

LENT

— 40 Days Of Renewal —

Lent is a season in which the faithful are called to reflect on the Paschal Mystery in a particularly focused way. It is a time of spiritual renewal and to carefully examine one's relationship with God and others. It is also a time in which catechumens prepare to receive the Sacraments of Initiation at the Easter Vigil. The Church calls everyone, therefore, to a spirit of penance through the traditional Lenten practices of prayer, fasting, and almsgiving.

Fridays ~ Stations of the Cross

6:30 pm in the Church
Soup Supper to follow in the Parish Hall

Hosted By:

March 8th: Knights of Columbus

March 15th: Dominican Laity

March 22nd: St. Vincent de Paul

March 29th: St. Dominic School

April 5th: Guadalupana Association

April 12th: RCIA Alumni

March 23rd ~ The Characters of the Passion ~ A Lenten Mission

9:00 am - 12:00 pm in the Parish Hall
Presented by Fr. Jerome
See bulletin for details

April 8th ~ Parish Reconciliation

9:00 am and 7:00 pm, in the church



Holy Triduum Liturgies

April 18, 2019~Holy Thursday

In the Church

Tenebrae 8:15 am

Mass of the Lord's Supper 7:00 pm

Reposition to follow in the Parish Hall

Adoration of the Blessed Sacrament until The Farewell

Discourses of Jesus Christ at 11:30 pm

April 19, 2019~Good Friday

In the Church

Tenebrae 8:15 am

Seven Last Words of Christ 12:00 pm

Veneration of the Cross & Communion 2:00 pm

Bilingual Veneration of the Cross & Communion 4:00 pm

Veneration of the Cross & Communion 7:00 pm

April 20, 2019~Holy Saturday/Easter Vigil

In the Church

Tenebrae 8:15 am

Service of Light (Courtyard) 8:15 pm

Easter Vigil Mass In the Church

Reception to follow in the Ministry Center

April 21, 2019~Easter Sunday Mass Times

Sunrise Mass at St. Dominic's Cemetery 6:30 am

(If Inclement weather Mass will be in the Parish Hall at 7:00 am)

7:00 am In the Church

9:00 am & 11:00 am In the Church and the Parish Hall

12:30 pm (Bilingual) In the Church



TRADITIONAL LENTEN PRACTICES

There are many traditions that we are accustomed to during the season of Lent that have interesting origins. We have often been asked where these traditions come from. We thought it would be interesting to offer a brief explanation of some of the most common:

THE ORIGIN OF LENT: Lent has always been a period closely associated with the transition from winter to spring. The word “lent” comes from the Anglo-Saxon word for springtime, lencten. It describes the lengthening of daylight after the winter solstice. During the second century, Christians fasted for two days in preparation for Easter. A lengthy season of preparation did not exist until the early fourth century.

WHY FORTY DAYS?: The number forty has strong references in sacred Scripture. We read in the gospel about Jesus’ forty day fast in the desert (Matthew 4:2), Moses’ forty days on Mt. Sinai (Exodus 34:28), Elijah’s forty day fast on his journey to Mt. Horeb and the forty years the Israelites spent in the desert. Early in Christianity the discipline of fasting became associated with the number forty. This practice gradually determined the length of Lent. We have learned that in the third century at the Council of Nicaea, the forty-day period of preparation for Easter had been established. To this day the Church’s official title for Lent is “Quadragesima” Latin for forty.

THE PENITENTIAL THEME: During the Middle Ages, the penitential practices that were customary during this time became universally popular among all members of the community with more of an emphasis placed on personal sin and repentance. This shift in practice influenced the liturgical practices for Lent we shared with you Sunday in the bulletin. The penitential nature of the season was also supported by other church disciplines such as discouraging the celebration of weddings or baptisms during this time.

