



# LENT 2022

*"A clean heart create for me, O God,  
and a steadfast spirit renew within me." (Psalm 51:12)*

## *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. In particular, consider participating in weekday Mass and the Sacrament of Penance & Reconciliation, where we encounter God's love and mercy in powerful ways.

Our Lady of Guadalupe, pray for us.

## Official Lenten Regulations

**F**or 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!

Each Lent our parish participates in Catholic Relief Services' Rice Bowl, a formation Lenten program that helps us encounter Jesus through others, especially through the most vulnerable in our world. Rice Bowls are available through the school, in the church, and at the Parish Office. Be sure to take one home, learn about this year's featured countries (Guatemala, Bangladesh, and Rwanda) and use the many resources to deepen your Lenten experience. Your prayers, fasting and almsgiving this Lenten season will help CRS 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 those most in need in our world and to end global poverty.

Visit [www.crsricebowl.org](http://www.crsricebowl.org) to access additional resources for individuals, families and small groups.

**Note: Rice Bowls will be collected at Mass on Holy Thursday**

# Prayer during Lent



**ASH WEDNESDAY** is celebrated **Wednesday, March 2**. Masses are at 9:00am (with school) and 7:00pm. There will also be a Scripture service and distribution of ashes at 7:00 am.

**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 (also livestreamed)

## ADORATION OF THE BLESSED SACRAMENT

This traditional form of prayer provides an opportunity for quiet prayer & reflection. Access to the church for prayer is 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 on **Good Friday, April 15, 11:00 am (Living Stations by the OLG School) & 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**. Friday evenings during Lent, and upon appointment.

**Communal services will be on Saturday, March 26 at 10:00 am and Wednesday, March 30 at 7:00 pm.**

**BECOME A PRAYER PARTNER** "Adopt "one of our Elect or Candidates who are preparing for Baptism, and/or First Communion and Confirmation at the Easter Vigil. Prayer cards are available in the church. 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

## LENTEN BIBLE STUDY

During the season of Lent, you are invited to participate in a six-week Bible Study series reflecting upon the Gospel for the upcoming Sunday's Mass. Tuesday evenings, 6:30-8:00 pm by Zoom.

## LENTEN FISH DINNERS

**Fridays, March 25 & April 8**

**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!

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## CATHOLIC RELIEF SERVICES RICE BOWL

### MEATLESS MEAL KITS AND COOKING CLASS

Support Rice Bowl and the work of Catholic Relief Services worldwide! Order a meatless meal kit and join us for a **virtual Rice Bowl cooking class on Friday, April 8 from 5:30-6:30pm**. The kits (similar to Blue Apron or Hello Fresh) will include the ingredients you need to make the Rwanda Rice Bowl recipe and will be available for pickup at the Pastoral Center the week of April 4<sup>th</sup> for a suggested donation of 20. We'll cook together, learn more about Catholic Relief Services, and how your Rice Bowl donations change lives around the world! To order a kit and/or

RSVP for the presentation, contact Jennifer at [jibach@olgseattle.org](mailto:jibach@olgseattle.org) by **Monday, March 27 and Monday, April 4, respectively.**

## 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.

## HOLY WEEK SCHEDULE

### PALM SUNDAY OF THE LORD'S PASSION, April 9-10

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

### HOLY THURSDAY, April 14

Lenten Soup Supper, 5:30 pm in the Walmesley Center – Sponsored by the Parish School

*Evening Mass of the Lord's Supper*, 7:00 pm followed by Adoration of the Blessed Sacrament in the church until 10:00 PM. (Remember your Rice Bowls!)

### GOOD FRIDAY, April 15

Living Stations of the Cross (with school), 11:00 am

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, April 16, 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 17.** Masses at 8:30 and 11:00 am.

