripture readings, hymns and prayers. Benediction of the Blessed Sacrament is the blessing of the congregation with the Eucharistic Lord. **See the Exposition Schedule on the back page.**

## **Penance**

Lent is the primary time for celebrating the Sacrament of Penance, because Lent is the season for baptismal preparation and baptismal renewal. **See the full Penance / Reconciliation schedule on the back page.**

## **Adoration**

Adoration is when the consecrated Host is placed in the monstrance for quiet prayer and adoration. We have a Perpetual Adoration Chapel located in the Spirit Center for quiet adoration.

## **Stations of the Cross**

Stations of the Cross will be held most Fridays during Lent, and is the 14-step devotion that commemorates Jesus Christ's last day on Earth as a man **See the Stations of the Cross Schedule on the back page.**

# Hybrid Lenten Group Study

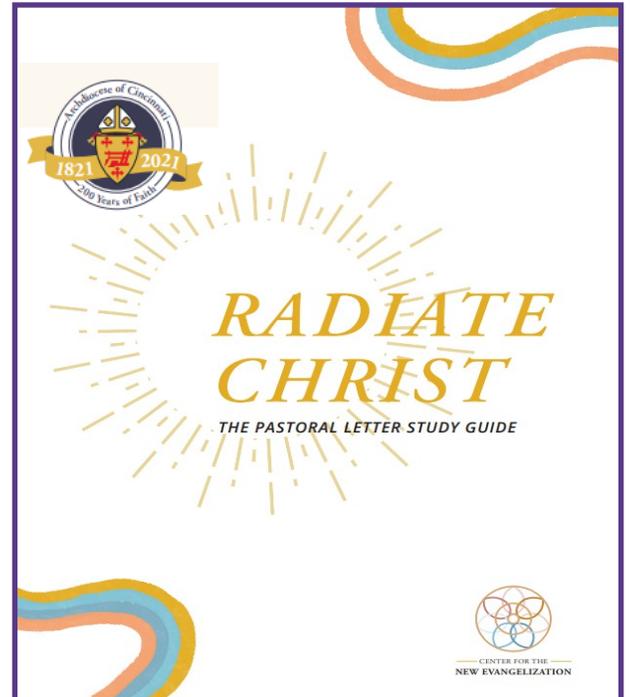
A 7-week session study of ***Radiate Christ:***  
*A Pastoral letter to the Faithful of the Archdiocese*  
written by Archbishop Dennis Schnurr.

This document was written for the  
Archdiocese of Cincinnati bicentennial this June.

In-person and On-line opportunities via Zoom

**Study guide available free online on the  
Archdiocese website: [catholicaoc.org](http://catholicaoc.org)**

Also copies will be in the Gathering Space



## Details

**Begins: Sunday, February 21**

**Ends: Sunday, April 18 (NO Session during Holy Week)**

**There are 7 sections in this study guide.** We will 5 before Easter and the remaining 2 after Easter.  
Each study is about 45 minutes.

**Week of:**

**Feb. 21** Section 1: My Dear Brothers and Sisters in Christ

**Feb. 28** Section 2: Searching for Meaning in a World wounded by Sin

**Mar. 7** Section 3: 1821 Forward: The Growth of a Believing Community

**Mar. 14** Section 4: Where do we Experience God and the Church?

**Mar. 21** Section 5: Laying the Foundations

**Apr. 11** Section 6: Considering our Contribution

**Apr. 18** Section 7: My Brothers and Sisters

## Meeting Times

**All Sundays** In Person and via Zoom: 10:30am Spirit Center Rm D

**All Wednesdays** In Person ONLY: 7pm Spirit Center Rm D

**All Thursdays** In Person and via Zoom: 1pm Spirit Center Rm D

## Questions and Information

**Julie Burt, 937-293-1191 x216 [jburt@stalbertthegreat.net](mailto:jburt@stalbertthegreat.net)**

**Zoom link will be coming on Flocknote and will also be on our website**

**[www.stalbertthegreat.net/Lent2021](http://www.stalbertthegreat.net/Lent2021)**



# FASTING



**While fasting and abstinence takes the form of refraining from eating,**

it is primarily to deny our human appetites, both literally and figuratively, to focus more intensely on prayer.

**It helps us to get closer to God.**

## What is Fasting

Fasting means limiting oneself to one full meal on Ash Wednesday and Good Friday. On fast days, two additional smaller meals are permitted if necessary to maintain strength.

