Lent at St. James Cathedral

MASS The Sunday and weekday Masses of Lent are the ideal way to grow closer to the Lord Jesus. The scriptural readings for are particularly rich in their ability to inspire and challenge. Weekday Masses are at 8:00am daily, and Mondays, Wednesdays, and Fridays at 12:10pm.

THE WAY OF THE CROSS is a wonderful Lenten tradition in the Church. There are two opportunities to pray the Stations each week: on Mondays following 12:10pm Mass, and Fridays following the 8:00am Mass. On Sunday, March 30, Cathedral youth readers will lead the Stations of the Cross following the 12 Noon Mass. *The Cathedral's Stations of the Cross are the work of Joan Brand-Landkamer, inspired by French artist Georges Rouault.*

MENTAL HEALTH STATIONS OF THE CROSS Presented by the Mental Health and Wellness Ministry, Stations of the Cross with a focus on mental health concerns will be held after the 12:10pm Mass on Friday, March 28.

VESPERS AND BENEDICTION OF THE BLESSED SACRAMENT This beautiful prayer is part of the Liturgy of the Hours, the official prayer of the Church. It is celebrated in the Cathedral each Sunday afternoon at 4pm.

ADORATION OF THE BLESSED SACRAMENT Each Thursday during Lent, Exposition of the Blessed Sacrament will follow the morning Mass and continue until 9:30am, with rosary and time for quiet adoration.

THE RICE BOWL is a wonderful way to grow in solidarity with the millions in our world who lack the basic necessities of life. Rice Bowls are in the vestibules of the Cathedral. Daily reflections available at www.crsricebowl.org.

SACRAMENT OF RECONCILIATION This Lent, there are many opportunities to celebrate the sacrament of God's mercy. Confessions are heard every Saturday from 8:30am-9:30am. Our communal celebrations of the Sacrament of Penance will be Monday, April 7 at 7:00pm and Saturday, April 12 at 10:00am.

OCIA during Lent

JOURNEY OF THE ELECT Lent is a time of intensive prayer and preparation for our Catechumens, who are preparing for Baptism, Confirmation, and Eucharist at the Easter Vigil. Now, they are no longer called *Catechumens*, but "*Elect*," following the celebration of the Rite of Election. This final period of purification and enlightenment, which, since the beginnings of the Church, has taken place during Lent, consists more of interior reflection than catechetical instruction. It is intended to purify the hearts and minds of the Elect. This period is also intended to enlighten their minds and hearts with a deeper knowledge of Christ the Savior.

THE SCRUTINIES Lent began in the Church as a time of intense spiritual preparation and healing for the Elect. On the third, fourth and fifth Sundays of Lent, the Church pours out her most powerful prayers for deliverance from sin and evil during the Scrutiny Rites. These rites will take place at the 10:00am Mass on March 23, 30, and April 6.

SATURDAY, APRIL 19, 8:30pm: THE EASTER VIGIL On this holiest of nights, we celebrate the sacraments of Baptism, Confirmation and Eucharist with our Elect. The Easter Vigil is the undisputed high point of the entire liturgical year, the "mother of all vigils," as St. Augustine called it.

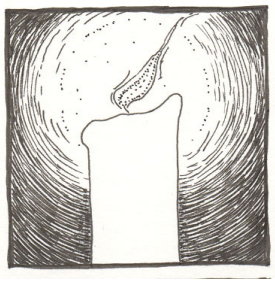
Please pray for those to be baptized at the Easter Vigil:

Leonor Aparicio ▪ Brian Appelman ▪ Shay Appelman ▪ Paris Counter ▪ William Demoraes ▪ Charlie Glaser ▪ Vinnie Glaser ▪ Dora Gyarmati ▪ Jared Ilg ▪ Thomas Nolan ▪ Alston Prater ▪ Karan Verma ▪ Lindsey Vigo ▪ Pam Vilonza

Youth Elect: **Liam Kimble**

Please visit the Place of Prayer near the Cathedral font and pray for our Elect each day during this season of Lent. As Easter draws near, you are invited to write a note telling our Elect of your prayerful support.

Musical Prayer during Lent



OPUS 7 VOCAL ENSEMBLE AND CHAMBER ORCHESTRA: HEAR MY PRAYER
Saturday, March 15 at 8:00pm

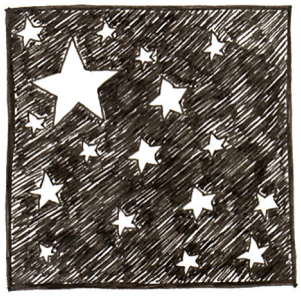
Opus 7 performs a Lenten concert of profound music for choir and orchestra by Eastern European and Scandinavian composers as a musical prayer for hope and perseverance; comfort for those who grieve and those who are fearful; and peace and justice in Ukraine. Tickets ($15-$60)* & more info: https://opus7.org/.

CAPPELLA ROMANA and 45th PARALLEL UNIVERSE: REQUIEM FOR THE FORGOTTEN
Friday, March 28 at 7:30pm

Requiem for the Forgotten by Frank La Rocca for choir, organ, and strings commemorates the displaced and the homeless, championing the inherent dignity of every person. The program opens with the a cappella *Mass for Double Choir* by Josef Rheinberger (1839–1901), who dedicated it to Leo XIII, a pope known for his advocacy for social justice. Tickets ($15 -$58)* and information, https://cappellaromana.org/concert/requiem-for-the-forgotten/.

MEDIEVAL WOMEN'S CHOIR: PENITENTIA
Saturday, April 5 at 8:00pm

Lent is a time for reflection upon human frailty, sorrow for our sinful nature, and the desire to make amends. There is a rich tradition of song that reflects this medieval reality, inspiring believers to repent and guiding them on the path towards salvation. Full of beauty and pathos, this is some of the most profound music in the medieval canon. Tickets ($30; St. James parishioners free at online ticketing) and information, https://medievalwomenschoir.org/events/.



THE OFFICE OF TENEBRAE
Wednesday, April 16 at 7:00pm

The name *Tenebræ* (the Latin word for "shadows") was originally given to the ancient monastic services of matins (celebrated after midnight) and lauds (celebrated at dawn) of the last three days of Holy Week. Tenebræ today is celebrated in many different forms, which can include the chanting of the Lamentations of Jeremiah, and the gradual extinguishing of candles and other lights in the church to signify the darkness that overshadowed the earth at Christ's crucifixion. The loud noise, or *strepitus*, at the conclusion of the service suggests the earthquake described in the Passion narratives. The single candle left burning is the symbol and promise of Christ's triumph over death and darkness. The Cathedral Cantorei will sing Palestrina's setting of the *Lamentations of Jeremiah* and the sublime *Miserere mei, Deus* by Gregorio Allegri, as well as plainchant psalmody. Father Michael G. Ryan, presider.

TRE ORE
Friday, April 18 from 12pm-3pm

We observe the traditional Good Friday devotion of Tre Ore ("Three Hours") in which we remember the last words of Christ proclaimed from the cross. These brief exclamations from Jesus alternate with movements from Giovanni Battista Pergolesi's Stabat Mater and meditations by Father Paul Janowiak, SJ, on the Seven Last Words of Christ. Stabat Mater is sung by the women of the Cathedral Cantorei with the Cathedral Chamber Orchestra, conducted by Joseph Adam.