

Lenten Information

Give Up, Take Up, Lift Up!

In his Lenten message for 2014, Pope Francis takes inspiration from the words of St. Paul (**Cor 8:9**), and asks us to contemplate Paul's invitation to live "a life of evangelical poverty."

We can begin to embrace this call by fasting from or "**giving up**" material things, including foods, that are superfluous to our basic needs; "**taking up**" charitable habits that are directed to helping and caring for others; and "**lifting up**" our brothers and sisters who are in need through giving alms, praying and participating in devotional practices.

"In the poor and outcast we see Christ's face; by loving and helping the poor, we love and serve Christ." — *Pope Francis, **Message for Lent 2014*** . . .

By taking an active approach to the three traditional pillars of Lenten observance, **prayer**, **fasting** and **almsgiving**, we recognize that to be evangelists, we must first be evangelized ourselves. Spiritual suggestions, along with inspirational words from Pope Francis and some of the saints who are remembered during the season on our **Lenten calendar** (available in the back of the church) provide a daily reminder of your evangelical call. (Visit the links on usccb.org/lent for further readings & reflections.)

This Lent, we also have urgent reason to **focus prayer and attention on peace in the Holy Land**, as our leaders work to resolve the longstanding Israeli-Palestinian conflict.

The Church asks us to surrender ourselves to prayer and to the reading of Scripture, to fasting and to giving alms. The fasting that all do together on Fridays is but a sign of the daily Lenten discipline of individuals and households: fasting for certain periods of time, fasting from certain foods, but also fasting from other things and activities. Likewise, the giving

of alms is some effort to share this world equally—not only through the distribution of money, but through the sharing of our time and talents.

FAST & ABSTINENCE

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence.

For members of the Latin Catholic Church, the norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal. Two smaller meals may also be taken, but not to equal a full meal. The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards.

Members of the Eastern Catholic Churches are to observe the particular law of their own *sui iuris* Church.

A Reflection on Lenten Fasting

If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus, and to prepare ourselves to share more fully and to celebrate more readily his Resurrection.

Stations of the Cross Schedules

The Way of the Cross is a wonderful way to meditate on Christ's Passion.

St. Teresa – Friday at 4:30 pm

St. James – Friday at 5:30 pm

St. Alphonsus – Friday at 6:00 pm

Watch the bulletin for dates of the Lenten Penance Service and Holy Week Services.

Next Lenten Desert Day- 4/5/14