

LENT at the Cathedral Parish

✠ A.D. 2010 ✠

Stations of the Cross

Every Friday of Lent
2:15 pm and 6:00 pm

-

Exposition & Adoration of the Blessed Sacrament

Every Saturday
11:00 am – 12:00 Noon

The Lenten Season, which begins on Ash Wednesday (**February 17**) and ends with the beginning of the Mass of the Lord's Supper on Holy Thursday (**April 1**), has a **two-fold character**: to prepare both Catechumens (those to be baptized at the Easter Vigil) and the Faithful to celebrate the Paschal Mystery (the work of salvation wrought by the death and resurrection of Jesus). **Catechumens**, with the Rite of Election, the Sacred 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 themselves by penance for the renewal of their own baptismal promises. The three-fold works of Lent are **PRAYER, FASTING, and ALMSGIVING** (*Read Matthew 6.1-6; 16-18*).

PRAYER:

The center of the Church's liturgical year is the **Sacred Triduum**, one feast comprised of three days. The entire Lenten season is devoted to 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 gather for Mass in silence, as a way of emphasizing the somber nature of the sacred season.

One commitment each of us should make is to take some time each day for **prayer** and **meditation**. Maybe make a commitment to get to daily Mass once or twice during the week (our daily Masses at 7:00 am and 5:30 pm can accommodate most work schedules and last about 25 minutes).

LENTEN HOLY HOUR and BENEDECTION

February 23, March 16 & March 31
7:00 - 8:00 pm

THE SACRED TRIDUUM
Holy Thursday, April 1, 7:30 pm
Good Friday, April 2, 1:00 pm
Holy Saturday, April 3, 8:30 pm

In terms of daily prayer, start small. Five or ten minutes. And be faithful to it. And watch it grow. The key is regularity and the development of habit. **Spiritual reading** is also of great benefit. Finding a good book and reading it, even for a few minutes, each day, is another way to nurture the life of the

Spirit within you. You may also want to explore the **Liturgy of the Hours**, the official prayer of the Church, which unites us to the prayer of Catholics throughout the world. Or perhaps try **lectio divina**, the slow, meditative reading of Scripture (try the Sunday or weekday readings from Mass): read the passage slowly, then spend time mulling it over. We will also offer three **Lenten Holy Hours: Tuesday, February 23, Tuesday, March 16, and Wednesday, March 31, each night 7:00 - 8:00 pm.**

Some of the principal liturgical events during Lent include the **Rite of Election**, when Catechumens (those to be baptized at Easter) and Candidates (those already baptized and who wish to become Catholic) are officially "chosen" (the original meaning of "election") for Easter Sacraments by Bishop Rhoades. This event, which is not a Mass, but which includes a Liturgy of the Word, will take place on **Sunday, February 28, at 2:30 pm.**

On the Third, Fourth, and Fifth Sundays of Lent, the **Scrutinies** will be celebrated at the 9:00 am Mass. These are ancient rites in which solemn prayers are said over the Catechumens, asking for their liberation from the power of sin and darkness and so readying them for Easter Sacraments. For those 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.

On the Fifth Sunday of Lent (**March 21**), the statues in the church are covered and other sacred images removed until the Easter Vigil, as a sign of the intensity of preparation for the coming celebration of the Passion, hence the term **Passiontide** (*Read Hebrews 12*).

Given the success of our Advent Mission, we will offer a simplified version as we begin Lent together. Monday through Thursday of our the First Week of Lent will be devoted to this, and we will conclude with Mass and a **Parish Soup Supper** in the Gym on **Thursday, February 25**. In addition, **The Power-Source Prayer Group** (shared prayer) meets **Thursday mornings at 10:00** in the Cathedral Center.

Holy Week Confessions

Mon - Wed 7:30-8:00 am & 4:00-5:00 pm
Holy Thursday 4:00-5:00 pm
and following Mass of the Lord's Supper
Good Friday 3:00-5:00 pm
Holy Saturday 10:00 am-12:00 noon

Friday, and all Fridays of Lent; no meat is to be consumed on these days. Some individuals, following more ancient custom, abstain from meat throughout the season of Lent. Within the tradition, when fasts were more severe, Sunday was a day on which the 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. As a parish, we will take a second collection each Sunday of Lent to assist local charitable organizations, groups who are committed to the corporal and spiritual works of mercy; this will be our communal act of almsgiving. You are encouraged also individually to make a gift to those in need, to whom we are obligated by our share in the Eucharist (*Read Luke 16*).

PARISH ALMSGIVING

February 21 - St Vincent de Paul Society
February 28 - Chiara Home
March 7 - Catholic Worker House
March 14 - Sr Marita's Reading Program
March 21 - Women's Care Center
March 28 - Habitat for Humanity

The Passion Narratives: Mark, Matthew and Luke

with Father Jake

Tuesdays:

February 16, March 2 & March 16
7:00 - 8:00 pm
in the Music Room of the School

FASTING:

Central to the Church's Lenten tradition is the ancient practice of fasting. There are only **two obligatory fast days** in the Church's calendar: Ash Wednesday and Good Friday. **Catholics age 18 to 59 are required 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 first). **Abstinence, required of all Catholics 14 and older, is obligatory on Ash Wednesday, Good**

Lenten Mini-Mission

sponsored by Parish Council

MONDAY, FEBRUARY 22

Solemn Vespers 7:00 pm

TUESDAY, FEBRUARY 23

Holy Hour & Benediction 7:00 pm

WEDNESDAY, FEBRUARY 24

Penance Service & Confession 7:00pm

THURSDAY, FEBRUARY 25

**6:00 pm Closing Mass followed by
Parish Soup Supper in the Gym**

PARISH LENTEN FISH FRY – FRIDAY, MARCH 26
4:00 pm – 7:00 pm