



Lent 2018

"This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel." (Mark 1:15)

The Invitation

Dear Parishioners,

Lent is a pilgrimage which Christ personally invites us to make. This journey is not just for a few hours of carrying ashes on our foreheads, but rather an invitation to follow Jesus more closely. This invitation is to a journey of discovery, a journey that Christ has already made. To seriously enter Lent is to face two significant realities. First, we will encounter the ministry, sacrifice and resurrection Jesus undertook for us. Second, we are invited to face ourselves. This journey is no place for falsehood. During Lent we are guided by the Spirit of God to look at things that ultimately matter and to leave in the ashes those things blocking our full participation in the life God is giving us. I invite you to explore the opportunities our parish is offering during Lent. In particular, I encourage you to consider participating in weekday Mass and confession.

Our Lady of Guadalupe, pray for us.

Fr. Jack

Official Lenten Regulations

For this penitential season, the Church draws on the wisdom of the Scriptures and tradition in suggesting a time of intense prayer, fasting, and almsgiving.

Abstinence: On days of abstinence eating of meat is not allowed. Catholics in the United States are obliged to abstain on Ash Wednesday and on all Fridays during the season of Lent. Catholics are also obliged to fast on Ash Wednesday and Good Friday. Self-imposed observance of fasting on all weekdays of Lent is strongly recommended, as is abstinence from meat on all Fridays of the year.

Fasting: On a day of fasting, one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal the other full meal. Eating between meals is not permitted, but liquids, including milk and juices, are permitted. The obligation of fasting binds Catholics who are 18 - 59 years old. The obligation of abstinence applies to those 14 years and older. The law does not oblige when health or ability to work would be seriously affected.



Participate in CRS Rice Bowl!

Our parish participates in CRS Rice Bowl, a Catholic Relief Services' Lenten program, as a way to encounter Jesus through others, especially through the most vulnerable in our world. Rice Bowls will be available through the school, in the church, and at the Parish Office. Please be sure to take one home and use the easy and fun resources to deepen your Lenten experience. Your prayers, fasting and almsgiving this Lenten season will help Catholic Relief Services continue to provide life-saving assistance in nearly 100 countries and will also benefit local hunger-reduction programs. CRS works on our behalf to care for the poorest in our world and to end global poverty. **Be sure to visit www.crsricebowl.org to sign up for weekly email resources and or the new Rice Bowl mobile app.**

Note: They will be collected at Mass on Holy Thursday during the Offertory.

Prayer during Lent



ASH WEDNESDAY is celebrated Wednesday, February 14. Masses are at 9:00am (with school) and 7:00pm. There will also be a Scripture service and distribution of ashes at 6:30am.

MASS The Masses of Lent are the ideal way to grow closer to the Lord Jesus. The scriptural readings for the Sunday and weekday celebrations are particularly rich in their ability to inspire and challenge us. Weekday Masses are at 9:00am on Wednesday, Thursday and Friday.

ADORATION OF THE BLESSED SACRAMENT will be available on Friday, March 2 and 16 at 7:00-8:00pm. This traditional form of prayer provides an opportunity for quiet prayer & reflection. Access to the church for prayer is also available during the day. Check in at the Parish Office.

PRAYING THE STATIONS Booklets will be available near the stations in the church for personal prayer. *Stations of the Cross* will also take place during Family Faith Sunday on March 4 at 9:30 am in the gym and at 7:00 pm after all Fish Fry Fridays. Stations will also be prayed on *Good Friday, March 30 at 3:00 pm.*

SACRAMENT OF RECONCILIATION This Lent, there are many opportunities to celebrate this sacrament of God's mercy. Confessions are heard each *Saturday from 4:00-5:00 pm* and upon appointment. *Communal services* will be on *Wednesday, March 21 at 7:00pm* and *Saturday, March 24 at 1:00pm.*

BECOME A PRAYER PARTNER "Adopt" one of our Elect, who are preparing for Baptism, First Communion and Confirmation at the Easter Vigil. Prayer cards are available in the church or in the Parish Office. Please keep him/her in your daily prayers. You can also learn more about their faith journey and specific prayer requests by going to our parish website or place of prayer in the church.

Faith & Spiritual Enrichment

"WHAT DO YOU WANT OF ME LORD?

WHERE DO YOU WANT ME TO SERVE YOU?"

RSVP small groups will meet weekly during the season of Lent, reflecting on the Sunday Gospel readings using Bishop Mueggenborg's "Come, Follow Me" book. Groups meet at a variety of times and newcomers are welcome. It all begins with a morning of reflection on *Saturday, February 10, 9:30-11:00am* in the Walmesley Center. New participants will have an opportunity to meet in their small groups.

FISH FRY FRIDAYS

Fridays, February 23, March 9 & 23

6:00-8:00 PM, Walmesley Center

ALL are invited to enjoy a delicious meal of baked cod fish, french fries, mac & cheese, and coleslaw. Part of the proceeds will go to CRS Rice Bowl. Sponsored by OLG Knights of Columbus. Invite your neighbors and friends for a traditional Lenten meal!

LENTEN MORNING OF REFLECTION

with Bishop Daniel Mueggenborg

Saturday, March 10, 9:30-11:00am

You are invited to a morning of reflection on missionary discipleship through the lens of the gospel of Mark's passion narrative.. Bishop Mueggenborg will share with us his insights on what it means to be a follower of Jesus, particularly when it is difficult. \$5/ person (pay as able)

LENTEN "BLACK BOOKLETS"

This wonderful resource containing daily Lenten reflections will again be available at the doors of the church as long as supplies last.

To find out more about these events visit our website: www.olgseattle.org or contact Parish Office

Holy Week Schedule

PALM SUNDAY OF THE LORD'S PASSION, March 24-25

5:30 pm Vigil mass (Saturday evening), 8:30 am and 11:00 am

HOLY THURSDAY, March 29

Lenten Soup Supper, 5:30 pm in the Parish School Hall – Sponsored by the Parish School (*Please bring your own spoon and bowl*)

Evening Mass of the Lord's Supper, 7:00 pm followed by Adoration of the Blessed Sacrament in the church until midnight. (*Remember your Rice Bowls!*)

GOOD FRIDAY, March 30

Quiet Meditation, 12:00-3:00 pm (*Church open for prayer during this time*)

Stations of the Cross, 3:00 pm

Liturgy of the Passion of the Lord, 7:00 pm

THE EASTER VIGIL Saturday, March 31, 8:30pm: On this holiest of nights, we celebrate the resurrection of our Lord. The Easter Vigil is the undisputed high point of the entire liturgical year, the "mother of all vigils," as St. Augustine called it.

EASTER SUNDAY, Sunday, April 1. Masses at 8:30 and 11:00 am.

