



*Keeping
a Holy Lent*

Saint Katharine Drexel Parish Lent 2024

Dear SKD Families:

The season of Lent is approaching us. It is an opportunity to renew and deepen our relationship with Jesus, and to renew the choices we make, so that we might live as he taught. In fact, if we take seriously the Lenten program, it offers us the opportunity to renew our whole life! Traditionally, Lent is a privileged time for **prayer, fasting and almsgiving**.

During Lent, we seek time **to pray more** – alone and with others. We might choose to read something that will nourish our spiritual life and lead us to more focused personal prayer. We might join our Parish community on Wednesday evenings for **individual Confession** (6:00 pm) and **Mass** (6:30 pm); Friday evenings for Soup Suppers and a Eucharistic Lesson (5:30 pm) followed by Stations of the Cross (6:30 pm); or we might decide to pray the Rosary as a family on certain evenings during the Lent. SKD Parish also offers Adult-Faith Formation opportunities such as Weekday morning and evening Bible series and Walking With Purpose (A Woman’s bible study).

When we **fast**, we usually cut back on what we eat and drink. Not only will this benefit us in a physical way, but it will also help us in our spiritual life. Fasting often leads us to understand that we depend on God to nourish us in every way. We will recognize the blessings we receive every day, which leads us to be ever more grateful and generous.

As a child, it was a practice in our family to “give up” something during Lent. One year I was courageous enough to give up watching television! It proved to be too difficult, and I confess that I cheated by watching one or two special television programs! The only person I cheated was myself, knowing that I had failed in my Lenten resolve. The experience taught me that Lent is not about “my” tenacity, rather it is about God calling me always forward, always nearer!

“Giving up” something gives us time to “take up” something of greater value. Giving up social media for two hours each day in Lent could give time to read a book or two or re-connect with family members or long-forgotten friends. “Giving up” something might save us money to offer to a local food bank or other charitable cause. Even more, it might give us time to volunteer our talent to make life easier for others in some helpful way. That is **almsgiving**.

It has always amazed me what can be done when everyone contributes even a little. One generous offering of time, talent, or treasure is something; many generous offerings can make a great difference in the lives of those who live on the margins. Our own Diocese of Venice Catholic Faith Appeal and Catholic Charities have made an incredible difference for people throughout the diocese by supporting projects that changed lives. Perhaps during this post-COVID period, we can increase our Lenten offering to allow them to do even more! Lent is also an opportunity to return back to in-person church worship. We are called to journey together with each other. Restoring Catholic life after the pandemic is a challenge, but it is one that must be informed by the promptings of the Holy Spirit. Why not ask God if it is time for you to return in-person to your faith community? Come to the Altar to receive Your God and Savior in-person.

My friends, by prayer, fasting and almsgiving, our spiritual life is nurtured, our personal life is purified, and our outreach to brothers and sisters on the margins is encouraged. It is an effective Lenten program leading us to a deeper personal encounter with Jesus Christ.

I wish you a blessed Lenten season during which you learn how to live freely and fully in Him!

United in the holy Eucharist,

-Father Ricky
Pastor



Wednesday, February 14th

Mass with Ashes

9:00 am and 6:30 pm



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The Basics of LENT

Lent is the annual preparation for Easter observance calling us to reform our lives and to open our hearts to the spiritual blessings God has promised to bestow on us. Lent begins Ash Wednesday and ends on Holy Thursday evening when the Triduum begins.

What Must I Do?

According to the Church’s Canon Law, all healthy Catholics from age 18 to 59 are required to fast and abstain from meat on Ash Wednesday and Good Friday, and to abstain from meat on all other Fridays of Lent. Youth 14 and older are also to abstain from meat on those days. “Fasting” means that no more than one main meal is eaten daily, while in the same day no more than two partial meals are eaten which together don’t equal the one main meal.

What Should I Do?

Take the necessary steps to get yourself on the road to conversion and spiritual renewal. To help you do this, the three main Lenten disciplines urged are prayer, fasting and almsgiving. We are invited during Lent to practice these disciplines often. But these aren’t just chores we must do because the Church strongly urges them; they are above all opportunities to grow in faith and in love for God.

Why Prayer, Fasting and Alms?

The Lenten basic practices of prayer, fasting and almsgiving are rooted in Jesus’ original guidance about how to be his disciples that we find in the Sermon on the Mount (Matthew 5-7). The Catechism of the Catholic Church (#1966-1972) also reminds us that Jesus here outlines for us the new law which, if we embrace and implement it, will lead us more surely to the interior renewal and growth in holiness and perfection that Jesus expects of us as his disciples.

Should I Set Lenten Goals?

