



West Seattle Catholic Community Celebrates (Holy Rosary & Our Lady of Guadalupe) LENT 2025

"Behold, now is a very acceptable time; behold, now is the day of salvation."

The Invitation

Lent is a 40-day pilgrimage which Christ personally invites us to make. It's a period of preparation to celebrate the Lord's Resurrection at Easter. During Lent, we seek the Lord in prayer by reading Sacred Scripture, attending Mass, and praying daily; we serve by giving alms, especially through Rice Bowl; and we practice self-control through fasting. We are called not only to abstain from luxuries during Lent, but to a true inner conversion of heart as we seek to follow Christ's will more faithfully. This invitation is to a journey of discovery, a journey that Christ has already made and will continue to walk with us. 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 falsehoods. 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 Family is offering during Lent. More information will be available in our bulletin, newsletters and websites.

Our Lady of Guadalupe, pray for us. Our Lady of the Rosary, pray for us.

PRAYER OPPORTUNITIES DURING LENT

ASH WEDNESDAY is on **Wednesday, March 5th**

Holy Rosary:

6:30 am Mass
8:45 am Mass (with school)
7:00 pm Mass

Our Lady of Guadalupe:

7:00 am Liturgy of the Word with
distribution of ashes
9:00 am Mass (with school)
7:00 pm Mass



ATTENDING 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 during this holy season. Consider attending one of our daily Masses as part of your Lenten practice.

SACRAMENT OF RECONCILIATION Lent is a wonderful time to celebrate the reconciling love and the healing grace our Lord offers us. We are invited to open ourselves up and reflect on the areas of darkness in our lives into which God so deeply desires to shine a light. It might begin with a simple question: ***Where might God be offering me forgiveness and healing?*** This Sacrament provides the opportunity for us respond.

COMMUNAL RECONCILIATION SERVICES is another important way the Church celebrates the Sacrament of Penance and Reconciliation. It allows us to experience God's forgiveness alongside others, but also fosters a sense of shared responsibility for not only our personal sins but also for our role in the wider effects of sin in our world. You have two opportunities to celebrate this sacrament:

Saturday, March 29, 10:00 am at Holy Rosary (followed by individual confession, if desired)
Wednesday, April 2, 7:00 pm at Our Lady of Guadalupe

ADORATION OF THE BLESSED SACRAMENT This traditional form of prayer provides an opportunity for quiet prayer & reflection. Benediction & Adoration is celebrated on the first Fridays of each month at both churches. Persons also have access to the church for prayer during the day. Contact either Parish Office.

PLEASE TURN OVER FOR MORE INFORMATION

MORE PRAYER OPPORTUNITIES DURING LENT

PRAYING THE STATIONS provides a deeply meditative experience, allowing us to contemplate and connect with the suffering of Jesus Christ during his final hours, ultimately deepening our understanding of his sacrifice and our own faith through prayer and reflection on key moments of his Passion narrative. Booklets are available near the stations in both churches for personal prayer. In addition, **Communal Stations of the Cross** will take place at various times throughout Lent including on Tuesdays at 5:30 pm and Thursdays at 9:30 am at Holy Rosary. In addition, *Living Stations* will be led by St. Anthony's Youth Group at Holy Rosary on April 16 at 8:00 pm.

"LITTLE BLACK BOOKLETS" In this time of waiting and anticipation, prepare your heart by spending time with God each day of Lent. The *Little Black Book* guides you through this season with short devotionals that will inspire you. They are a wonderful resource for your daily prayer. Pick one up in the church vestibule, as long as supplies last.

FAITH, SPIRITUAL & COMMUNAL ENRICHMENT OPPORTUNITIES

LENTEN RSVP SMALL GROUPS You are invited to participate in a six-week Parish Family series entitled "*Pilgrims of Hope*" beginning the week of March 8th. It is also an opportunity to build closer relationships in our parish family while also fostering a deeper spirituality. If you are interested in participating, hosting and/or facilitating contact Helen Oesterle at 206-935-0358, x 108

FAMILY FAITH SUNDAY Sunday, March 2, 9:30-10:45 am, OLG School Hall

Families with children K-5 grades will participate in whole group and fun family activities focusing on Lent and how service and sacrifice help grow our roots of faith. We will then gather to celebrate the 11:00 Mass.

CRS LENTEN DINNER Friday, March 7, 6:00pm - 8:00 pm, OLG Gym Enjoy a simple supper while you learn more about Catholic Relief Services, who sponsors the Rice Bowl Program. **Come early to pray the Care for Creation Stations of the Cross at 5:30 pm in the church.**

LENTEN FISH FRIDAY DINNERS March 14, 28 & April 11, 6:00-8:00 PM, OLG Gym Enjoy a delicious Lenten meal of baked cod fish, french fries, mac & cheese, and coleslaw with fellow members of our Parish Family and West Seattle Community. Part of the proceeds will go to CRS Rice Bowl. Sponsored by the Knights of Columbus. **Come early on April 11th for "Body in Prayer" Stations of the Cross at 5:30 pm on the stage.**

A LENTEN GATHERING TO PREPARE FOR LENT Sunday, March 9, 9:30am-1:00pm, HR School Hall All are welcome to join us as we prepare for Lent. Stop by anytime between 9:30am-1:00pm for Lenten activities and crafts for children and adults, Coffee and Donuts, and more!

LENTEN SOUP DINNER Friday, March 21, 6:00-8:00 PM, OLG Gym Prepared and served by Youth Ministry. Come for dinner and fellowship. An offering will be held for CRS Rice Bowl. **Come early to pray the CRS Stations of the Cross at 5:30 pm in the church.**

A LENTEN RETREAT: PILGRIMS OF HOPE...DESPITE THE ROADBLOCKS & DETOURS Saturday, March 22, 9:30 am-3:00 pm, OLG Pastoral Center Take time during this holy season to rest and reflect upon your journey of faith including not only its highlights but also its setbacks and ways you can reorient your journey with more hope and joy moving forward.

FAMILY FAITH NIGHT Saturday, March 22, 6:00pm-7:30pm, HR School Hall

All are welcome for potluck dinner after Mass followed by faith activities for both adults and children focusing on Lent.

SEATTLE CATHOLIC DAY OF SERVICE Saturday April 5 What a better way to honor the spirit of Lent by participating in one of the **Works of Mercy** by serving others in our community. Sign ups for a variety of projects begins February 16th.

PLEASE SEE THE BULLETIN, NEWSLETTERS & WEBSITES FOR MORE INFORMATION ABOUT THESE AND OTHER EVENTS HAPPENING DURING LENT