



## PARISH OPPORTUNITIES FOR LENT



### FASTING AND PENANCE

- During Lent, Catholics in the US abstain from meat on Ash Wednesday and on all the Fridays of Lent.
- To **abstain from meat** on Ash Wednesday and all the Fridays of Lent means to not eat meat on those days. It does not intend the omission of eggs or dairy products.
- The **required fast** on Ash Wednesday and Good Friday involves eating only one full meal on those days. One or two smaller meals may be taken on those days, but may not total one full meal. The required fast does not allow eating between meals.
- “All Catholics, who have **completed their 14th year**, are bound by the law of abstinence; all adults are bound by the law of fast up to the **beginning of their 60th year**.

*“For many of us, the choice may not be to give up something up, but to **add** something to our daily lives during Lent. . .*

*Whether it is fasting, abstaining or other acts of penance, the whole desire we should have is to use these means to help us grow closer to our Lord and prepare ourselves ‘to celebrate the paschal mystery with minds and hearts renewed.’” (First Preface of Lent)*

Taken from [onlineministries.creighton.edu](http://onlineministries.creighton.edu), accessed 2/17/17.



### PRAYER & SPIRITUAL RESOURCES

- Begin Lent by attending Mass on **Ash Wednesday**: 9:00AM and 6:00PM
- **Eucharistic Adoration** every Friday in Lent after 9:00AM Mass until 5:00PM
- 5:30PM **Stations of the Cross** every Friday
- Saturday, March 28 - Women’s Retreat Day - Women of the New Testament - 9am to 3pm
- Variety of **prayer and reflection booklets** are available in the Gathering Area for reflection and personal prayer during Lent as well as the **Rosary of the Seven Sorrows of Mary** (rosary & booklets compliments of Charlene Hartley)
- Check out one or more of the following **online Lenten Resources**.
  1. Best Lent Ever (Dynamic Catholic) <http://dynamiccatholic.best-lent-ever>
  2. Lenten art Journey – Faith ND – University of Notre Dame
  3. Loyola Press ([www.loyolapress.com](http://www.loyolapress.com)) Four resources: Seven Last Words, Perspectives on Lent (articles and videos), Holy Week Devotions, Arts and Faith
- Check out these **Resources on YouTube**:
  1. Preparing for Lent with Fr. Mike Schmitz (numerous 6 to 10 minutes talks)
  2. Lent in 3 Minutes (NEW)

- Download one or more of the following **“apps for your phone”** (for Lent and all year)
  1. **“Pray As You Go”** Use the 15 minute (or less) segments to start your day. “Pray As You Go” **Free**
  2. **“Laudate”** is the classic, all-encompassing Catholic app. It offers daily readings, the Liturgy of the Hours, a Confession app, prayers, links to the Catechism and other Church documents, and so much more. **Free**
- **Watch one or more of the following movies** with your friends and/or family  
(Recommended by *Catholic Digest*, *National Catholic Reporter*, *National Catholic Register*.  
All are available **FREE** or with rental fee with Amazon Prime.)

**Movies About Prayer:** *The Miracle of Our Lady of Fatima* (1952), *Henry Poole is Here* (2008 – PG13), *Little Boy* (2015 – PG13), *Facing the Giants* (2006), *There Be Dragons* (2011 – PG13), *Song of Bernadette* (1943), *Where Do We Go Now?* (PG13)

**Movies About Fasting or Sacrifice:** *Les Miserables* (1998 & 2012 – PG13), *Quiet Place* (2018 – PG13), *The pursuit of Happyness* (2006 – PG13), *Unbroken* (2014 – PG 13), *The Mission* (1986 – PG), *Inside Out* (2015 – PG), *Toy Story 3* (2010 – G), *Finding Nemo* (2003 – G)

**Movies About Generosity (Almsgiving):** *The Trouble with Angels* (1956 – PG), *Life is Beautiful* (1997 – PG13), *The Blind Side* (2009 – PG13), *The Scarlet and the Black* (1983 – Young Adult), *McFarland USA* (2015 – PG), *Searching for Bobby Fischer* (1993 – PG), *Charlotte’s Web* (2006 – G), *Up* (2009 – PG), *The Hiding Place* (1975 – PG), *Nicky’s Family* (2013 – PG13)

**Other Films for Holy Week or Lent:** *Ben Hur* (2016 – PG13), *Pinocchio* (2016 – PG), *The Prince of Egypt* (1998 – PG), *End of the Spear* (2017 – PG), *The Gospel of John* (2003 – PG), *The Nativity Story* (2006 – PG), *The Son of God* (2014 – PG13), *Passion of Christ* (2004 – R)



**ALMS**



- Participate in the PSR and Youth Diocesan Lenten Mission of Mercy Project for 2020 – Kids Whole Outreach
- Do without some simple pleasure during Lent and donate the money to CAM or donate 40 cans or packaged food items to CAM—one for each day of Lent
- Participate in Operation Rice Bowl (Catholic Relief Services). Simply take home a Rice Bowl and download the Rice Bowl app which has online stories and reflections for each day of Lent.
- Visit or send a card to one of our parishioners who is homebound or in the nursing home.

