

2021 CELEBRATION OF LENT: Change Our Hearts: Become the Light

Lent, a 40-day retreat calls us to prepare our hearts and reflect more deeply on our baptismal call to continuing conversion. Beginning with Ash Wednesday when we are signed with ashes and told, "Repent and believe in the Gospel," this formula is a call to repentance – urging us to turn away from sin and toward the Good News. We are invited to a deeper meditation on our Baptism and the Paschal Mystery. "Repent" echoes the message of John the Baptist, "proclaiming a baptism of repentance for the forgiveness of sins. "On this 40-day retreat of Lent we go with Jesus to the desert to be tested; we climb the mountain and experience a vision of glorious promise; we go to the temple, reminded that our house must be a house of compassion, mercy, peace; we bear witness and become the light to others; and we bear fruit by dying to self.

On this call to change, we are supported with the Lenten pillars of Prayer, Fasting, and Almsgiving (Works of Love)! **Prayer** is our conversation with God, and we find the strength to fast. **Fasting** is one of the most ancient sacred actions linked to Lent. The pangs of hunger remind us of our hunger for God, and prayer and fasting together bring us to what Lent is about – a deeper conversion. And **Works of Love (almsgiving)** is our response to God. It is an expression of our gratitude for all that God has given us, and a realization that we are the Body of Christ. Works of charity and the promotion of justice are integral elements of the Christian way of life we began when we baptized.

So, let us **Change Our Hearts** and **Become the Light**.

SACRAMENT OF RECONCILIATION:

Individual Penance: Wednesday, March 24 8:00 a.m. to 8:00 p.m. (Site TBD)

Individual Penance (in the Mary of Magdala Chapel, every Saturday, 3:30 p.m.)

PRAYER: Because of the pandemic – NO Evening Prayer or communal Stations of the Cross

Wednesdays - Community Meditations: A weekly, half-hour evening guided meditation on our Lenten theme,

Change Our Hearts, Guided Meditation February 24 through March 31 **but NOT March 3** (see below)

Join the Zoom Meeting

<https://us02web.zoom.us/j/88180017028?pwd=aDhZRlJQblEvdQkxJWbFBkMjZVeEtpQT09>

EDUCATIONAL MATERIALS: "Living Faith" booklet and **Catholic Update:** "Lent: Day by day, Seeing the Face of God in Others" (On the ledge, West ramp entrance/exit)

FASTING: The Catholic Church asks each member to preserve the penitential character and purpose of Lent. For this reason:

- a) Catholics who have celebrated their 14th birthday are bound to **abstain from meat on Ash Wednesday and each Friday of Lent;**
- b) Catholics who have celebrated their 18th birthday, in addition to abstaining from meat, should **fast, i.e., eat only one full meal on Ash Wednesday and Good Friday.** Smaller quantities of food may be taken at two other meals, but no food should be eaten at other times during those two days. The obligation of fasting ceases with the celebration of one's 59th birthday. Catholics should not lightly excuse themselves from these prescribed minimal penitential practices.

ALMSGIVING (Works of Love): Catholic Relief Services – Operation Rice Bowl

SPECIAL LENTEN ACTIVITIES:

Spotlight – Adult Faith Formation Series – 11:00 a.m. via Zoom – presents:

February 21: "Unconscious Bias: How Mental Blind Spots Shape Perception and Behavior" with Philip Chard

February 28: "Pope Francis-A 2021 Vision for Christians" with Ed Zywiec

March 7: "Just Offer It Up: The Spiritual Value of Sacrifice" with Mike Crain

March 21: "More Than We Can See: Being in Union with Others" with Gabriella Caballero-Moersfelder

Generations of Faith (GOF): via Zoom – Sat/Sun., March 13/14

The Gift of Sunday Lenten Mission: will take place at 18 parishes throughout the archdiocese.

It is based on *The Gift of Sunday* Theological Reflection.

Wednesday, March 3, 2021, 7-8:30 p.m. at St. James. Wednesday, March 3, 7:00 – 8:30 p.m. St. James. Registration for in- person. No registration for Live Stream participation.