

LENT/HOLY WEEK, 2017
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 on Ash Wednesday** (March 1, 2017) **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** (April 14, 2017)
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:

| | |
|--------------------|---------------------------|
| Thursday, March 9 | 7 p.m. St. Thomas Aquinas |
| Sunday, March 19 | 2 p.m. St. Cecilia |
| Thursday, March 23 | 7 p.m. St. Peter and Paul |
| Monday, March 27 | 7 p.m. St. Thomas Aquinas |
| Thursday, April 6 | 7 p.m. St. Cecilia |

(Please turn over.)



Individual Celebrations:

Saturday afternoons: 3:15—4:30 p.m. *(Please, no confessions after 4:25 to allow me time to finish by 4:30 and prepare for 5 p.m. Mass.)*
Friday, April 7: 11:00—12:00 noon
Wednesday, April 12: 5:30—7:00 p.m.

(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

The traditional Lenten devotion, **Stations of the Cross** will be prayed **each Friday night of Lent at 5:30 p.m.** (Since this is a devotional prayer, a variety of perspectives in terms of themes and prayers will be used.)

March 25: **Good Friday, 2 p.m.** led by St. Cecilia School 5th Grade Class

HOLY WEEK

Palm Sunday of the Lord's Passion, April 8/9: Palms blessed before all Masses. Saturday 5 p.m and Sunday 8:30 a.m. in church. Sunday 10:30 a.m. 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 13: Mass of the Lord's Supper at 7:30 p.m. *(Incense used)*

Good Friday, April 14: Liturgy of Good Friday at 7 p.m.

Easter Vigil, April 15: Easter Vigil Liturgy at 8:30 p.m. *(Incense used)*

Easter Sunday, April 16: Masses at 7, 8:30 and 10:30 a.m.




SHARING YOUR BREAD
WITH THE HUNGRY ✠
15 58 / 7

LENTEN IDEAS – 2017

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, and serving others
 - Fast from watching one movie during Lent and give the money and the time on service to 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
 - 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, *The Lamb's Supper* by Scott Hahn.
- 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. The whole season is one of penance, not just Holy Week.*)
- Increase the amount of time you spend in Eucharistic Adoration or consider beginning the practice of Eucharistic Adoration.
- Increase the amount of time you spend praying by five or ten minutes a day
- 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.)

Almsgiving:

- Study Church teaching on social justice in the Catechism of the Catholic Church (the section on Commandments 5-10).



- Obtain, read, and reflect on Pope Francis' encyclical *Laudato Si, On the Care For the Earth*. (This can be downloaded by going to the Vatican Web-site.) Study the booklet from the Iowa Catholic Conference on how this papal teaching applies to life in our state. (A few copies will be available on a first-come-first-served basis.)
- 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
- Train to be a hospice volunteer or support the work of the Hospice movement
- 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.
- Consider volunteering in the office of the local "Good Neighbor Emergency Assistance" agency

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.

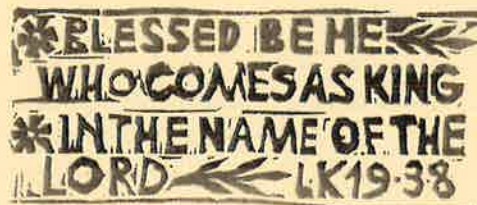
Next, review the day by recalling specific situations, actions, words, feelings: Did I treat members of my family, co-workers, friends, and strangers with kindness? Did I pause throughout the day to ask God's guidance? Did I have a generous or critical spirit? (What have I done and what have I failed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

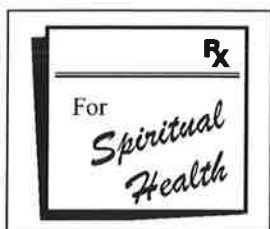


Lent 2017 Eucharistic Adoration
“Burke Chapel and Spiritual Health Center”
Trial Memberships Now Available!!

For many parishioners, Eucharistic Adoration is still somewhat mysterious. **Just where and what is this “Burke Chapel and Spiritual Health Center” everyone’s *not talking about*??**

For starters, **the Chapel is located** on the left side of the hallway that is accessed through the double doors on the opposite side of the Gathering Space from the main Church.

