

STRENGTHENING FAMILIES SINCE 1931

2018 APPEAL



COUNSELING SERVICES

"I was at risk of losing my wife and my best friend. Our counselor helped us learn to listen to one another, communicate better and learn to walk away from anger. Our relationship is so much better now."

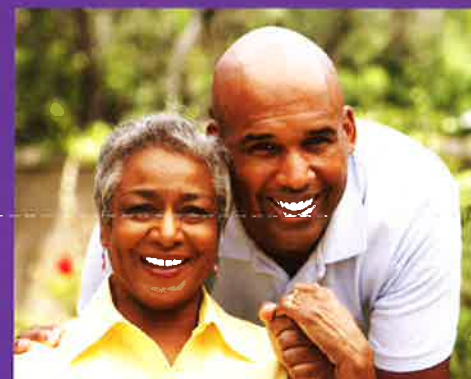


JAIL & PRISON MINISTRY

"My Circle of Support helped me re-connect with family members. This program significantly impacted my ability to have relationships with those I hurt in the past."

POST-ADOPTION SEARCH

"Thank you for all the time you spent helping us reunite, and all the time you spent answering questions and providing the support and understanding that we needed. It is all about family, us connecting and now I know we all belong together."



AFFORDABLE HOUSING

"It is such a relief to know that Catholic Charities is always there to listen, I always have someone when I need them. I am exactly where I want to be. We may not be blood relatives; but we are family, you are all like brothers and sisters to me."



IMMIGRATION LEGAL SERVICES

"My family already faced a year apart, and with young children, it was such a difficult time. My husband and I are so grateful to Catholic Charities; we felt so supported. We are now a family reunited living together, with a bright future ahead."



Catholic Charities

Archdiocese of Dubuque

Providing Help. Creating Hope.

www.CatholicCharitiesDubuque.org



Dear Friends,

On account of our Baptism and faith, we are partners to continue Jesus' mission in the ministries of the Church. An important Church ministry, if not the most important, is to help the poor who cannot provide for themselves what is needed to live in dignity.

Catholic Charities is the agency of the Archdiocese of Dubuque that works to promote this ministry of service to the poor. They do this by organizing volunteers in various ministries: to respond to disasters, to reach out to people who are imprisoned or recently released, or to welcome immigrants, just to name a few.

We recognize though that not everyone is able to volunteer, and that some of the ministries of Catholic Charities, such as counseling, can't easily make use of volunteers. And so Catholic Charities also promotes the ministry to the poor by begging on their behalf for prayers and donations in support of all its efforts. We learn from Scripture that we can become "co-workers with the truth" by our monetary support of the ministries of the Church (see 3 John 8).

Your support of Catholic Charities is one way to carry out the mission priority to promote stewardship, which includes sharing time, talent, and treasure in support of the mission of the Church ministries and of the poor.

By helping Catholic Charities, you help yourself to bear the mark of an authentic Christian. And by helping yourself, you help people in need. Won't you help us help you help the poor?

Confident of your generosity, and grateful for it, we are -

Sincerely yours in Christ,

+ Michael J. Jachek

Offices in: Ames | Cedar Rapids | Decorah | Dubuque | Mason City | Waterloo

GIVING OPTIONS:

- Sustaining Gift of \$ _____ per month
- One Time Gift of \$ _____
- Phone: _____
- E-mail: _____
- I would prefer not to be recognized in listings.

DONOR INFORMATION: (Please print corrections, if needed.)

▲ Detach Here ▲

PAYMENT OPTIONS

CCAPPE

- Check (enclosed)
- Credit Card: # _____ Exp. ____ / ____
Signature _____
- Electronic Funds Transfer (EFT)
Financial Institution _____
Type of Acct: Checking Savings
Routing # (9 digits) _____ Acct.# _____
- Give securely online at: www.CatholicCharitiesDubuque.org

** Talk to your employer about matching gifts and multiply your impact!*



Catholic Charities

Archdiocese of Dubuque

LENT/HOLY WEEK, 2018
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 (February 14) 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)
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:

St. Cecilia

Sunday, March 4: 2pm-2:30pm

St. Thomas Aquinas

Thursday, March 8: 7pm
Thursday, March 22: 7pm

Sts. Peter and Paul

Monday, March 19: 7pm

Individual Celebrations at St. Cecilia:

Saturday afternoons: 3:15-4:25pm

Friday, March 23: 11am – Noon

(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 6PM.
(Since this is a devotional prayer, a variety of perspectives in terms of themes and prayers will be used.)
Good Friday, March 30: 2pm led by St. Cecilia School 5th Grade Class



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

Saturday 5pm and Sunday 8:30am (Masses begin in Church)

Sunday 10:30am (Mass begins with everyone assembling in multi-purpose room of St. Cecilia School with blessing of palm and Palm Sunday procession to church for Mass)

(Incense used at 10:30 a.m)

Holy Thursday, March 29: Mass of the Lord's Supper at 7:30pm *(Incense used)*

Good Friday, March 30: Liturgy of Good Friday at 7pm

Easter Vigil, Saturday, March 31: Vigil Liturgy at 8pm *(Incense used)*

Easter Sunday, April 1: Masses at 7am, 8:30am and 10:30am

Lenten Ideas – 2018



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 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 (See note above about Lectio Divina and the 1% challenge from Evangelical Catholic)
- ◆ 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
- ◆ 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

