

# LENT

## Holy Family Cluster

Sacred Heart Parish ~ St. John Parish ~ St. Francis Xavier Parish  
Cluster Office ~ 608 2nd Avenue NE ~ Clarion, Iowa 50525  
(515)532-3586

Visit us at [www.holyfamilycluster.org](http://www.holyfamilycluster.org)



**Lent** is the yearly preparation for Easter. This six-week liturgical season calls us to change our lives and be open to the blessings that God has promised us. Lent calls us back to the basics of our faith. Prayer, fasting and almsgiving allow us to show appreciation for God's gift of salvation through Jesus' life, death and resurrection.

### COMMUNAL PENANCE SCHEDULE



**Wednesday, March 13:**  
6:30 pm to 7:45 pm at St. John  
**Wednesday, March 20:**  
6:30 pm to 7:30 pm at Sacred Heart  
**Wednesday, March 27:**  
6 pm to 7:15 pm and 7:30 pm to 8:30 pm  
at St. Francis Xavier

#### What is Communal Penance?

**"1482** The sacrament of Penance can also take place in the framework of a communal celebration in which we prepare ourselves together for confession and give thanks together for the forgiveness received. Here, the personal confession of sins and individual absolution are inserted into a liturgy of the word of God with readings and a homily, an examination of conscience conducted in common, a communal request for forgiveness, the Our Father and a thanksgiving in common. This communal celebration expresses more clearly the ecclesial character of penance. However, regardless of its manner of celebration the sacrament of Penance is always, by its very nature, a liturgical action, and therefore an ecclesial and public action." (Excerpt from the Catechism of the Catholic Church)

### ADORATION BEFORE MASS

Join us for Adoration before Masses through Lent. Adoration will begin 45 minutes before all Masses starting the weekend of March 9 & 10 through April 6 & 7. A led Rosary will not take place in order to allow time for individual prayer. Please be respectful when entering the church during Adoration. This is a time for quiet prayer and reflection, please avoid making noise when entering.

### COMMUNITY LENTEN EVENTS

#### Eagle Grove Lenten Lunches

Free will offering and program. All lunches are in Eagle Grove on Thursdays at 12 pm. Please call host church by Wednesday of the previous week to RSVP.

March 7: Evangelical Lutheran  
**March 14: Sacred Heart**  
March 21: Samuel Lutheran  
March 28: United Methodist  
April 4: United Church of Christ  
April 11: First Baptist Church

#### Belmond Ecumenical Lenten Services

Services are held in Belmond Wednesdays at 9:30 am. If school is delayed or cancelled due to inclement weather, the ecumenical service is also cancelled.

March 13: United Methodist  
**March 20: St. Francis Xavier**  
March 27: Trinity Lutheran  
April 3: Emmanuel Reformed  
April 10: St. Olaf  
April 17: Evangelical Free

**Clarion Fat Tuesday Pancake Supper:** March 5, 5-6:30 pm, First Lutheran, Clarion  
Sponsored by the Clarion Ministerial Association

### IMPORTANT DATES

#### Ash Wednesday, March 6

##### Mass Schedule

12:15 pm St. Francis Xavier  
5:30 pm Sacred Heart  
7:15 pm at St. John (Bilingual)

#### Thursdays During Lent

**St. John:** 5:30 pm Stations, Lenten Reflection, & Soup Supper  
**St. Francis Xavier:** 5:30 pm Stations, Lenten Reflection, & Soup Supper  
**Sacred Heart:** 5:30 pm Stations, Mass, & Soup Supper



#### Holy Thursday ~ April 18

##### 8 am Morning Prayer

at St. Francis Xavier

**7 pm Mass of the Lord's Supper, (Bilingual)** Washing of Feet at Sacred Heart

#### Good Friday ~ April 19

##### 8 am Morning Prayer

at St. Francis Xavier

##### 1 pm Divine Mercy Novena

at St. John

##### 5:30 pm Liturgy

at St. Francis Xavier

##### 7:30 pm Liturgy in Spanish

at St. John

#### Holy Saturday ~ April 20

##### 8 am Morning Prayer

at St. Francis Xavier

##### 8:30 pm Easter Vigil (Bilingual)

at St. John

#### Easter Sunday ~ April 21

No Mass at St. John

**8 am Mass** at St. Francis Xavier

**10:30 am Mass** at Sacred Heart

# LENT

# PRAYER FASTING ALMSGIVING

## PRAYER

When we turn to God in prayer, we listen to His voice, and let Him fill our hearts and guide us. During Lent, our prayer takes on a special tone—we are especially aware of our sins. We pray for a deeper conversion of our heart and mind to the Lord.

### **Ways to broaden & deepen our spiritual lives:**

- ✠ Pray the Stations of the Cross either by yourself or with the parish on Thursday.
- ✠ Make visits to Jesus in the Blessed Sacrament
- ✠ Find a quiet place and pick designated times each day to pray.

## FASTING & ABSTINENCE

Catholics in good health aged 18-59 are required to fast on Ash Wednesday and Good Friday. Fasting means that we eat one main meal without snacking in between and two smaller meals. All Catholics who have reached their completed their 14th year are bound by the law of abstinence, which is abstaining from meat on Ash Wednesday and **all** Fridays of Lent.

## ALMSGIVING

Jesus tells that when we feed the hungry, clothe the naked and visit the sick, we are encountering him.

### **We can do this by:**

- Donating to the food pantry, Rice Bowl, Catholic Charities, or other charitable organizations.
- Visiting homebound or those in the care center.
- Sending cards or calling someone who is sick, lonely, discouraged, or grieving.
- Giving clothing to Goodwill or Salvation Army.
- Offering to do a job or errand for someone who is unable to do it.

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Lent begins with Ash Wednesday and ends on Holy Thursday evening. It begins with ashes, the solemn reminder of all our limits and the church's call to conversion. Its forty days are for remembering and becoming what baptism made us. Such a season means that the community, like the individual, puts aside much of the business that occupies it all year long. We cannot keep Lent unless it has its own space, greatly free of the usual round of activities.

### *Why should we give Lent its own space, greatly free of usual activities?*

For staying close to the catechumens as they take the final steps toward baptism, for hearing and pondering the scriptures that hold us to the shape and meaning of our own baptism. In practice, Lent is free for the disciplines of prayer and fasting and of almsgiving that provide us the way to charge into the battle with all that we renounced at baptism.