What makes our Chapel so special? Each week from Sunday evening through Saturday noon, at every hour of the day and night, the Blessed Sacrament (a consecrated host for holy communion) is exposed in a monstrance (ours is beautifully bejeweled). Because the Blessed Sacrament is the Real Presence of Jesus, Body, Blood, Soul and Divinity, this means that during those hours, not only scheduled adorers, but everyone is welcomed by Jesus Himself to spend “face-to-face” time with Him, who is also known as the **“Divine Healer”**.



As a long-time Eucharistic Adorer, Kathy Wipf lightheartedly suggested a name change to **“Burke Chapel and Spiritual Health Center”** based on her experience there of:

- **Balanced Diet:** appropriate portions of praise and adoration, expressions of sorrow, intercession, and huge helpings of *calorie-free gratitude*.
- **Regular Exercise:** In the peace and quiet of regular weekly prayer exercise, distractions of a busy mind are gradually tamed, allowing for improved focus. The ability to articulate what we want to say to the Lord improves; but what surpasses that is the ability to quietly listen.
- **Professional advice:** advice of spiritual health professionals in the form of spiritual reading material - maybe a book someone gave or was recommended to us or access to Bibles, books, magazines and pamphlets on all areas of spirituality, as well prayer cards from the Adoration Library.
- **Medication/Therapy:** Examining one’s conscience or reflecting on a dilemma while in Eucharistic Adoration clarifies personal responsibility, and supplies insights that are impossible to ignore or rationalize away. Like large, bitter pills, or the aches and pains resulting from a physical therapy session, we know discomfort can be part of healing.
- **Adequate Rest:** Pope Francis advises allowing ourselves to be gazed upon by Jesus in Eucharistic Adoration by “just being.” It’s OK to expose our most vulnerable selves in that setting. Some have fallen asleep during their hour, resting in the Lord so to speak, and waking up to the bonus of “just being” before the warm and loving gaze of Jesus.

Turn page for more information regarding Lenten Trial Memberships

!!! Free 40-Day Lenten Trial Membership !!!



Burke Adoration Chapel & *Spiritual Health Center* Lent begins March 1, 2017, Ash Wednesday

Choose any hour

- One that works for your schedule between 7 pm Sunday and 12 pm noon Saturday (any hour of the day or night) OR
- If you can be somewhat flexible, choose an hour from among those that are in need:
 - ✓ **Hours of most need:** 12 am midnight and 10 am Saturdays; 8 pm Fridays
 - ✓ **Hours in need of a second adorer:** 12 pm noon, 1 pm Mondays; 9 am, 2 pm Tuesdays; 2 am, 7 pm Wednesdays; 3 am Thursdays; 8 and 9 am, 3 and 5 pm Fridays

Sign up

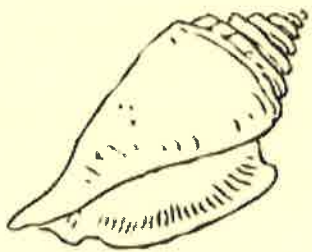
- online on the home page at stceciliaparish.org under "Latest News" OR
- by contacting Cyndi Volcko 515-451-4749; cvolcko@gmail.com.
- A Division Leader will contact you to arrange for a brief orientation. This can usually be arranged to be at the time of your first scheduled Eucharistic Adoration hour.

Continue the hour for the 6 weeks of Lent. By Easter, Sunday, April 15, decide whether to continue with your scheduled hour, change to another hour, or discontinue.

Enjoy the benefits of your new commitment to Spiritual Health both now and for eternity!

"In the face of so many wounds that hurt us and could lead to a hardness of heart, we are called to dive into the sea of prayer, which is the sea of the boundless love of God, in order to experience his tenderness."

-Pope Francis, Ash Wednesday, March 6, 2014



CASTAWAY

Life Night Series



9TH-12 GRADERS SUNDAYS, 7-9PM

THREE PART SERIES ON THE INTERIOR LIFE OF THE CATHOLIC LEADER

February 26th

UNSATISFIED



March 5th

UNSEEN

What are our desires? Do they satisfy us?

We all have a our own call, and each is different.

What makes us feel fulfilled in life?

What's yours? What's your message in the bottle?

March 19th

UNSETTLED

What is one thing you would like to see changed in the world? What is stopping you from doing it yourself?