

## LENT AT ST JOSEPH PARISH MISHAWAKA THE YEAR OF OUR LORD 2020

The Lenten Season begins on Ash Wednesday (**February 26**) and ends with the beginning of the Mass of the Lord's Supper on Holy Thursday (**April 9**) and has a twofold character: to prepare both Catechumens (those preparing for Baptism) and the Faithful (the baptized) to celebrate the **Paschal Mystery** (*the work of salvation wrought by the death and resurrection of Jesus*). **Catechumens**, with the Rite of Election, the Scrutinies, and Catechesis, prepare for the Sacraments of Christian Initiation at the Solemn Easter Vigil. The **Faithful**, by being more attentive to prayer and to the Word of God, prepare by penance for the renewal of their own baptismal promises at Easter. The three works of Lent are **prayer, fasting, and almsgiving**.

**PRAYER:** The center of the Church's entire liturgical year is the **Sacred Triduum**, one feast comprised of three days, which invites us to experience in the greatest depth the Paschal Mystery. The entire Lenten season is devoted to the preparation for this great celebration of the Paschal Mystery. You will note that Lent is marked by a starkness and simplicity: few if any decorations or flowers adorn the church, there is no *Gloria at Mass*, the *Alleluia* is omitted, and we will not have a concluding hymn at Mass as a way to emphasize the somber nature of this sacred season.

As we renew our commitment to the **stewardship of time as prayer**, we are invited to set some practical goals for **daily prayer**. Our commitment to daily prayer will bear tremendous fruit in our ability to enter more deeply into Sunday Mass. If an intentional time of daily prayer is currently not part of your routine, it is recommended to start small - even 10-15 minutes or so - and being resolutely faithful, every day. Regularity and consistency here will naturally engender organic growth and increased vitality. You will likely want to find a place in your home that is conducive to prayer, perhaps a particular chair with some sacred art nearby, and which you only sit in to pray.

You may especially wish to consider: **Daily Mass** M-Sat 7am, Weds 5:30pm (and the Wednesday 5:30pm Mass will be followed by a Soup Supper Social in the school), and EF Latin Mass Mon at 5:30pm / **Stations of the Cross** every Friday of Lent at 6pm / the **Magnificat Daily Companion** will help by providing a reflection on the daily Mass Gospel (so keep this with a Bible and read the Gospel cited on each day's reflection too!) / the **Rosary**, a time-tested devotion which is also a great communal/family prayer / **Adoration of the Blessed Sacrament** M-Sat 7:30-8:30am and Tues 5:30-6:30pm (come for however much you may be able), which is the worship of the Eucharist outside of Mass, an incredibly fruitful way to spend time in personal prayer as we gaze upon the Lord Jesus present in the Eucharist and he gazes upon us / and know that the **Church is open** M-F 6am-7pm, Sat 6am-after the 4:30pm Mass, and Sun 6am-after the 11:15am Mass.

On the Third, Fourth, and Fifth Sundays of Lent, the **Scrutinies** will be celebrated at the 11:15am Mass. These ancient rites are prayed over the Catechumens, asking for their liberation from the powers of sin and darkness so as to prepare them for Baptism at the Easter Vigil. For those who are already baptized but not yet in full communion with the Catholic Church, a special **Penitential Rite** will be celebrated on the Second Sunday of Lent at the 11:15am Mass.



Regular Daily Masses (25-30 mins)  
M-Sat 7am  
Weds 5:30pm (with St. Joseph Novena)  
Mon EF Latin 5:30pm

Mass and Soup Suppers  
Wednesdays from February 26 - April 1  
5:30pm Mass followed by Soup Supper

Stations of the Cross  
Fridays at 6pm. 2:30pm with school kids  
excluding 3/6, 4/3, and 4/10.

Adoration of the Blessed Sacrament  
Monday-Saturday 7:30am-8:30am  
Tuesdays 5:30-6:30pm (w/ Benediction)

Church Open for Personal Prayer  
M-F 6am-7pm  
Sat 6am-after 4:30pm Mass  
Sun 6am-after 11:15am Mass

Sacred Triduum  
April 9, 7pm - Holy Thursday Mass of the  
Lord's Supper  
April 10, 1pm - Good Friday Service of the  
Lord's Passion  
April 11, 9pm - Solemn Easter Vigil

Easter Sunday Masses  
April 12 - 7:15am, 9:15am, and 11:15am

**FASTING**: Central to the Church's Lenten tradition is the ancient practice of fasting. There are many ways to approach this tradition, but one of the most spiritually fruitful would be to see in our voluntary choice to do without something we love the opportunity to allow the Lord to fill that space in our hearts with a deeper longing for Him and for heaven. There are only **two obligatory fast days** in the Church's calendar: Ash Wednesday and Good Friday. **All Catholics age 18 to 59 are required to fast** - to eat only one full meal on these days, and may supplement this with one or two smaller meals (together not equaling the size of the full meal). **Abstinence from meat is obliged of every Catholic age 14 and older on Ash Wednesday and all Fridays of Lent.** Some form of penance is also required on every other Friday of the year, too. Some individuals, following the more ancient custom, abstain from meat throughout the entire season of Lent, as well. Within the tradition, when fasts were more severe, Sunday was a day on which sacrifices made during Lent could be relaxed (**read Isaiah 58**).

**ALMSGIVING**: The third ancient pillar of Lenten renewal is almsgiving: the gift of support, monetary and otherwise, to the poor and those in need. Genuine almsgiving gets us out of ourselves and militates against our otherwise fallen tendency toward selfishness and self-centeredness. Our regular sacrificial giving to the parish supports the almsgiving of the parish (4% of our offertory income). While our stewardship of sacrificial giving is seen first in relation to the parish, we are also invited to consider supporting some charitable organizations, which we are obliged by our share in the Eucharist (**Read Luke 16**). Some ideas here: the St. Vincent de Paul Society (our parish's or regionally), Hannah's House (home for pregnant women just down the street), and the Women's Care Center. Non-monetary support of the poor permits us a creative use of our time and talents. Perhaps we would like to visit nursing home residents or homebound parishioners or neighbors, or volunteering for the St. Vincent de Paul Society, or any number of things. We need only ask the Lord in prayer to help us to see how we may be better able to serve others - and then have the courage to ask and then respond when opportunities arise!