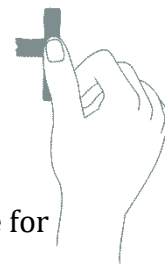


# LENT 2019



**Lent** begins, Wednesday, March 6<sup>th</sup> with Ash Wednesday, a day of fast and abstinence for Catholics. Ashes remind us to turn away from sin and be faithful to the gospel. Ash Wednesday mass will be at 7:00 PM. IC masses are at 7:30 AM, 9:00 AM and 6:30 PM.

Prayer, fasting and almsgiving are the three traditional disciplines of Lent. Prayer invites us into God's presence, whether personal or communal, through Scripture, devotional prayer, adoration, meditation, journaling, Stations of the Cross, other sacramentals and especially through the Eucharist, our great prayer of Thanksgiving. Our Lenten fasting is rooted in experiencing hunger for food, but it goes beyond this. We are hungry so that we might discover what we truly need. Fasting helps us look at all that we consume (and all that consumes us). It helps us discern what is good and right in God's eyes. Fasting clears the deck, simplifies our lives, and frees us to work toward a world that is more just and loving. Almsgiving is the way in which we work for greater justice. It is all the deeds we can do and the gifts we can offer to help recreate the world anew.

Ash Wednesday and Good Friday, April 19, 2019, are days of fast and abstinence. Fridays of Lent are also days of abstinence. Fasting is to be observed by all those 18 years of age and older, who have not yet celebrated their 60<sup>th</sup> birthday. On a fast day one full meal is allowed. Two other meals sufficient to maintain strength, may be taken to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted, but liquids, including milk and juices, are allowed. Abstinence is observed by all those 14 years of age and older. On days of abstinence no meat is allowed. Note that when health or ability to work would be seriously affected, the law does not oblige.

With regard to the obligatory days listed above, however, there are frequent questions about the degree of seriousness of the matter. The teaching of Pope John Paul II may be simply paraphrased: the obligation to do penance is a serious one; the obligation to observe, as a whole or "substantially," the penitential days specified by the Church is also serious. No one should be scrupulous in this regard; failure to observe an individual day of penance is not considered serious. People should seek to do more rather than less. Fast and abstinence on the days prescribed should be considered a minimum response to the Lord's call to penance and conversion.

Resources and opportunities that may deepen your Lenten journey:

- Beginning March 13<sup>th</sup>, Wednesday evening Stations of the Cross at 7:00 PM followed by Lenten Mass (March 13<sup>th</sup> will be a Communion Service)
- **Lenten Bible Study 2019** will be held on Wednesday evenings after mass beginning March 13<sup>th</sup> for 6 weeks. Facilitator will be Melissa Fent, the theme is: *No Greater Love: A Biblical Walk through Christ's Passion*, presented by Dr. Edward Sri. Registration deadline was Feb 28<sup>th</sup>. Questions contact Melissa Fent 419-305-7056.
- The Little Black Book for adults or Little Purple Book for children can be picked up in the entrance of church. These provide deeper insights into the season of Lent.

- **The Light Is On for You** - At St Teresa and in parishes across the Archdiocese of Cincinnati the Sacrament of Reconciliation will be available on Tuesday, March 19<sup>th</sup> from 7:00pm – 8:00pm in Church. Consider making a commitment this Lent to celebrate the Sacrament of Reconciliation and receive the healing grace of God's forgiveness and love. Learn more at: [www.lightison4u.com](http://www.lightison4u.com). IC will also have a Parish Penance Service Wednesday, March 20, 2019 1:00 PM and individual confessions Thursdays, March 28<sup>th</sup> and April 11<sup>th</sup> at 7 PM. Individual confessions will be held Saturdays at St Teresa at 4:30 PM (No Saturday Confessions April 20<sup>th</sup>)
- [www.usccb.org/lent/](http://www.usccb.org/lent/) The United States Conference of catholic Bishops provides numerous Lenten resources.

## RITE OF SENDING

In this celebration, at the 5:00 PM Mass on March 9<sup>th</sup>, catechumens are presented to the community, testimony is given by the catechists and sponsors, and they inscribe their names in the Book of the Elect that will be kept in the parish. Baptized candidates for full communion and Catholics preparing for the sacraments of Confirmation and Eucharist are presented to the parish at this time. Since those who are baptized already have their names enrolled in the baptismal registers, they do not inscribe their names in the Book of the Elect. The RCIA process is a "parish-wide" undertaking and all parishioners are encouraged to reach out and welcome our candidates and pray for them on the "Journey of Faith."

## RITE OF ELECTION & CALL TO CONTINUING CONVERSION

In the Rite of Election we celebrate the Lord's choosing of men, women and children who, with the help of the Church, acknowledge God's election of them for the Easter Sacraments.

The Rite of Election marks the beginning of the final period of intensive preparation prior to receiving the sacraments of initiation. The Call to Continuing Conversion marks the final period of preparation for those preparing to be received into full communion or for those Catholics completing their initiation through Confirmation and First Eucharist.

Catechumens seeking baptism, confirmation and eucharist, and candidates for reception into full communion, as well as those Catholics completing their initiation will be welcomed at the Rite of Election and Call to Continuing Conversion, Sunday, March 10<sup>th</sup> at Immaculate Conception, Dayton, OH.