## When and why do we fast

Ash Wednesday and Good Friday. It helps us to pray better. An empty stomach can lead to more attentive prayer. Catholics aged 18 to 60 should fast. Children, the elderly, pregnant and/or nursing mothers, and those with health conditions may be exempt from fasting.

## What is Abstinence

Abstinence from meat is to be observed on Ash Wednesday and on all Fridays of Lent. This obligation prohibits the eating of meat, but not eggs or milk products.

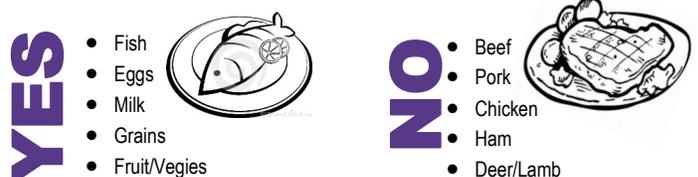
## When and why do we abstain?

Catholics are obligated to abstain from meat every Friday throughout Lent. It is the day of Christ's saving death on the cross. We abstain to share in His work of saving the world. Catholics aged 14 and older should abstain.

### Fasting



### Abstinence



## **Give up things that distract you from your relationship with God.**

When we lay down our desires and live surrendered we make room for God to have His way in our lives.

“Take up your cross and Follow Me”  
Mark 8:34

## **Self Denial Fasting**

Voluntary acts of self denial are recommended on weekdays during Lent.



## **Examples of self denial**

- Fast from watching TV
- Fast from Social Media
- Fast from complaining and being unkind
- Abstain from bad images
- Abstain from negative or unclean thoughts

## **Fasting verses Feasting**

- Fast from judging others Feast on the Christ dwelling in them
- Fast from emphasis on differences Feast on the unity of life
- Fast from words that pollute Feast on phrases that purify
- Fast from discontent Feast on gratitude
- Fast from anger Feast on patience
- Fast from complaining Feast on appreciation
- Fast from bitterness Feast on forgiveness
- Fast from shadows of sorrow Feast on the sunlight of serenity
- Fast from idle gossip Feast on purposeful silence



# ALMSGIVING



**Almsgiving is another word for Charity.**

The foundational call of Christians to charity is a frequent theme of the Gospels. During Lent, we are asked to focus more intently on almsgiving, which means donating money or goods to the poor and performing other acts of charity.

## Almsgiving in simple terms

In simple terms, Almsgiving means helping the poor and doing acts of charity and mercy.

**Almsgiving is**

**A form of prayer**

**Making voluntary contributions to aid the poor**

**The act of giving**

**A form of self denial and sacrifice on behalf of others**

## The Power of Almsgiving

Almsgiving is a form of prayer because it is "giving to God" — and not mere philanthropy.

It is a form of fasting because it demands sacrificial giving — not just giving something, but giving up something. Jesus presented almsgiving as a necessary part of Christian life:

*"When you give alms, sound no trumpet before you, as the hypocrites do in the synagogues and in the streets, that they may be praised by men. Truly, I say to you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing" (Mt 6:2-3).*

## Ways to Donate

- Donate canned goods or a casserole during the Monthly Food Collection and the Meals for the Homeless
- Donate Monetary, if you can. The Catholic Ministries Appeal funds go to the Archdiocese worthy ministries
- Donate clothes and household items to Corner Cupboard Charities. Donation boxes in south parking lot
- Donate the gift of life by giving blood. **The next Blood Drive is Saturday, March 13.** See bulletin for specific information, or go to [www.donortime.com](http://www.donortime.com).

## Serving Others

**We are called to look at the world through the heart of Christ and feel his compassion for the poor and suffering.**

Serving others in Lent can be as simple as offering a listening ear or a smile to someone in need to let them know their lives have value. Or it can be as great as volunteering your time to a local charity that could use extra help.

## Volunteer in your community

If you want to volunteer and serve in our community, Catholic Social Services of the Miami Valley and St. Vincent de Paul are both great ways to start.

**Catholic Social Services of the Miami Valley** is always looking for volunteers to help unload and restock food deliveries and / or work the Food Pantry. Contact Mike Hoendorf at [937-223-7217 x1141](tel:937-223-7217)

**St. Vincent de Paul** can always use extra assistance at the shelter and / or at our once a month serving of the Evening Meal. Information at [www.stalbertthegreat.net/eveningmeal](http://www.stalbertthegreat.net/eveningmeal).



