

St. Joseph's Lent Program

March 02 Ash Wednesday, St. Joe (9 & 6:30), Holy Trinity 12noon

APRIL 14 HOLY THURSDAY

APRIL 15 GOOD FRIDAY

APRIL 16 EASTER VIGIL

APRIL 17 EASTER SUNDAY

JUNE 05 Pentecost

Sacraments of Confirmation and Holy Eucharist are being planned for the two weeks after Pentecost

LENT: a time for preparing to renew our baptismal promises at Easter;

The season of prayer and penance to prepare for the feast of the Resurrection begins on Ash Wednesday, March 6. Originally the period of fasting in preparation for Easter did not exceed two or three days, but by the time of the Council of Nicaea in AD 325 forty days were customary. This length of time is associated with Christ's forty-day fast in the desert before beginning His public life (Matthew 4:1-2) and also recalls the forty years Israel spent in the desert after the Exodus from Egypt (Numbers 14:34).

Lent has a twofold purpose: it is the last stage of preparation of Catechumens for Baptism, Confirmation and Holy Communion at the Easter Vigil and it prepares all of us to renew our baptismal promises at Easter.

Ash Wednesday and Good Friday are universal days of penance. On these days those who are 14 years of age and older are bound to abstain from meat and those from 18 to 59 years of age should also fast, limiting their food to not more than one regular meal and two lighter snacks. Besides fast and abstinence on specified days, the whole Lenten season should be penitential, with stress on prayer, reception of the Sacraments, especially Penance and Reconciliation, almsgiving and the practice of charity.

“What every Christian should always be doing must now be performed more earnestly and devoutly...not simply a reduction in our food, but the elimination of our evil habits” (St. Leo the Great).

LENT CHECKLIST

March 02 Ash Wednesday, St. Joe (9 & 6:30), Holy Trinity 12noon

- SAND;** we will be using sand as a symbol of our being with Jesus in the desert for the 40 days of Lent; during the penitential rite, as all of us are singing LORD HAVE MERCY, we will use SAND to represent our sins, the dead parts of our lives
- ASHES:** we will be making available ASHES to those who wish to use them at home; we are suggesting every Friday for the family to mark themselves with the ashes as they pray the Stations of the Cross (or another prayer); the image of penance, sacrifice, and unity with others is symbolized
- PRAYER FOCUS:** defined as a conversation with God, our goal is to turn away from “reciting prayers” and turn towards a two way conversation with God; we will be distinguishing between formal prayers and spontaneous prayers, and we will be distinguishing between individual (private) praying and communal praying
- PRAYER TEACHING:** we will provide teachings, history and practices for the following praying traditions of the church: Our Father & Hail Mary, Rosary, Stations of the Cross, Novenas, the Eucharist, and Oratio Imperata (praying in times of danger)
- STATIONS of CROSS** followed by Mass: on **Tuesdays** at 6pm we will have Stations led by the parishioners followed by mass (6:30pm)
- RECONCILIATION SERVICE:** confession is available 45 minutes before mass starts; every Sunday of Lent we will emphasize reconciliation with the symbol of the procession of sand (desert, sin); our communal service will be the week of April 10-14 (Holy Week)