

Divine Mercy AFC Lenten & Holy Week Schedule for 2022

St. Mary's, Sleepy Eye ~ St. Michael's, Morgan ~ St. Paul's, Comfrey ~ Japanese Martyrs, Leavenworth

ASH WEDNESDAY, MARCH 2

St. Mary's ~ 7:15am; 8:15am GS; 11:30am Latin; 2:00pm HS; 7:00pm

St. Michael's ~ 8:30am; 6:15pm

St. Paul's ~ 7:00pm

Japanese Martyrs ~ 8:00pm

STATIONS OF THE CROSS

St. Mary's ~ Sundays 7-8pm before Holy Hour & Confessions; Mondays 5:00pm; Thurs. & Fri. 6pm followed by Confessions until 7pm

St. Michael's ~ Fridays following the 5pm Mass

St. Paul's ~ Tuesdays following the 5:30pm Mass before Confessions

Japanese Martyrs & St. Paul's ~ Fridays at 7pm before Holy Hour & Confessions - alternating weeks (Check the bulletin for location)

CONFESSION TIMES

Sunday's

St. Mary's ~ 11:00am weekly before the 11:30am Latin Mass; 7-8pm during Holy Hour after Stations of the Cross

St. Michael's ~ 8:00-8:15am weekly before the 8:30am Mass; Sunday, March 27 - 3-4pm during Holy Hour

St. Paul's ~ 11:30-11:45am weekly after the 10:30am Mass

Monday's

St. Mary's ~ 6-7:00pm weekly after the 5:30pm Mass

Tuesday's

St. Paul's ~ weekly following the 5:30pm Mass after Stations of the Cross during Holy Hour

Thursday's

St. Michael ~ weekly following the 8:30am Mass during Holy Hour

St. Mary's ~ weekly following the 6:00pm Stations of the Cross until 7:00pm

Friday's

St. Mary's ~ weekly following the 6:00pm Stations of the Cross until 7:00pm

St. Paul's/Japanese Martyrs ~ following the 7:00pm Stations of the Cross during Holy Hour (Check bulletin for location)

Saturday's

St. Mary's ~ 9-10am; 4:00-5:00pm weekly

St. Michael's ~ 9-10am weekly

Japanese Martyrs ~ 7:30-7:45pm weekly before the 8:00pm Mass

PALM SUNDAY MASS TIMES

Saturday, April 9

St. Mary's ~ 5:30pm

Japanese Martyrs ~ 8:00pm

Sunday, April 10

St. Mary's ~ 7:30am; 9:30am; 11:30 (Latin)

St. Michael's ~ 8:30am

St. Paul's ~ 10:30am

HOLY WEEK

CONFESSIONS

Monday, April 11

St. Mary's ~ following the 5:30pm Mass until 7pm

Tuesday, April 12

St. Michael's ~ 3-5:00pm

St. Paul's ~ following the 5:30pm Mass after Stations of the Cross during Holy Hour

St. Mary's ~ 6-7pm

Wednesday, April 13

St. Mary's ~ 6-7pm

Holy Thursday, April 14

St. Mary's ~ 11-noon; following the 7:00pm Mass with Adoration until 10:00pm

St. Michael's ~ following the 7:00pm Mass with Adoration until 10:00pm

Japanese Martyrs ~ following the 7:00pm Mass with Adoration until 10:00pm

Good Friday, April 15

St. Mary's ~ 1-2:00pm

Holy Saturday, April 16

St. Mary's ~ 9-10:00am

HOLY THURSDAY - APRIL 14

St. Mary's ~ 7:00pm; St. Michael's ~ 7:00pm; At Japanese Martyrs with St. Paul's ~ 7:00pm

GOOD FRIDAY SERVICE TIMES - APRIL 15

St. Mary's ~ 12:00pm; 3:00pm; 5:00pm Latin; 7:00pm Stations of the Cross; 8:00pm Tenebrae Service

Japanese Martyrs ~ 12:00pm

St. Michael's ~ 3:00pm

St. Paul's ~ 5:30pm

HOLY SATURDAY EASTER VIGIL - APRIL 16

St. Mary's ~ 8:00pm; St. Michael's ~ 8:00pm; At St. Paul's with Japanese Martyrs ~ 8:00pm

EASTER SUNDAY MASS TIMES - APRIL 17

St. Mary's ~ 7:30am; 9:30am; 11:30 (Latin)

St. Michael's ~ 8:30am

Japanese Martyrs ~ 10:30am

Mini Lenten Parish Mission

"The 99"

(Based on the story from the Gospel, Matthew 18:10-14)

DVD Presentation & Reflection

6:30pm

**St. Mary's Church Social Room,
Sleepy Eye**

Sunday, March 20

followed by Stations of the Cross

Monday, March 21

followed by Adoration & Reconciliation

Tuesday, March 22

followed by Mass

Fasting

What does this spiritual exercise do?

