

Lent/Holy Week 2019

St. Cecilia Church, Ames, Iowa

Please read and save for reference throughout the season.

Regulations regarding Fasting and Abstinence

1. Everyone 14 years of age or over is bound to abstain from meat (beef, pork, chicken) on Ash Wednesday (February 14, 2018) and all the Fridays of Lent.
2. Everyone 18 years of age and under 59 years of age is bound to fast on Ash Wednesday and Good Friday (March 30, 2018)
3. On these two days of fast and abstinence, only one full meatless meal is allowed. Two other meatless meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted on these two days, but liquids including milk and fruit juices are allowed. When health or ability to work would be affected, the law does not apply.
4. Catholics should not lightly excuse themselves from the fast and abstinence prescribed by the Church.
5. Lent is the principal season of penance in the Christian year. Priests, religious and laity are strongly urged to develop and follow a program of voluntary self-denial (in addition to following the Lenten regulations), serious prayer, and a performance of works of charity and mercy.

(Source: Archdiocese of Dubuque: Worship Office)

Sacrament of Reconciliation

Every Catholic serious about their faith should avail themselves to the Sacrament of Reconciliation (Penance/Confession) during Lent as part of their personal spiritual preparation for the renewal of their baptismal promises at Easter. Anytime during the Season of Lent is an appropriate time for this celebration, not just, or even primarily, waiting until Holy Week. With both priest availability and everyone's schedules, please seriously consider participating in one of the area Communal liturgies.

Communal Celebrations:

Monday, March 18	7pm St. Peter and Paul
Sunday, March 24	2pm St. Cecilia
Wednesday, April 10	6pm St. Thomas Aquinas

(Please turn over)

Individual Celebrations:

Saturday afternoons: 3:15pm—4:30pm (*Please, no confessions after 4:25 to allow
Father Jim time to finish by 4:30 and prepare for 5pm Mass.*)

Wednesday: April 17: 11am—12pm, 5:30pm—7pm

*(In conformity with church liturgical law, no public celebrations of the sacrament on Holy
Thursday, Good Friday or Holy Saturday.)*

Individual appointments apart from the regular schedule (if necessary) may be arranged by
contacting Fr. Secora at: jsecora@sceciliaparish.org or by phone: 515-233-3092 (you must
state your name and leave a phone number contact).

Stations of the Cross

Lent at 5:30pm. (A variety of perspectives in terms of themes and prayers will be used.)

April 19: Good Friday, 2pm led by St. Cecilia School 5th Grade Class

Holy Week

Palm Sunday of the Lord's Passion, April 13/14: Palms blessed before all Masses.

Saturday 5pm and Sunday 8:30am in church. Sunday 10:30am. Mass begins in the
Narthex with the blessing of palm and the Palm Sunday Procession into the church proper.

(Incense will be used at 10:30 a.m)

Holy Thursday, April 18: Mass of the Lord's Supper at 7:30pm *(Incense used)*

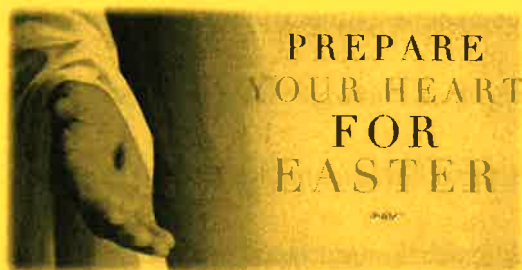
Good Friday, April 19: Liturgy of Good Friday at 7pm

Easter Vigil, April 20: Easter Vigil Liturgy at 8:30pm *(Incense used)*

Easter Sunday, April 21: Masses at 7am, 8:30am and 10:30am



Lenten Ideas – 2019



Ideas for experiencing a more meaningful Lent through prayer, fasting and almsgiving:

Fasting:

- ◆ Fast from watching TV one night a week so that you can spend time on a Lenten practice such as praying, reading the Bible, engaging in the 1% Lection Divina Challenge from Evangelical Catholic and serving others.
- ◆ Fast from using foul language and put-downs and begin affirming others with positive speech to encourage, rather than discourage others.
- ◆ Fast from holding resentments and learn to practice forgiveness.
- ◆ Fast from gossiping and dishonesty and begin the practice of honesty and truthfulness.
- ◆ Fast from a favorite snack food or drink and set aside the money you would have spent on the item(s) to a favorite charity or the parish "Rice Bowl" program.
- ◆ Fast from being angry or upset with people who have hurt or offended you and pray for the courage to forgive them.
- ◆ Fast from feeling guilty or angry with yourself; instead, remember God's great love for you.

