

Lent 2017 - 15 ways

to deepen your faith and prepare your heart for the greatest feast of the year.



We begin our Lenten journey of preparation for the Resurrection of the Lord.

We prepare through:

- Prayer
- Penance
- Repentance
- Almsgiving
- Self-denial

1. Attend Ash Wednesday Mass, March 1, 7:30 pm. Receive ashes on your forehead as you hear "Repent, and believe in the Gospel". A day of fasting and abstinence from meat.
2. Attend Morning Masses - Wednesday, Thursday and Friday at 8:30.
 - ✝ Pray the Rosary before Mass at 8 on Wednesday and Friday.
 - ✝ Participate in Morning Prayer at 8:15 on Thursday.
3. Attend Tuesday Evening Masses at 7 pm.
 - ✝ Come early and participate in Evening Prayer at 6:45.
4. Experience the closeness of Jesus in Eucharistic Adoration:
 - ✝ Tuesday evenings 7:30 – 8:30 after 7 pm Mass.
 - ✝ First Friday of the Month. 9 – 10 am after 8:30 Mass. March 3 and April 7.
5. Receive the Sacrament of Reconciliation.
 - ✝ During all Eucharistic Adoration times.
 - ✝ Saturday, April 1 and 8, 11 am to Noon.
6. Pick up a **#ShareJesus** card in the Welcoming Area. Starts Ash Wednesday; a new one each week.

A **#ShareJesus** video will be shown during Mass. Ways to put the weekly message into action will be on the card. Carry it with you to help **Make This Lent Awesome**.

To receive more of the **#ShareJesus** message, sign up for a daily email at redeemedonline.com



7. Reflect on the Stations of the Cross.
 - ✝ Friday evenings, 6:30 – 7 pm.
8. Try a new spiritual practice. The First Spiritual Exercises of St. Ignatius.
 - ✝ Spend more time in prayer in a provided structured format.
 - ✝ Grow closer to God and hear God say, I love you and always have.
 - ✝ Understand scripture better and how it affects you personally. In other words bring it alive.
 - ✝ Know what others are experiencing in their spiritual lives.

The exercises include setting aside 25 – 40 minutes to pray on a particular prayer text 4 days a week for 4 weeks. The format is laid out for you. All you need to do is read, enter into prayer and write a few words of your experience.

This spiritual enrichment opportunity is offered by your Spiritual and Adult Education Team.

For more information, contact Carol at carol.sheldon@sasktel.net or 306-545-3185 by March 6.

- Use the Little Black Book as your companion for Lent. Pick up one in the Welcoming Area. Suggested donation \$1.

The Little Black Book travels easily in your pocket, purse or backpack. Take **6 minutes** of quiet time every day to walk through the book a page at a time. Six minutes a day pays big returns. Reflect on the Gospel passages assigned for weekday Masses with explanation and reflections. The book also includes a variety of quotes, information and timely thoughts.



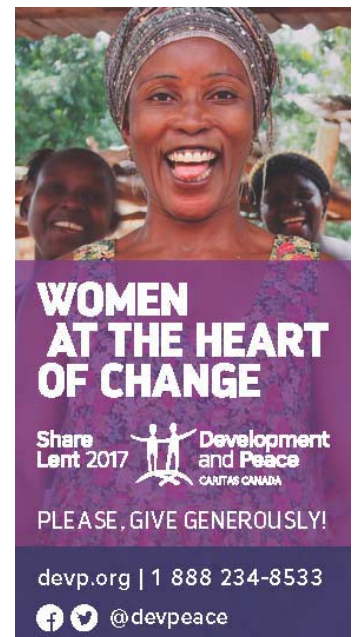
- Arrive at weekend Masses 10 minutes before the hour for a time of quiet reflection. A slide show with reflections and thoughts will play before mass. **To respect this reflection time, please limit your conversation during this period.**
- The Catholic Bishops of Saskatchewan issued texts related to the issue of Euthanasia and Physician Assisted Suicide. The documents include:
 - A pastoral letter - Living Through Our Dying.
 - A pastoral reflection - Jesus: the Word Who is Life.
 - A set of guidelines for priests, deacons and laity providing pastoral care to the sick and dying. Care for the Dying: Pastoral Directives.

Read and reflect on the documents. Copies available in the Welcoming Area.

- Attend the Light in the Darkness Prayer Service, March 19, at 7 pm. This prayer service is initiated by the Archdiocese, regarding clergy sexual abuse. Archbishop Donald Bolen will be in attendance.
- Contribute to the Share Lent campaign. Use the blue envelope in your box of envelopes or pick up an envelope in the Welcoming Area for the special collection on Solidarity Sunday **April 1 and 2**. Each year during Lent, Canadian Catholics are invited to stand in solidarity with communities in Africa, Asia, Latin America and the Middle East who are struggling for dignity and justice.

For Lent 2017, Development and Peace – Caritas Canada has chosen to put women at the forefront to highlight the very special importance and role they have in every aspect of development, whether it be social, environmental or economic.

This Lent, act in solidarity with and walk alongside the women and men who advocate for an equal and inclusive society, one in which women can participate hand-in-hand with men in building the world of tomorrow. Read more at www.devp.org



- Include a creative way to add some spiritual reflection to your daily Lenten journey. Join in the Lent Photo Challenge. Details in the separate bulletin insert.
- Support the “Nickels for the North” initiative. A special project of the St. Cecilia Catholic Women’s League in support of Catholic Missions in Canada. Details in next week’s bulletin.

Sharing God’s gifts, Serving others, In Christ’s Love

Prepared by your Stewardship Team.
Melita Stenhouse, Team Leader