A few of the main benefits of fasting: it tames our bodily appetites, which can be sources of temptation for us; detaches us from physical comforts, which can weaken us and impede growth in virtue; and aids us in personal self-mastery, so that we can resist sin and choose the good even when it's difficult to do so.

Fasting also purifies and liberates our prayer. The detachment it produces sharpens our focus on God and helps us to enter into prayer more freely. It quiets the demands of the body so that we can focus on God without hindrance.

In fact, fasting isn't just helpful to prayer: *it must be joined to prayer*. It's ineffective on its own.

As St. Peter Julian Eymard said:

“The two actions must be joined and never separated, filling our soul with love by prayer, and purifying ourselves exteriorly by mortification. It is easy to say, ‘I love God,’ but if this word is not followed by mortification, it is vain and unfounded. Self-love has quickly taken the place of the love of God.”

Fasting has physical benefits, as well, as the secular world has recently discovered. It goes to show that God takes care of *all* our needs, physical and spiritual—body and soul!

This ancient spiritual practice isn't optional. Fasting combined with prayer is a crucial part of our progress towards God. The Church actually prescribes two obligatory fast days a year: Ash Wednesday and Good Friday. In addition to these days, we should consider adding in a bit of extra fasting to our spiritual routines, according to our ability, health, and duties in life.

Fasting doesn't have to be only bread and water or skipping meals for a day. It can be skipping a meal or eating half of a meal or pushing a meal a few hours later than you would usually eat it.

At first, it can seem very difficult, our bodies get so easily trained and conditioned to expect meals at certain times. But after the initial shock to one's system, it is not so difficult. Lent is supposed to be about prayer, fasting, and almsgiving. Don't let the “bare minimum” be only what you do with fasting this Lent!

Ideas for Lent – 2022 by Marcellino D'Ambrosio

Adapted from: <https://www.crossroadsinitiative.com/media/articles/season-of-lent-40-ideas-to-get-the-most-out-of-it/>

LENTEN RESOLUTIONS

- Sometime shortly before Lent or on the first day or two of the season, take 30 minutes to pray. Ask the Holy Spirit's guidance, look over this list of ideas, and make a few practical Lenten resolutions. You can start with just one idea. But don't start with more than three ideas! Be careful. If you try to implement too many ideas at once, you may not succeed in anything! If you need to get up early or stay up late to get the 30 minutes of quiet, do it! Turn off your phone and computer. Don't put it off and don't allow interruptions.

EUCCHARISTIC IDEAS FOR LENT

- Get to daily Mass during Lent.
- If you can't do Mass daily during Lent, go to Mass on Fridays in addition to Sunday and thank Him for laying his life down for you. Maybe you can go another time or two as well during the Lenten season.
- Spend at least 30 minutes in Eucharistic adoration at least one time during each week of Lent.
- Recover the Catholic tradition of making frequent visits to the Blessed Sacrament throughout the week, even if it is only for 5 minutes.
- Even if you can't get to daily Mass, get a daily Catholic Missal or go online or get a smart phone app such as **Laudate** or **iMissal** to get a list of the readings used each day in Mass, and read these readings daily during Lent. During special seasons such as Lent, the Mass readings are thematically coordinated and make for a fantastic Bible study!

IDEAS FOR LENTEN REPENTANCE

- Get to confession during the season of Lent after making a good examination of conscience.

