



LENT 2021

Lent is our time of preparation. During these 40 days, we ponder what it means to “give up, take up and lift up.” Using the spiritual practices of prayer, fasting and alms-giving, we deepen our relationship with Christ and discern where God is working in our lives.

REGULATIONS FOR FAST AND ABSTINENCE

ASH WEDNESDAY, February 17th and GOOD FRIDAY, April 2nd are days of fast and abstinence. **FRIDAYS OF LENT** are also days of abstinence.

FASTING is to be observed by all 18 years of age and older, who have not yet celebrated their 59th birthday. On a fast day, one full meal is allowed. Two other 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, but liquids, including milk and juices, are allowed.

ABSTINENCE is observed by all 14 years of age and older. On days of abstinence, no meat is allowed.

Ash Wednesday, February 17th, 2021

Masses and distribution of ashes: 8:30am & 6:00pm; Prayer service & distribution of ashes at 12:15pm

Due to covid-19, distribution will be a little different. Fr. John and a Eucharistic Minister will place the ashes on the forehead using a long cotton swab. There will be no direct contact. People will follow the protocols in place for the reception of Communion. At the 8:30am Mass, Fr. John will bless packets of ashes that can be picked up at the office for those who can’t make it due to Covid-19 concerns. You can anoint yourself and your immediate household. After, return the unused ashes to us or burn the envelope and remaining ashes.

Please stop by the table in the back of the church. We will have various Lenten aides you can use for your personal Lenten Journey. If you aren’t able to make it to church and would like one/all, please call Lisa in the parish office.

Pamphlets: ***Praying For (And Living) A Peaceful Lent and What Does Jesus Want You To Know***

Booklet: ***Getting More Out Of Confession*** A 40 page booklet that helps us understand the Sacrament of Reconciliation in a new and deeper way through scripture stories, engaging commentary and reflection questions. There is also a online video link with the author available online.

Lenten Sacrifice/Good Deed Beads: Beads can be used as a decade of the rosary and/or as a way to offer good deeds and sacrifices each day during Lent. Limited quantity, so only 1 per person please. (These will be given out on Ash Wednesday)

Parish Lenten Program

Lent will begin on February 17th, Ash Wednesday. With Covid-19 safety protocols still in place, we will have opportunities to participate both in person or via our livestream.

Mondays starting February 22nd from 6:30-7pm we will have a scripture reading, a reflection from *I Heard God Laugh* (copies still available in the front of the church or at the office), and end with the rosary. You may attend in person or follow us via the livestream.

Fridays, starting February 19th: Stations of the Cross following the 8:30am Mass and again from 6:30-7pm. You may attend in person or watch via the livestream.

We also encourage you to sign up for Matthew Kelly’s *Best Lent Ever* focusing on his book *I Heard God Laugh*, at www.dynamiccatholic.com Beginning on Ash Wednesday and continuing through all forty days of Lent, you will receive a daily email with a short video to help you reconnect with yourself and your God.



Lenten Outreach Program

This year, our Lenten Outreach program will focus on helping St. Gianna's Place. St. Gianna's Place offers transitional housing for women facing crisis pregnancies and their babies. It is located at the old St. John The Evangelist rectory in Hudson. We had chosen this organization last year for our Lenten program, but Covid-19 came and the church was closed for worship.



St. Gianna's Place proclaims the dignity of God-given life from the moment of conception. We seek to foster self-respect and independence for pregnant women in need and their babies in a nurturing and safe environment. Our doors have now been open for 18 months and we've been able to offer a loving, supportive home to 13 women and 4 children during this short time!

In addition to a welcoming, Christ-centered home, we offer:

- * Life skills training, including personal financial planning and developing a household budget
- * Educational and job skills training * Parenting skills
- * Spiritual, emotional, and social support, including counseling when appropriate
- * Provide a nurturing and loving environment where pregnant women are welcomed with love and respect
- * Fostering self-respect, independence, and healthy families through educational opportunities
- * Encourage community involvement and service to others so as to cultivate a sense of self-worth and accomplishment

We will be holding a baby bottle campaign beginning on **Ash Wednesday**. Your financial support is greatly appreciated in order to defray the costs of the day-to-day operations and educational programs we offer to our moms. If you would like to help, simply take home a baby bottle, fill it with your Lenten Offerings/donation, and return it to the bin in the entrance of the church by Holy Thursday, April 1st. Baskets with the baby bottles will be located in the back of the church throughout Lent.

With your support, we can change mothers' and their babies lives through the love and care of this community. Thank you!

St. Anne's Closet

During Lent, we will also be collecting diapers for St. Anne's Closet. Diapers are not covered on EBT cards and are quite expensive for families on a very limited budget. The boxes are separated into bags to share with multiple families. The most needed sizes are 4,5, 6 and pull-ups. Baby wipes are also welcomed. You can leave the diapers in on the table in the back of the church, or stop by the office during business hours.

Make Lent
40 DAYS
OF AWESOME

A Prayer for Lent

*Loving God, as the season of Lent unfolds,
You call us to return again and again.
As you invite us to reflect on your love
made visible in the person of Jesus,
align our lives more closely with you
through prayer, fasting and generous giving.
Bless our desire to accompany Jesus'
suffering here and now
in the crucified people of our world.
With your grace, may we live lent fully
and move with transformed hearts
Into the abundant life of Easter
morning.
Amen.*