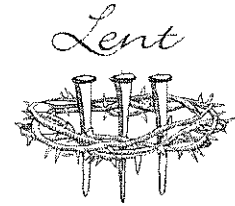


LENT 2020 in "Holy Family of the Bluffs" Catholic community

"Lent is a fitting time for self-denial; we would do well to ask ourselves what we can give up in order to help and enrich others by our poverty." - Pope Francis



The Symbols and terms of Lent

Colors: Violet is the usual color for Lent because it symbolizes repentance.

Red on Good Friday relates to Jesus' sacrifice.

White is the color of Easter because of the Resurrection of Jesus Christ and new life.

Ashes: placed on the forehead hint at an ancient ritual-covering oneself with ashes in penitence. Receiving the cross-shaped "smudge" reminds us that we are dust and is a public statement of repentance. The ashes are from the previous year's Palm Sunday branches, illustrating the circle of the Church year.

Forty days: reminds us of the 40 days which Jesus spent fasting and prayer in the wilderness.

Lent: is an Anglo-Saxon word meaning "spring." The season lasts from Ash Wednesday until the Mass of the Lord's Supper on Holy Thursday.



Stations/Way of the Cross

Lansing

Wednesdays @ 8:00am & Fridays @ 5:00pm
Wednesday, March 11 & 25 and April 8 @ 6:15pm
after Mass on Sunday, March 8 & 22.

New Albin

Tuesdays after morning Mass
after Mass on Sunday, March 1, 15 & 29.

Wexford

After Mass on Saturday, March 7 & 28

Harpers Ferry

Wednesday, March 11 & April 1 @ 7:15pm
after Mass on Saturday, February 29 & March 21
4:45pm on Tuesdays - March 3, 10, 17, 24, 31 and April 7
[The Passion of Jesus Christ Through the Heart of His Mother]

Stations of the Cross booklets are available at Church entrances.

the Three Pillars of Lent

Prayer: turns us away from sin's rebellion and draws us into right relationship with our Creator. The summit of Catholic prayer is the Mass, and a good Lenten practice is to attend daily Mass if possible. The Rosary, Scripture reflection, Eucharistic Adoration and other forms of prayer also help us get the most out of Lent.

Fasting: is a discipline designed to remove whatever threatens to become more important than God in our lives. Normally, fasting focuses on food, but it could also involve other activities like watching TV or playing video & computer games. According to Church regulations, those in good health are to observe the following practices during Lent (unless for some serious reason they are unable to do so).

Fast - all Catholics from age 18-59 are to fast on Ash Wednesday on Good Friday. On these two days of fast and abstinence, only one full meatless meal is allowed. Two other meatless meals may be taken according to each one's needs, but together they should not equal another full meal. Eating or snacking between meals is not permitted; but liquids, including milk and fruit juices, are allowed. When health or ability to work would be seriously affected, the law does not apply.

Abstinence - all Catholics of age 14 and older are to abstain from meat (beast or fowl) on Ash Wednesday, Good Friday and all the Fridays of Lent.

Almsgiving: reestablishes the community dimension in our lives, reminding us that we are not here just for ourselves but are bonded in solidarity with others. Because of that solidarity, we have an obligation to one another, especially those in the greatest need. Participating in the disciplines of Lent is itself a sign of spiritual solidarity with other members of the Church.



Operation Rice Bowl (and Calendar) - "For Lent For Life"

Each day during Lent, CRS invites you to reflect on how your Lenten sacrifice can help families around the world overcome the challenges of hunger and poor nutrition. Join our HFB Catholic community - and more than 14,000 Catholic communities across the USA --- in a life-changing Lenten journey of encounter with CRS Rice Bowl to reach more than 127 million people around the world. Pick up your rice bowl on Ash

Wednesday or at any entrance to our churches. During the 40 days of Lent, we will encounter the needs of the world. 75% of your donation supports Catholic Relief Services programs around the world; 25% of your donations supports efforts to alleviate hunger and poverty in the Archdiocese of Dubuque. Download the CRS Rice Bowl app at crsricebowl.org. LEARN - GIVE - FAST - PRAY

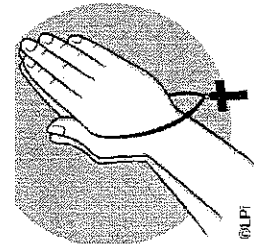


Lenten Resources

1. "Daily Reflections for Lent" with Michelle Franci-Donnay. Reflections on the daily Mass readings will deepen your experience of the Lenten season and prepare you for the fullness of joy in the Easter mystery.
2. "the WORD among us" Theme is: Come, Follow Me. The articles focus on Peter and they invite us to journey with Peter as he learned from Jesus. During this Lent let's ask Christ Jesus to transform us as he transformed Saint Peter.
3. "Follow the Cross" stations of the cross will be given to each child in 1st thru 5th grade.
4. "Following Jesus" calendar distributed to each student in Faith Formation program.

Prayer for Lent

O gracious Master, infuse in our hearts the spotless light of Your Divine Wisdom and open the eyes of our mind that we may understand the teachings of Your Gospel. Instill in us also the fear of Your blessed commandments, so that having curbed all carnal desires, we may lead a spiritual life, both thinking and doing everything to please You. For You, O Christ, our God, are the



enlightenment of our souls and bodies; and to You we render glory, together with Your eternal Father, and with Your all holy, life-creating Spirit, now and forever. Amen.

-www.catholic.org

Brother Steward

Renew! Rise up during Lent!

Centuries ago, Merry Olde England wasn't so merry. Brothers were persecuted by a despotic King. Monasteries were closed, the faithful jailed, and the clergy martyred.

Fast forward to today: the beginning of Lent. The word comes from Latin meaning "Spring": a time for renewal, rebirth, and at time for reflection on our faith and resurrection. We should use our time to renew prayers to resolve all ills in the world. We should use our talents to renew our battle against poverty and renounce greed. It is a time when we should use our treasure to renew our commitment to support our church and its ministries. And, it is a time to renew our allegiance to the Lord.

God Bless!