IDEAS FOR PRAYER DURING LENT

- Daily, make a plan to get up earlier than anyone else in your house and spend your first 15 minutes of the day thanking God for the gift of life and offering your day to Him.
- Make a decision to read at least some Scripture every day during Lent!
- Pray the Liturgy of the Hours during Lent. You can buy a one volume edition or a full four volume edition. Or you can get it day by day for free using one of the smart phone apps such as **Laudate** or **iBreviary** or online at **DivineOffice.org** or **Universalis**. Or you can subscribe to a monthly publication called the *Magnificat* that provides a few things from the Liturgy of the Hours together with the Mass readings of the day. The *Magnificat* is a great way to start learning the Liturgy of the Hours.
- Prayer is like breathing – you have to do it continually. But sometimes you need to pause and take a very deep breath. That's what a retreat is all about. Plan a retreat this Lent. It could be simply a half day, out in nature, or in a Church. Or it could be a full day. Or an overnight. You can certainly read lots of things during your retreat or listen to lots of talks. But try sticking mostly to Scripture, the liturgy, and quiet as much as you can. During or at the end of the retreat, write down what the Holy Spirit seems to be saying.
- Make the Stations of the Cross each Friday of the Season of Lent either with a group or by yourself. If you have kids, bring them.
- Make it a habit to stop at least five times a day during Lent, raise your heart and mind to God, and say a short prayer such as "Jesus, I love you," or "Lord Jesus Christ, Son of God, have mercy on me, a sinner," or "Lord, I offer it up for you."

MARIAN IDEAS FOR LENT

- Pray the Sorrowful Mysteries of the Rosary often during Lent, especially on Friday and Wednesday. The glorious mysteries are especially appropriate on Sundays. Joyful and Luminous mysteries are great on other days.

- If you've never done a family rosary, begin doing it. You could start with once a week on Friday or Sunday. If it's tough to start with a full five decades, try starting with one. Have a different person lead each of the Mysteries. This gets everyone more involved.

LENTEN IDEAS FOR INTERCESSION

- Pray for your priests and for all priests and religious and for vocations.
- Pray for the millions of Christians suffering under persecution in various Muslim and Communist countries around the world such as the Somalia, Nigeria, Syria, Iraq, Indonesia, China, Viet Nam, and North Korea.
- Pray for Christian unity, that there would be one flock and one shepherd.
- Pray for the evangelization of all those who have not yet heard and accepted the Good News about Jesus.
- Here's a great Lenten idea: Pray for your enemies. In fact, think of the person who has most hurt you or who most annoys you and spend several minutes each day thanking God for that person and asking God to bless him or her.
- Pray for an end to abortion on demand. Pray for pregnant women contemplating abortion.
- Pray during Lent for a just peace in Afghanistan, Syria, Iraq, Ukraine, the Holy Land and elsewhere. Pray for our troops and for others in harm's way.

IDEAS FOR LENTEN FASTING

- Find a form of Lenten fasting that is appropriate for you, given your age, state of health, and state of life. We need to broaden our idea of fasting. Some fast on bread and water on Wednesdays and Fridays. Others fast from sweets or alcohol throughout Lent. Some fast on one or more days per week from breakfast all the way to dinner, spending lunch hour in prayer or at noon Mass. Another idea is to cut out all snacks between meals or to forego Starbucks stops and eating out. The money saved from not buying various things should be given to an apostolate or ministry serving the physically or spiritually poor.

IDEAS FOR LEARNING IN LENT

- Find a written biography of a Saint that particularly appeals to you, and read it during the Season of Lent.
- Instead of secular videos for weekend entertainment during Lent, try some videos that will enrich your spiritual life.
- While driving, turn off the secular radio for a while and use commute time to listen to some spiritual teaching on CD, your smart phone or Catholic Radio.

WORKS OF MERCY FOR LENT

- Visit someone who is homebound. Love Jesus in and through the suffering person.
- Is there a widow or divorced person living in your neighborhood? If so, it would be a great idea to invite that person to your home for dinner, a cup of coffee.
- Get the video of Mel Gibson's movie *The Passion of the Christ* and watch it during Lent if you feel you can handle the violence (there is also a version with many of the most violent scenes cut out).

REFOCUS YOUR PRIORITIES FOR LENT

- If you are married, it would be an awesome Lenten idea to spend some special, focused time with your spouse, strengthening your marriage. Start praying together, or make praying together a more frequent occurrence.
- Spend some focused time together with each of your children, or your siblings, or your parents. Listen. Pray. Maybe even have fun! Yes, fun can be an appropriate idea for a Lenten penance. Holiness is not supposed to be glum.

LENT – PATH TO A CHANGED LIFE

- When Easter comes, don't drop the new ideas and practice you've begun during the Season Lent! Make them a permanent feature of a deeper, richer Christian life!