



LENT 2021

"Return to me with your whole heart...rend your hearts...and return to the Lord, your God." (Joel 2:12-13)

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. You are invited to explore the opportunities our parish is offering during Lent. Needless to say, our journey this year will be different because of COVID, but that doesn't diminish the power of the Spirit to draw us more closely to Jesus Christ and to each other to bring the message of mercy and hope to everyone.

Our Lady of Guadalupe, pray for us.

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.



ALMSGIVING: PARTICIPATE IN CRS RICE BOWL!

Our parish participates in CRS Rice Bowl, an educational and formational Lenten program, as a way to encounter Jesus through others, especially through the most vulnerable in our world. This year, Rice Bowls will be mailed to every household along with the Lenten Black booklets. Please be sure to use the resources to deepen your Lenten experience, including the recipes. Your prayers, fasting and almsgiving this Lenten season will help Catholic Relief Services continue to provide life-saving assistance in over 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.csricebowl.org for more information about this year's program, including recipes for your Lenten meals.**

Note: They will be collected during Holy Week. More details to come...

Prayer during Lent



ASH WEDNESDAY is celebrated **Wednesday, February 17**. Masses are at 9:00am (public) and 7:00pm. ([livestream](#)) There will also be a Scripture service and distribution of ashes at 6:30am and 12:00 Noon. Public services requires

[registration](#).

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 ([livestream](#)).

PRAYING THE STATIONS The Stations of the Cross are a 14-step Catholic devotion that commemorates Jesus' passion and death. There are many different ways to pray the stations, some of which will be livestreamed here on **Tuesdays, 3:00 PM and Good Friday, 3:00 PM**. You can also find other options [HERE](#).

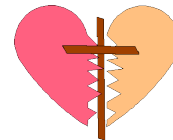


Lenten Prayer for the Environment

In his encyclical *Laudato Si*, Pope Francis has called upon us to do our best to care for all of God's creation. Please consider incorporating the Environmental Stations of the Cross, prepared by the HR-OLG Care for Creation Ministry, into your Lenten prayer this year as a way to help get ready for Holy Week, Easter and, a short time later, Earth Day. The stations can be found at

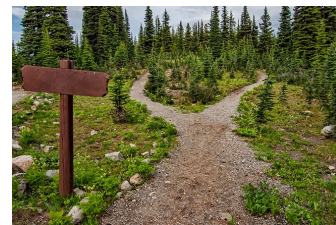
<http://tinyurl.com/EnvironmentalStations>

Faith & Spiritual Enrichment



SACRAMENT OF RECONCILIATION The Lenten season is a perfect time to celebrate this Sacrament of mercy and forgiveness. Even though we are in the midst of a pandemic, you are still able to celebrate this sacrament one-on-one in a safe way with Fr. Kevin. Call him at 206-935-0358, ext. 107 to schedule an appointment.

A COMMUNAL RECONCILIATION SERVICE will take place on **Thursday, March 18 at 7:00 pm** with opportunities for individual confession at the end of the service. [CLICK HERE](#) for more information about this Sacrament.



TRAVELING THE LENTEN PATH TOGETHER: Thursday Evenings in Word and Song 7:00-7:30 pm ([livestream](#))

Make time during this holy season to gather with others to reflect upon your Lenten journey and find inspiration and hope from various reflections from fellow parishioners accompanied by music led by Ann.

2/25	Discernment
3/4	Anticipation & Preparation
3/11	Distractions & Temptations
3/18	Communal Reconciliation Service
3/25	Finding Strength in Jesus' Journey

HOLY WEEK SCHEDULE

PALM SUNDAY OF THE LORD'S PASSION, March 27-28

5:30 pm Vigil mass (Public Mass – [REGISTER HERE](#)), 10:00 am ([livestream](#))

HOLY THURSDAY, April 1

Evening Mass of the Lord's Supper, 7:00 pm ([livestream](#))

GOOD FRIDAY, April 2

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

Stations of the Cross, 3:00 pm (public & [livestream](#) – [REGISTER HERE](#))

Liturgy of the Passion of the Lord, 7:00 pm ([livestream](#))



THE EASTER VIGIL Saturday, April 3, 8:30pm: ([livestream](#))

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 4. 10:00 AM, (Public Mass – [REGISTER HERE](#))