

Lent: Encountering the Mercy of God Poured Out in Christ

Ash Wednesday Remember, Repent, Believe



As ashes are imposed on Ash Wednesday we are exhorted to three actions: remember, repent and believe. We are called to remember the brevity and fragility of our lives. We are called to repent for the sin that our human weakness has allowed to enter our lives and hearts. We are called to believe that we can be forgiven, reconciled, saved and raised up. Please join us for Mass on Ash Wednesday as we enter into this season of renewal.

Ash Wednesday Masses

- 7:00 a.m. at the Church of the Holy Redeemer**
- 8:20 a.m. at Holy Redeemer School**
- 8:30 a.m. at the Church of St. Mary, Tracy**
- 5:15 p.m. at the Church of the Holy Redeemer in Spanish**
- 6:30 p.m. at the Church of St. Mary, Cottonwood**
- 7:00 p.m. at the Church of St. Michael**
- 7:00 p.m. at the Church of St. Mary, Tracy**
- 7:15 p.m. at the Church of Holy Redeemer**
- 8:00 p.m. at the Campus Religious Center**

The Church offers us three penitential disciplines during this season: prayer, fasting, and alms giving. Here are some ways to accomplish these disciplines.

Prayer

“The Word Among Us”

Today we are making the Lenten copies of “The Word Among Us,” available to all of our parishioners. These daily reading, reflection and prayer guides are a wonderful way to follow the rhythm of Lent. Please take a copy home with you and use it with your family.

Bible Study Using “The Chosen”

The Church of St. Michael will serve a soup supper after the Tuesday 5:30 p.m. Masses during Lent, and the study group will meet after supper. Join us for Mass, Stations of the Cross and Bible study.

Soup and Sermon

The Church of the Holy Redeemer will host Wednesday Soup and Sermon gatherings during Lent beginning on March 1. Lunch will begin to be served at 11:45 a.m. and the sermon by one of our priests will begin at 12:10 p.m. Our topics will focus on the gift of the Eucharist and our response to that gift, in keeping with the theme of the Eucharistic Revival called for by our bishops.

The Passion According to St. Matthew

The Wednesday of Holy Week, April 5, at 7:00 p.m. at Holy Redeemer, Fr. Tony will lead a study of the Passion of Jesus Christ from the Gospel of St. Matthew.

Stations of the Cross

An ancient custom of the Church that is observed in each of our parishes is to accompany the Lord through his passion in the praying of the Stations of the Cross. Each parish offers opportunities to celebrate throughout Lent on the following schedule:

Church of St. Mary, Tracy: 2:00 p.m. Fridays
6:30 p.m. on Fridays

Church of St. Michael: 6:00 p.m. on Tuesdays

Church of the Holy Redeemer: 2:20 p.m. on Fridays at the school
5:30 p.m. on Fridays
In Spanish after the 12:30 p.m. Mass on Sundays

Campus Religious Center: 3:00 p.m. on Tuesday, Thursday and Friday

Church of St. Mary, Cottonwood: 5:00 p.m. on Wednesdays

There are some weekly variations of this schedule, so please check the weekly bulletin.

Fasting and Abstinence

The catechism reminds us that “*Jesus’ call to conversion and penance . . . does not aim first at outward works, ‘sackcloth and ashes’, ‘fasting and mortification’, but at the conversion of heart, interior conversion. However, interior conversion urges expression in visible signs, gestures and works of penance.*”



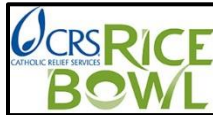
Fasting:

Catholics between the ages of 18 and 59 are required to fast on Ash Wednesday and Good Friday. Fasting consists of eating only one regular sized meal during the day with two other smaller meals also allowed. The rule forbids eating between meals.

Abstinence:

Catholics, 14 years of age or older, must abstain from eating meat on Ash Wednesday, Good Friday, and all the Fridays of Lent. ***Please note that the abstinence rule does not lapse because of your age.***

Almsgiving



The parishes of our area will be participating in Catholic Relief Service’s annual **Rice Bowl Program**. Through our participation in the Rice Bowl Program we learn of the plight of the poor throughout the world and are encouraged to donate to their relief. You will receive Rice Bowl materials on the Sunday before Ash Wednesday. You will have the opportunity to return your gifts to the parish on Holy Thursday.

The Sacrament of Reconciliation

The season of Lent is a time to seek the Lord’s forgiveness in the Sacrament of Reconciliation. In addition to our regular Reconciliation times, we will be having Communal Celebrations of the Sacrament and the dates for those celebrations will be announced in the near future.