Absolutely! Reflect prayerfully about your Lenten resolutions before making them. Then make yourself a list. But be modest. You may be setting yourself up for disappointment if you set unrealistic goals. And doing a little with love and devotion is spiritually more beneficial than trying to do much but doing it halfheartedly.

INDIVIDUAL CONFESSION TIMES

Saturday – After 9:00 am Mass and 3:00 pm to 4:00 pm

First Fridays – After 9:00 am Mass and 6:00 pm

Every Wednesday – After 9:00 am Mass and 6:00 pm

Lenten Fridays – After 6:30 pm Stations of the Cross

March 21 – After 9:00 am Mass and 6:00 pm to 8:00 pm

March 22 – After 9:00 am Mass and 4:00 pm to 7:00 pm

March 23 – After 9:00 am Mass to 12:00 Noon



LENTEN MASS SCHEDULE

Saturdays 9:00 am and 4:00 pm (Vigil Mass)

Sundays 8:30 am / 10:30 am / 12:30 pm

Monday to Friday 9:00 am Daily Mass

Wednesday Evening during Lent 6:30 pm

Regulations for Fasting and Abstinence

Ash Wednesday and **Good Friday** 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. Note that when health or ability to work would be seriously affected, the law does not oblige. When in doubt concerning fasting and abstinence, the parish priest should be consulted.

Fasting, almsgiving, and prayer are all three traditional disciplines of Lent. The Faithful, the Elect and those Candidates preparing for Reception into Full Communion in the Catholic Church should undertake these practices seriously in a spirit of penance and of preparation for baptism or of renewal of baptism at Easter.

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More About the Three Basic Lenten Disciplines

FASTING: Expresses our desire to find happiness in God rather than in the satisfaction of our physical needs. The control we gain over our appetites helps us recognize more deeply that all true and lasting pleasure comes from God. Knowing this we are free to gratefully accept food and savor it, or to avoid or limit foods that we know are unhealthy for us. Through fasting, our relationship to ourselves is reoriented toward God.

ALMSGIVING: Provides assistance to the poor among us and helps us recognize God as the true source of our security. Property and wealth exercise less control over us when we give away or share our wealth out of love for God and for others. Almsgiving is a way of bringing our relationship to others into the orbit of Christ's love.

PRAYER: Changes our relationship to God. Through prayer, we admit our need for a power that is greater than ourselves. We acknowledge our limitations and let go of the drive to control everything. In the process, we open ourselves to all that God has to offer us.



HOLY WEEK CONCERT

Friday, March 22, 2024
7:00 pm in the Church



Adult-Faith Formation Opportunities

Women's Bible Study:

"Walking With Purpose: Rediscovering Friendships"
Wednesday 10:00 am and Thursdays 7:00 pm – Parish Library

Bible Studies: "Catholicism" by Bishop Baron

Wednesday Mornings 11:00 am – Faith Formation Building (West)
Thursday Evenings 7:00 pm – Faith Formation Building (West)



~ Lenten Soup Suppers/Lessons ~
Fridays – 5:30 pm to 6:30 pm (in the Parish Hall)

~ Stations of the Cross ~
Fridays – 6:30 pm (in the Church)

SKD Parish Lenten Mission

Theme: "Lord, Teach Us To Pray"

Sunday, March 3

-6:00 pm Hymn, Reading, and Mission Talk by Father Greg Cleveland
-6:45 pm Adoration of the Blessed Sacrament and Prayer Exercise
-7:10 pm Benediction and Dismissal, followed by Prayer Teams

Monday, March 4

-9:00 am Daily Mass with Mission Talk by Father Luis H. Pacheco
-6:00 pm Hymn, Reading, and Mission Talk by Father Greg Cleveland
-6:45 pm Adoration of the Blessed Sacrament and Prayer Exercise
-7:10 pm Benediction and Dismissal, followed by Prayer Teams

Tuesday, March 5

-9:00 am Daily Mass with Mission Talk by Father Daniel Scanlan
-6:00 pm Healing Mass with the Anointing Rite and Mission Talk by Father Greg Cleveland, followed by Prayer Teams

Mission Presenter: Father Greg Cleveland, OMV www.omvusa.org

~ THE TRIDUUM ~

Holy Thursday – March 28

7:00 pm Mass of the Lord's Supper
10:00 pm Night Prayer (Parish Hall)

Good Friday – March 29

3:00 pm Stations of the Cross/Confessions
and Divine Mercy Chaplet
7:00 pm Passion of the Lord (Good Friday Service)

Holy Saturday – March 30

10:00 am Knights of Columbus Easter Egg Hunt
11:00 am Blessing of Food Baskets (in Church)

Easter Vigil – March 30 at 8:30 pm (in Church)

Easter Sunday – March 31

7:00 am Sunrise Mass (West Parking lot)
8:30 am / 10:30 am / 12:30 pm Masses

