

Lent Season 2021



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

Communal Penance Service

Tuesday, March 16, 6:30PM - West Church
West Church

- All Saturdays in Lent- 3:00 - 3:45PM

East Church

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

Archdiocese Programs for Lent

- Lenten Missions

Wednesday, March 3, 7:00 - 8:30PM
See our website for more information

- Archdiocese Day of Reconciliation

Wednesday, March 24, 8AM - 8PM
at St. Margaret Mary, 92nd & Capital

Catholic Relief Services Rice Bowls

We are Called

**Please pick up your Rice Bowl
at one of the church entrances.**

Join our faith community—and more than 14,000 Catholic communities across the United States—in a life-changing Lenten journey with CRS Rice Bowls. During the 40 days of Lent, we will reflect on the challenge of global hunger and how it affects our human family. We will see how our prayers, fasting and almsgiving can provide for those worldwide who are most in need.

ASH Wednesday Masses

February 17

6:25 AM - East Church

8:30 AM - West Church

6:30 PM - West Church

WEEKDAY MASS SCHEDULE

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

Tues 8:00 AM West Church

Thurs. 12Noon - West Church

Stations of the Cross

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

February 19

February 26

March 5

March 12

March 19

March 26



DEEDS OF KINDNESS!

Do a kindness for someone or volunteer to help. Good deeds are contagious - see list of ideas on the back of this sheet. Call Cathy Healey at 414.412.7940 if you would like to make phone calls or visits to our homebound and those on our prayer list.

Lenten Calendar 2021

Change the world by doing acts of kindness so others will pay it forward

Wed, February 17	First Day of Lent, Attend Ash Wednesday services
Thurs, February 18	Do something kind for yourself
Fri, February 19	Tell someone you love them <i>Attend Stations of the Cross, 6:30pm at EC</i>
Sat, February 20	Smile at a stranger or 2 or 15!
Sun, February 21	Play board or card game with your family today
Mon, February 22	Do something unexpected for someone
Tues, February 23	Let a car in front of you in traffic
Wed, February 24	Tell a joke to make someone smile
Thurs, February 25	Feed animals (birds, deer, etc.)
Fri, February 26	Smile and thank someone who serves you <i>Attend Stations of the Cross, 6:30pm at EC</i>
Sat, February 27	Adopt someone who is homebound (card, call, visit, etc.)
Sun, February 28	Offer to help a friend, family or coworker
Mon, March 1	Run an errand for a family member or friend who is busy
Tues, March 2	Send a gratitude email to a coworker who deserves more recognition
Wed, March 3	Leave unused coupons next to corresponding products in the grocery store
Thurs, March 4	Offer to baby sit for free
Fri, March 5	Tell a joke to make someone smile <i>Attend Stations of the Cross, 6:30pm at EC</i>
Sat, March 6	Donate blood at our St. Vincent Pallotti Blood Drive; 8– Noon; See bulletin for details
Sun, March 7	Let someone behind you in in the line at the grocery store, etc. go in front of you
Mon, March 8	Buy a friend or colleague coffee
Tues, March 9	Shovel someone's sidewalk
Wed, March 10	Hold the door open for someone
Thurs, March 11	Give someone a hug or a compliment
Fri, March 12	Repeat what you did on March 11 <i>Attend Stations of the Cross, 6:30pm at EC</i>
Sat, March 13	Give a friend or loved one your full attention
Sun, March 14	Read to a friend or loved one
Mon, March 15	Donate something to charity
Tues, March 16	Write a happy note for someone to find (in a lunch bag, on top of pillow, etc.)
Wed, March 17	Get in touch with a friend or relative
Thurs, March 18	Tape some money to a vending machine
Fri, March 19	Send a positive text to five different people right now <i>Attend Stations of the Cross, 6:30pm at EC</i>
Sat, March 20	Call in on an elderly neighbor - take some cake, have a cup of tea and chat
Sun, March 21	Tell someone you love them
Mon, March 22	Call on a homebound parishioner or a parishioner on our prayer list
Tues, March 23	Take some flowers to mothers and grandmothers
Wed, March 24	Give away a book you think is worth reading
Thurs, March 25	Offer your skills to someone else for free
Fri, March 26	Be a nice driver - Spread Road-Calm! <i>Attend Stations of the Cross, 6:30pm at EC</i>
Sat, March 27	Engage in conversation with the people who serve you (e.g. shopkeepers)
Sun, March 28	Spread the niceness on Facebook and Twitter; compliment some of your friends
Mon, March 29	Thank police and fire personnel for their service
Tues, March 30	Thank Veterans for their service
Wed, March 31	Reflect and record how much joy this month has brought you
Thurs, April 1	Attend Holy Thursday Services
Fri, April 2	Attend Good Friday Service or Stations of the Cross
Sat, April 3	Attend Holy Saturday Vigil
Sun, April 4	Easter Sunday! Alleluia! Take time to praise the Lord!