## Volunteer in your parish

There are many ways to serve in our parish. Join a committee or ministry.

Join Worship Commission, and serve as an Usher, Eucharistic Distributer or Reader.

Or help the Worship Commission's Arts & Environment team with keeping the altar and parish surroundings beautiful. To join Worship Commission, contact Deacon Dave Zink at [ddzink@stalbertthegreat.net](mailto:ddzink@stalbertthegreat.net)

Our Bereavement Ministry is always looking for members to help take communion to the homebound (after Covid) Contact Paula Smith at [937-293-1191](tel:937-293-1191) (Parish Office will contact Paula).

Help the Garden Guild with the seasonal Farmer's Market. To join Garden Guild, contact Kate Dungan at [dungankate19@gmail.com](mailto:dungankate19@gmail.com). **For a full list of ways to volunteer in our Parish, go to our website homepage.**

**Scroll down to *Parish Life* then go to *Great Opportunities*.**

## Acts of Kindness

- Visit an elderly neighbor
- Reconcile with someone
- Spend more time with family
- Smile at the people next to you in the pew
- Make a hand written card for a friend who could use some cheering up

## Ash Wednesday

Wednesday, February 17

Masses at 8:30am, 12 Noon, 6pm

*Ashes might be distributed differently this year due to covid*

## Church Open for prayer

St. Albert the Great Parish for private prayer

Tuesdays Noon-6pm

Fridays Noon-6pm

## Reconciliation

St. Albert the Great Parish

Fridays after Noon Mass

*unless we have a funeral Mass or Holy Day*

Saturdays after 8:30am Mass

Location: lower sacristy; please wear a mask

## Additional Reconciliation Opportunities

Wednesdays throughout Lent 7pm-8pm

*(excluding Ash Wednesday & during Holy Week)*

St. Albert the Great Lower Sacristy *please wear a mask*

## Regional Penance Services

Thursday, March 9 7pm St. Charles

## Stations of the Cross

Fridays: Feb. 19, March 5\*, 19 *(also April 2 2pm)*

7pm In Church \**also exposition / benediction*

## Virtual Stations of the Cross

St. Albert the Great Virtual Stations

Links coming via Flocknote and our website

Catholic Relief Services Rice Bowl Events

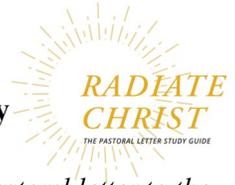
Link on our website or [www.crsricebowl.org](http://www.crsricebowl.org)

## Exposition & Benediction

Friday: March 5

7:30pm In Church with Deacon Dick Strominger

## Lenten Activities



### 7-Session Hybrid Lenten Study

*Begins first week of Lent*

A study of *Radiate Christ: A Pastoral letter to the Faithful of the Archdiocese* by the Archbishop.

Details on page 3

### Lenten Podcast by Fr. Chris Worland

*Make Me a Channel of your Peace*

3 separate presentations for you to listen at your convenience Link coming via Flocknote and will be on website

### SAYM Youth Journey Group via Zoom

*Held Mondays 6:30pm-8pm starting Feb. 15*

Teens in 6th-12th grade and families welcome.

Journey through Season One of **The Chosen**, a multi season TV show about the life of Jesus.

Details and Registration, contact

Jess de Groot, [jdegroot@stalbertthegreat.net](mailto:jdegroot@stalbertthegreat.net)

### Catholic Relief Services Parish Rice Bowls

Rice Bowls with Lenten calendars will be available in the Gathering Space and the Chapel hallway [www.crsricebowl.com](http://www.crsricebowl.com)

### Lions Recyclable For Sight Program

Collecting previously used eye glasses to donate to the **Lions Club International**.

Drop off unwanted glasses in the Lion's Club box in the Gathering Space

## Holy Week and Easter

### Holy Thursday: April 1

Mass of the Lord's Supper 7pm

### Good Friday: April 2

Stations of the Cross 2pm

Celebration of the Lord's Passion Noon & 7pm

### Holy Saturday: April 3

Morning Prayer / Blessing Easter Baskets 10am

Easter Vigil: April 3 Mass at 8:45pm

### Easter Sunday: April 4

Masses at 8am, 9:30am and 11am