

Lent: Encountering the Mercy of God Poured Out in Christ

Ash Wednesday Remember, Repent, Believe



As ashes are imposed on Ash Wednesday we are exhorted to three actions: remember, repent and believe. We are called to remember the brevity and fragility of our lives. We are called to repent for the sin that our human weakness has allowed to enter our lives and hearts. We are called to believe that we can be forgiven, reconciled, saved and raised up. Please join us for Mass on Ash Wednesday as we enter into this season of renewal.

Ash Wednesday Masses

- 7:00 a.m. at the Church of the Holy Redeemer**
- 8:15 a.m. at Holy Redeemer School (students and faculty)**
- 8:30 a.m. at the Church of St. Mary, Tracy**
- 10:00 a.m. at Holy Redeemer School (students and faculty)**
- 5:30 p.m. at the Church of the Holy Redeemer**
- 5:30 p.m. at the Church of St. Michael**
- 6:30 p.m. at the Church of St. Mary, Cottonwood**
- 7:00 p.m. at the Church of the Holy Redeemer**
- 7:30 p.m. at the Church of St. Mary, Tracy**
- 8:30 p.m. at the Church of the Holy Redeemer (Spanish)**
- 8:30 p.m. at the Campus Religious Center (students only)**

The Church offers us three penitential disciplines during this season: prayer, fasting, and alms giving. Here are some ways to accomplish these disciplines.

Prayer

“The Word Among Us”

Today we are making the Lenten copies of “The Word Among Us,” available to all of our parishioners. These daily reading, reflection and prayer guides are a wonderful way to follow the rhythm of Lent. Please take a copy home with you and use it with your family.

“Do Something Beautiful for God”

We are also distributing a book of daily reflections by Mother Teresa, “Do Something Beautiful for God.” These reflections began on January 1, but you can begin with today’s date, and then finish early next year with the earlier reflections.

Wednesdays with the Lord

On the Wednesdays of Lent, excluding Ash Wednesday and the Wednesday of Holy Week, one of the priests will offer a noon time of reflection on a Lenten theme. These presentations will be in the church proper of the Church of the Holy Redeemer.

The Passion According to St. Mark

The Wednesday of Holy Week, March 31 at 7:00 p.m. at Holy Redeemer Fr. Tony will lead a study of the Passion of Jesus Christ from the Gospel of St. Mark.

Stations of the Cross

An ancient custom of the Church that is observed in each of our parishes is to accompany the Lord through his passion in the praying of the Stations of the Cross. Each parish offers opportunities to celebrate throughout Lent on the following schedule:

Church of St. Mary, Tracy:	1:15 p.m. on Fridays 6:30 p.m. on Fridays
Church of St. Michael:	6:00 p.m. on Tuesdays
Church of the Holy Redeemer:	6:00 p.m. on Mondays 2:00 p.m. on Fridays at the school (students only) 5:30 p.m. on Fridays
Campus Religious Center:	3:00 p.m. on Ash Wednesday 3:00 p.m. on Tuesday, Thursday and Friday
Church of St. Mary, Cottonwood:	5:00 p.m. on Wednesdays

There are some weekly variations of this schedule, so please check the weekly bulletin.

Fasting and Abstinence

The catechism reminds us that “*Jesus’ call to conversion and penance . . . does not aim first at outward works, ‘sackcloth and ashes’, ‘fasting and mortification’, but at the conversion of heart, interior conversion. However, interior conversion urges expression in visible signs, gestures and works of penance.*”



Fasting:

Catholics between the ages of 18 and 59 are required to fast on Ash Wednesday and Good Friday. Fasting consists of eating only one regular sized meal during the day with two other smaller meals also allowed. The rule forbids eating between meals.

Abstinence:

Catholics, 14 years of age or older, must abstain from eating meat on Ash Wednesday, Good Friday, and all the Fridays of Lent. ***Please note that the abstinence rule does not lapse because of your age.***

Almsgiving



The parishes of our area will be participating in Catholic Relief Service’s annual **Rice Bowl Program.** Through our participation in the Rice Bowl Program we learn of the plight of the poor throughout the world and are encouraged to donate to their relief. You will receive Rice Bowl materials on the Sunday before Ash Wednesday. You will have the opportunity to return your gifts to the parish on Holy Thursday.

The Sacrament of Reconciliation

The season of Lent is a time to seek the Lord’s forgiveness in the Sacrament of Reconciliation. In addition to our regular Reconciliation times, we will be having Communal Celebrations of the Sacrament on Wednesday, March 10, at 11:00 a.m. at Holy Redeemer, and on Sunday, March 14, at 3:00 p.m. at St. Mary’s in Tracy. On Sunday, March 21, there will be Communal Penance services at Holy Redeemer at 2:00 p.m., and at St. Mary’s, Cottonwood at 4:00 p.m.