



## Lent is here... are you be ready?

What kind of difference can this Lent make in your life, personal or spiritual? What types of intentional efforts can be made to make the life of another better? The efforts need not be grand, as we know it is the small things in life that sometimes make the biggest difference. Simply letting go of a grudge, reaching out to a family member who you have not talked to in a while, holding a door, extending a smile, not returning a rudeness, can make all the difference.

Consider this year's journey through Lent as a personal time to build your relationship with Jesus. Let us continue to be his hands and feet here on earth, in a very intentional way. As we pray for peace around the world in light of the conflict in the Ukraine, let us not only be thankful for the freedoms that we hold dear here in the United States, but rather, let us work intentionally together to have a greater peace in our own communities and homes.

## Did you know...

Lenten Obligations Are: Ash Wednesday is a day of fast and abstinence for the universal church. Everyone 14 years of age and older is bound to abstain from meat on Ash Wednesday, all of the Fridays of Lent and Good Friday. Everyone 18 years of age and under 60 years of age is bound to fast on Ash Wednesday and Good Friday. This means only one full meatless meal is to be eaten. Two smaller meatless meals, sufficient to maintain strength, may be taken according to each one's needs, but together should not equal another full meal. Eating between meals is not permitted. When health or ability to work would be seriously affected, the law does not oblige.

As we choose to fast in various ways today and throughout the Lenten Season let us keep in mind the words Jesus shared in [today's Gospel message](#): "When you fast, do not look gloomy like the hypocrites. They neglect their appearance, so that they may appear to others to be fasting. Amen, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, so that you may not appear to be fasting, except to your Father who is hidden. And your Father who sees what is hidden will repay you."



### SAVE THE DATE!

- First Reconciliation Retreat/Sacrament March 13
- Cluster Penance Service ~ March 6
- Cluster Lenten Retreat ~ March 12
- High School Discipleship Weekend March 18-20
- Shadow Stations of the Cross ~ NPHS April 10, TLHS April 13
- Extreme Faith Camp ~ June 20-24
- Mission Trip ~ July 9
- Totus Tuus ~ July 17-22

### GREAT SITES TO BOOKMARK

- Daily Readings ~ <https://bible.usccb.org/>
- Resources for all ages (free to our parishioners, contact Jen with trouble registering) ~ <https://formed.org/>
- Cluster website, stay up on all things in our cluster! ~ <https://www.northernlakescatholics.org/>
- Faith on the Go! Find digital ways to grow each and every day: <https://www.northernlakescatholics.org/faith-on-the-go->
- Fr. Mike Schmitz Bible in a Year Podcast: <https://ascensionpress.com/pages/biy-registration>

**CLICK ON THE BOX TO GO TO THE WEB PAGE FOR MORE INFORMATION OR TO REGISTER.**

“

I would like to appeal to everyone, believers and non-believers alike. Jesus taught us that the diabolical senselessness of violence is answered with God's weapons, with prayer and fasting. I invite everyone to make next 2 March, Ash Wednesday, a Day of Fasting for Peace. I encourage believers in a special way to dedicate themselves intensely to prayer and fasting on that day. May the Queen of Peace preserve the world from the madness of war'.

”

*Franciscus*



*Bringing Christ to  
the world through  
media.*

**Local Station: 89.1 FM  
KSPP**

*Go to RelevantRadio.com or  
download their App.*



**SDCCW Mary Jane Morancyk  
Hennessy Scholarships**

The Superior Diocesan  
Council of Catholic Women

will award four (4) \$500 scholarships to women  
completing their second year of post high school  
education or continuing their education for career  
advancement, or returning to the work field.

Applications available from the SDCCW website:  
<https://sdccw-wisconsin.weebly.com>

Applications to be postmarked no later than April  
30th.

## **NLCC 2022 LENTEN PENANCE SERVICE**



**SUNDAY, MARCH 6, 2022**

Join us at St. Peter's beginning at 12:15 pm  
for a light meal, prayer, and  
an opportunity for Adoration and Reconciliation.

**High School  
Discipleship  
Weekend**



**March 18-20**





### THE PILLARS OF LENT

As we begin our Lenten journey, reflect on how your prayers, fasting and almsgiving can guide you. As Pope Francis explains, these are "elements which, when lived sincerely, can transform life and provide a sure foundation for dignity and fraternity." How can practicing the Lenten pillars transform your life and the lives of our sisters and brothers around the world?

