

LENTEN DEVOTIONS

2010

ASH WEDNESDAY - February 17

day of fasting and abstinence

Mass & Distribution of Ashes

7:30 AM, 12:15 & 6:00 PM

FRIDAYS IN LENT - beginning February 19

days of abstinence

Stations of the Cross - 5:30 PM • Mass - 6:00 PM

Simple Meatless Supper in Parish Hall/Gym *following Mass*

RITE OF CHRISTIAN INITIATION OF ADULTS (RCIA)

February 20: Midlands Rite of Election - 11:00 AM *at St. Joseph*

March 6: First Scrutiny - Creed - 5:30 PM Mass (Sat. Vigil)

March 14 : Second Scrutiny - 10:30 AM Mass

March 21: Third Scrutiny - Lord's Prayer - 12:15 PM Mass

ST. JOSEPH LENTEN PENANCE SERVICE

Monday, March 15 at 7:00 PM

MASS OF THE ANOINTING OF THE SICK

Thursday, March 18 at 12:15 PM

FEAST OF ST. JOSEPH

Friday, March 19

Stations of the Cross - 5:30 PM • Mass - 6:00 PM

Meatless Spaghetti Supper in Parish Hall/Gym *following Mass*

PREPARING OURSELVES FOR LENT

As Catholics, we believe that our faith in Jesus Christ and our love for Him finds expression in the way we live our lives, to be included in the things we do. In order to fulfill the Great Commandment (You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind....You shall love your neighbor as yourself.) the Church recommends to us that we undertake what are called the Spiritual and Corporal Works of Mercy.

The Spiritual Works of Mercy are these:

- To admonish the sinner
- To instruct the ignorant
- To counsel the doubtful
- To comfort the afflicted
- To bear wrongs patiently
- To pray for the living and dead
- To forgive offenses willingly

The Corporal Works of Mercy are these:

- To feed the hungry
- To give drink to the thirsty
- To clothe the naked
- To visit the imprisoned
- To shelter the homeless
- To visit the sick
- To bury the dead

As we approach the beginning of Lent, please consider ways in which you will perform Spiritual and Corporal Works of Mercy for those in need.

LENT

Lent originally was called “Quadragesima” (Latin for “forty”) standing for forty days of fasting required of Christians before Easter Sunday. Early English (Anglo Saxon) changed the name of this 40 day period to “Lencten” (now called “Lent”) which means “Spring.” Lēctentid was Anglo Saxon for the month of March, “when days lengthen” (are longer).

- **ASH WEDNESDAY AND GOOD FRIDAY** are days of **fasting and abstinence**. On days of fast, one full meal is allowed. Two lesser 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. Catholics who have completed their 18th year are bound by this law until the beginning of their 60th year.
- **ASH WEDNESDAY and ALL FRIDAYS of LENT** are days of **abstinence**. Meat and poultry (i.e. warm-blooded animals) should not be eaten at any meal. The law of abstinence binds all Catholics who have completed their 14th year.

NOT PERMITTED IN CHURCH DURING LENT

During Lent, the following things are not allowed: the Gloria (Glory to God in the Highest), the “Alleluia,” **Baptisms, Weddings** (except in special emergencies), and flowers on the altars.