



REFLECTIONS ON LENT

Lent is a season in which we prepare for Easter, the climax of the Christian year. Historically, Lent has become a unique time for fasting, abstinence, communal and private prayer,

Self-discipline, serving others, study, reflection and penance.

The entire Church re-examines its priorities, to leave sin and self-love behind and intensify our love and service of God and neighbor.

It is a call to conversion that requires changes both in our inner attitudes and our outer actions.



Fr. George will be available to celebrate the Sacrament of Reconciliation (Confession) every Saturday afternoon, as usual, from 3:00-3:45pm (except Holy Saturday April 20).

And...

Every Monday evening during Lent the Sacrament of Reconciliation will be celebrated as follows:

Monday March 11 6-7pm @ St. Elizabeth Seton

Monday March 18 6-7pm @ St. James

Monday March 25 6-7pm @ St. Elizabeth Seton

Monday April 1 6-7pm @ St. James

Monday April 8 6-7pm @ St. Elizabeth Seton

Monday April 15 6-7pm @ St. James

Tuesday April 16 6-7pm @ St. Elizabeth Seton



STATIONS OF THE CROSS

The beautiful Lenten tradition of the Stations of the Cross will be celebrated each Friday during Lent. The variation of schedule times reflects and honors the slight differences of tradition of each church campus

Therefore the schedule is as follows:

March 8	St. Elizabeth Seton	7:00pm
March 15	St. James	5:30pm
March 22	St. Elizabeth Seton	7:00pm
March 29	St. James	5:30pm
April 5	St. Elizabeth Seton	7:00pm
April 12	St. James	5:30pm
April 19	St. James	7:00pm

Stations and Veneration of the Cross on April 19 will be led by the Confirmation Class



Lenten Guides for Fasting and Abstinence

The Church teaches that Catholics in good health are to observe the following practices during Lent unless for some serious reason they are unable to do so. Catholics between the ages of 18 and 59 are asked to fast on Ash Wednesday and Good Friday.

In addition, all Catholics 14 years of age and older are asked to abstain from meat on Ash Wednesday, Good Friday and all the Fridays of Lent.

Fasting as explained by the U.S. Bishops means partaking of only one full meal and two smaller meals that do not equal the main meal.

Abstinence restricts the use of meat, but not of eggs, milk products or condiments made of animal fat.



Do you want to fast this Lent? *In the words of Pope Francis*

- Fast from hurting words and say kind words. Fast from pressures and be prayerful.
- Fast from sadness and be filled with gratitude. Fast from bitterness and fill your hearts with joy.
- Fast from anger and be filled with patience. Fast from selfishness and be compassionate to others.
- Fast from pessimism and be filled with hope. Fast from grudges and be reconciled.
- Fast from worries and have trust in God. Fast from words and be silent so you can listen.
- Fast from complaints and contemplate simplicity.

10 Spiritual Activities to Help You in Lent



- 1) Bible Study
- 2) Daily Reflection: "The Little Black Book"
- 3) Contemplative Dialogue group
- 4) Stations of the Cross
- 5) Monday Evening Sacrament of Reconciliation
- 6) Weekday Mass and Thursday Adoration
- 7) Serve a shelter dinner
- 8) Sew or knit for those in need
- 9) Participate in the Rice Bowl campaign to feed the Hungry
- 10) Write in your "Gratitude Journal"
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