



St. Vincent Pallotti Parish, Milwaukee
Lent Season 2019

As part of our Lenten Journey the Church obliges

- ◆ **To abstain from meat on Ash Wednesday and on all Fridays during Lent.**
All those who celebrated their 14th birthday are obliged to do so.
- ◆ **To fast on Ash Wednesday and Good Friday.**
All who have celebrated their 18th birthday up to the age of 59 are obliged to do so. On those days , we may eat one full meal and two smaller meals.

In addition the Lord is calling each one to:

- ◆ Participate fully and actively in Weekend Mass
- ◆ Participate in Mass on at least one weekday per week
- ◆ To pay greater attention to personal and family prayer and scripture reading
- ◆ Participate in the activities listed below to enhance your Lenten Journey

Sacrament of Reconciliation

West Church

- All Saturdays in Lent- 3:00 - 3:45PM
- **Wednesday, March 20, 6:30PM**
Communal Penance Service
- Wednesday, April 10, 8AM - 8PM
Archdiocese Day of Reconciliation

East Church

- All Sundays in Lent - 7:00AM - 7:45AM

ASH Wednesday Masses

6:25 AM - East Church

8:00 AM - Pius High School

6:30 PM - West Church

WEEKDAY MASS SCHEDULE

Mon. - Fri. 6:25 AM - East Church

Tues, Wed, * Fri 8:00 AM West Church

Note change for Lent*

***Thurs. 12Noon - West Church**

Operation Rice Bowl sponsored by
Catholic Relief Services

Join our faith community –and more than 14,000 Catholic Communities across the U.S. in a life-changing Lenten journey of encounter with CRS Rice Bowl.

Pick up your family’s CRS Rice Bowl at the church entrances on **March 2-3**. Twenty-five percent of what St. Vincent Pallotti brings in will stay with our St. Vincent de Paul group. The rest will go to the greatest needs in the world.

PAY IT FORWARD!

In the Spirit of St. Vincent Pallotti, do a kindness for someone and ask that the receiver pay it forward. Everyone can participate without even leaving their home!
See list of ideas on the back!!!

Stations of the Cross

6:30PM at the **East Church** on
the following Fridays:

March 8

March 15

March 22

March 29

April 5

April 12

Living Stations of the Cross **After**
10AM Sunday Mass at the

West Church presented by the

Religious Ed. Students;

March 17 and March 31

Pay it Forward Ideas

1. Donate blood and save a life. Give blood on March 9th or during the Lenten season. What could be more beautiful than doing something that helps someone else to stay alive?
2. Fill a rice bowl with money for the hungry. Return it on Holy Thursday or place it in the basket during the regular collection.
3. Give someone a smile. You'll see that many people will quickly loosen up and return the smile.
4. Call or visit an older adult. Isolation is one of the biggest health issues for our older adults.
5. Visit a nursing home and make it a family event. Families can go to nursing homes and hand out small gifts such as homemade greeting cards.
6. Donate some of your gently used clothing to others in need.
7. Listen to someone's story. Many people don't have someone who listens to them, someone who cares about them. You could be that someone.
8. Be forgiving. Life will confront you with numerous opportunities to lose your patience or get hurt feelings. Whatever it is, be willing to forgive others.
9. Pay the animal shelter a visit and donate old towels or blankets. You may even be able to take time with dogs and cats.
10. Pray for someone in need. Many people consider praying as something that is incredibly powerful. If there is someone you know who is in need, you cannot lose much by including them in your prayers. Send them some love and wish them the necessary strength it takes to see things through.
11. Be nice to customer service personal. Treat service personal kindly and be sure to tell them how much you appreciate their service. Their manager would also like to know how well they did.
12. Give without expecting it to be returned. Instead of asking for repayment, tell them to Pay it Forward.
13. Let others in the line go in front of you. If you're standing in the line at the supermarket and you see that the person behind you is buying only a couple of things let them go in front of you.
14. Say "yes" when someone asks for help. See if you can help in any way shape or form. You may not always be able to solve the problem, but you can at least help to alleviate its effects.
15. Tell someone they made a difference in your life. There are many kindhearted people out there who give without asking for anything in return.
16. Make a food donation to St Vincent de Paul or your local food bank.
17. Help someone pursue their dream. What better way to pay something forward than helping someone accomplish their dream?
18. Randomly greet others as they walk into church. Introduce yourself with a smile and welcome them to St Vincent Pallotti.
19. Do a good deed to a homeless person. Contact the Rescue Mission or Capuchins' to serve a meal, donate toiletries or clothing.
20. Pay for someone's coffee. When buying a coffee, you can casually pay the coffee or tea of the person behind you. It's a fantastic way to brighten their mood.
21. Participate in a cleanup day. Cleanup days are a fantastic way to contribute your part in helping to preserve Mother Nature.
22. Compliment the first three people you talk to today.
23. Send a positive text message to five different people right now.
24. Know parents who could use a night out? Offer to babysit for free.
25. Know a caregiver that could use a respite? Offer to help for free.
26. Put your phone away while in the company of others.
27. Email or write to a former teacher who made a difference in your life.
28. Have a LinkedIn account? Write a recommendation for coworker or connection.
29. Surprise a neighbor with freshly baked cookies or treats!
30. Leave unused coupons next to corresponding products in the grocery store.