Praying:

- ◆ Participate in daily Mass.
- ◆ Read and reflect on the Lenten book, *A Devotional Journey Through the Mass*.
- ◆ Participate in the Stations of the Cross on Fridays.
- ◆ Participate in a Communal Celebration of the Sacrament of Penance or celebrate the Individual Rite of Penance (Note: Do this early in Lent).
- ◆ Increase the amount of time you spend in Eucharistic Adoration or consider beginning the practice of Eucharistic Adoration.
- ◆ Use the daily Scripture reading guide given on Ash Wednesday or the citations given for the Sunday and daily Mass readings printed in the Bulletin as the basis of your daily prayer. You can also access the Daily Mass readings on the USCCB website which includes a commentary.
- ◆ Add the rosary to your prayer life personally or as a family on a daily or weekly basis.
- ◆ Subscribe (if you do not already) and read at least one article a week on faith formation in our Archdiocesan newspaper, *The Witness*.
- ◆ Consider practicing the *Daily Examen* recommended by Pope Francis. The *Examen* is a traditional spiritual practice developed by St. Ignatius of Loyola founder of the Jesuits to which Pope Francis belongs. (See the reverse for directions).

While waiting, pray. After praying, WAIT.

Almsgiving:

- ◆ Study Church teaching on social justice in the Catechism of the Catholic Church (the section on Commandments 5-10).
- ◆ Donate excess personal clothing (in good repair) to the local clothing collection site at (Bethesda Lutheran Church).
- ◆ Donate time/volunteer for service during Lent, e.g. Food at First, a homeless shelter, nursing home or some similar program.
- ◆ Learn about the programs in which our parish Social Justice Committee is involved and prayerfully discern participation at some level.
- ◆ Give the gift of sight by donating old eyeglasses or unused frames to the local Lion's Club who recycle them and distribute to the needy.
- ◆ Donate diapers, formula, baby clothing, baby furniture and maternity clothing to *Birthright* and/or learn about and offer support to the *Informed Choices Clinic* here in Ames. Both organizations support a life affirming alternative to abortion.

The Daily Examen

The *Daily Examen* consists of taking time for reflection each evening. Begin by seeking a quiet place to gather your thoughts and rest in the peace of God. (Turn off all the electronics!!) Ask the Holy Spirit to guide your examination.

Next, consciously give thanks for the many gifts of the day (even the simplest things like a good cup of coffee, or an unexpected compliment from someone), establishing a spirituality of gratitude.

Next, review the day by recalling specific situations, actions, words, feelings: Did I treat members of my family, co-workers, friends, and strangers with kindness? Did I pause throughout the day to ask God's guidance? Did I have a generous or critical spirit? (What have I done and what have I failed to do).

Spend some time confessing your sins and failures to God, expressing your deep sorrow, and thanking God for the grace to begin anew.

You may want to conclude by asking God's help for some personal intentions. With time this process will become more comfortable, and profitable!

With prayers for a good Lent, I am,



Father Jim Secora



The Joy of

A RETREAT WITH SANDY HOENIG

Forgiveness

There's never been a better time to remove the barriers to a healthy, productive life! Even though people have hurt you and you cannot forget it, you can be free from grudges, resentment, self-defeating habits, and negative feelings. Forgiving is the only way to stop the pain and bring hope for the future. Come on a "healing journey" through a practical, personal retreat. You'll discover that forgiveness is a profound emotional strength. Together we'll identify and process the stages of forgiveness and healing. Along the way, you'll learn strategies you can use in your personal and professional life to avoid or resolve hurtful situations.

SAT APRIL 6

**8:30-4:30 / CHURCH + SOCIAL HALL
COST IS \$25 & INCLUDES LUNCH**

REGISTER AT WWW.STCECILIAPARISH.ORG/FORGIVENESS-RETREAT