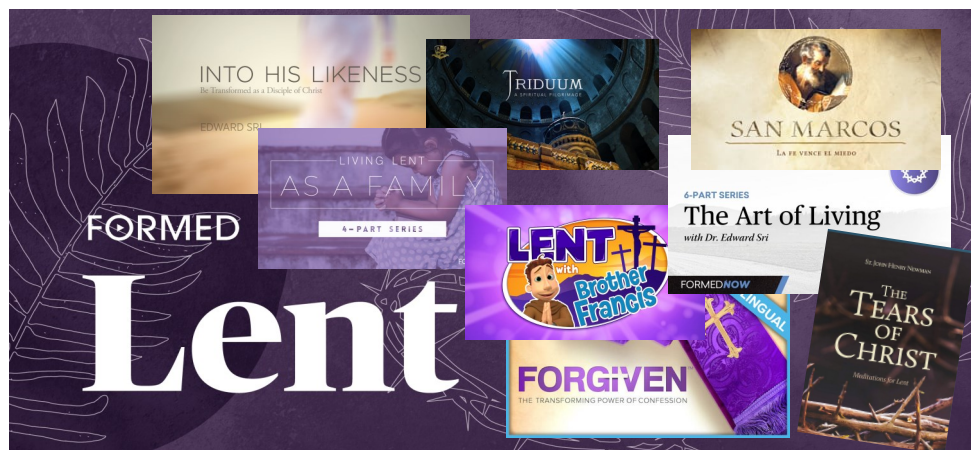
Visit [crsricebowl.org](http://crsricebowl.org) to learn more.

*So that we  
may be forgiven...*

**NLCC Lenten Retreat  
ALL Are Welcome!**

**Saturday, March 12, 2022  
8:30 am – 11:30 am  
St. Peter the Fisherman  
5001 Highway G ~ Eagle River, WI**

Join us for a morning of encounter with Jesus through Adoration, Reconciliation and a talk by Kay Berg



*Our Cluster provides Formed.org access to all parishioners at NO CHARGE! It is a great resource with movies, books, audio, kids shows, studies and MORE!*

*Here is how you can enroll yourself to Formed.*

*Go to: [formed.org](http://formed.org) or our site: [northernlakescatholics.org](http://northernlakescatholics.org)*

*Choose the "Sign up as a Parishioner Option"*

*Find **St. Theresa of Avila**, in Three Lakes as your parish. This is the parish every parishioner will use, regardless of which church in the cluster is considered their home parish.*

*When you find that you will be asked for your **name** and for an **Email**.*

*Each subsequent time you go to the site, it should prompt you to **Start Watching**.. You can access formed from any smart device.*

*ENJOY! Call the office with any troubles logging on!*

## MEN'S Ministry

All men of our cluster are welcome to join the **Men's Group** that meets every **Wednesday** morning at **7 am** at **St. Theresa's** in Three Lakes.

## March 3rd Through April 8th

### MONDAYS

**ST. ALBERT** ~ After 9:00 AM Mass

### TUESDAYS

**ST. MARY** ~ After 4:30 PM Mass

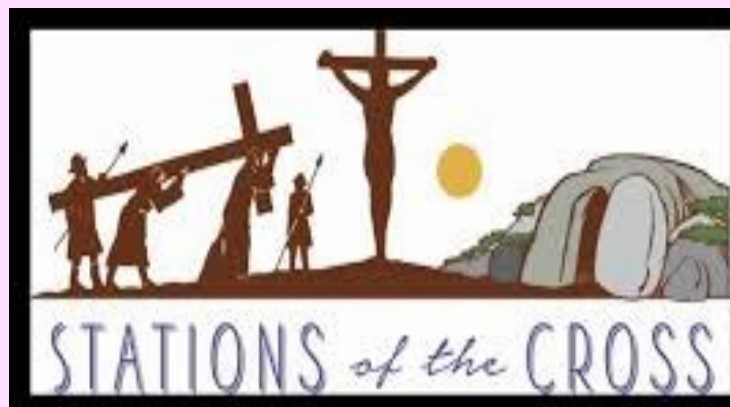
### THURSDAYS

**ST. KUNEGUNDA** ~ After 8:30 AM Mass

### FRIDAYS

**ST. THERESA** ~ at 12:00 PM

**ST. PETER** ~ at 5:00 PM



# ASH WEDNESDAY

## THE BEGINNING OF LENT



### WHAT IS ASH WEDNESDAY

Ash Wednesday is the first day of Lent. Palm branches blessed on Palm Sunday of the previous year are burned to create ashes which will be imposed on the faithful's foreheads.

### WHY USE ASHES

Since the Old Testament, ashes have been a symbol of repentance. Imposing it upon the faithful's forehead is a reminder and an invitation to repent, and follow God.

### WHAT IS LENT

The 40-day period from Ash Wednesday and before Easter Sunday. It is marked by praying, fasting, abstinence, and other acts of penance.

PRAYING ■■■■■■■■■■ FASTING ■■■■■■■■■■ ABSTINENCE



### WHAT IS FASTING



One meal a day, and two smaller meals which if added together would not exceed one full meal.

### WHAT IS ABSTINENCE



Abstinence is refraining from eating meat. Meat is considered to be the flesh and organs of mammals and fowl.

### DAYS OF FAST

Ash  
Wednesday

Good Friday

### DAYS OF ABSTINENCE

Ash  
Wednesday

All Fridays  
of Lent

Good  
Friday

### WHO ARE REQUIRED

Catholics aged  
18 to 59



The sick are excused  
from fasting

### WHO ARE REQUIRED

Mandatory for everyone



older than  
**14**  
years old



Sources: Code of Canon Law, Roman Missal, Pope Benedict XVI (General Audience, 9 March 2011)