STATIONS OF THE CROSS: During the times of the Crusades, it became popular for pilgrims to travel to the Holy Land to walk in the footsteps of Jesus to Calvary. In the next two centuries, this became too dangerous a journey. Stations of the Cross as we know them today, became a popular devotion in Europe during the Middle Ages as a substitute for the actual journey. It was not until the mid-18th century that they were allowed inside Churches.

SPECIAL FOODS: Many people may not realize that pretzels were a popular snack that had its origins in early Christian Lenten practices. Because fat, eggs and milk were forbidden during Lent, special bread was made with dough consisting of only flour, salt and water. The bread was shaped in the form of arms crossed in prayer and were called *bracellae* (Latin, “little arms”). Hot cross buns became a popular food eaten during Lent. The custom began in England to bake buns, placed icing on them in the form of a cross and eat them on Good Friday.

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FOR LENT

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 Dynamic Catholic

LENTEN REGULATIONS FOR 2019

According to the Diocese of Sacramento

FASTING & ABSTINENCE

In order to foster a spirit of repentance and unite ourselves more closely to Christ, Church law requires the observance of Abstinence and Fasting (CIC - Code of Canon Law, 1249-1253).

ABSTINENCE: All persons, 14 years and older, are obliged to abstain from meat on Ash Wednesday and all Fridays of Lent. Other forms of abstinence, including abstinence from alcoholic beverages, television, video games, the internet and social media during and other electronic devices during Lent is spiritually beneficial.

FASTING: Everyone from ages 18 to 59 is obliged to fast on Ash Wednesday and Good Friday. Voluntary fasting on other weekdays of Lent, especially on Wednesdays and Fridays, is highly recommended. Fasting is generally understood to mean that one full meal may be eaten. Two other small meals may be eaten, but together they should not equal a full meal. Eating between meals is not permitted.

When health or ability to work would be seriously affected, neither the law of fasting nor the law of abstinence obliges. If in doubt, one's parish priest or confessor should be consulted. Airport workers, travelers, and others while on board ships or airplanes are dispensed from the laws of fast and abstinence for the duration of their journey (except on Good Friday). It is desirable that they perform some other pious act instead.

PRAYER

Catholics are urged to read and pray with sacred Scripture more intently during Lent, and to deepen their faith by reading the Catechism of the Catholic Church. The faithful are encouraged to participate in special devotions offered by the parish, especially parish penance services and Eucharistic adoration. Other devotions such as the Rosary, the Divine Mercy Chaplet, visits to the Blessed Sacrament, and praying for vocations to the priesthood and religious life are also encouraged.

SACRAMENT OF RECONCILIATION: Lent is a privileged time for celebrating the Sacrament of Reconciliation. The faithful are obliged to confess their sins at least once a year (CIC 989).

LENTEN MASS SCHEDULE: The faithful are urged to attend Mass on weekdays as often as possible, especially during Lent. Daily Masses here at St. Dominic's are offered at 6:45 and 8:15 am.

STATIONS OF THE CROSS: Are celebrated on Fridays at 6:30 pm with Soup Supper to follow and parishioners are encouraged to participate.

SPECIAL DAY OF PENANCE AND PRAYER: Wednesday, March 13. According to Diocese Statute 123§3c the second Wednesday of March is to be observed as "A day of penance for negative attitudes and discrimination toward people of differing cultures, ethnicity and race; and prayer for unity in our diversity, for equality, mutual respect and peace among all peoples."

EASTER DUTY: All Catholics who have been initiated into the Holy Eucharist are bound to receive Holy Communion worthily at least once during the Easter Season. In the United States, the Easter duty may be fulfilled through Trinity Sunday, June 16. Catholics are encouraged to receive Communion as often as possible, not only during Eastertide, but throughout the year. However, "Anyone conscious of a grave sin must receive the Sacrament of Reconciliation before coming to Communion." (Catechism, no. 1385)

ALMSGIVING

From earliest times giving to the poor, or almsgiving, has been an invaluable spiritual practice, a religious duty, a form of penance, an expression of Christian charity, and an aid to interior conversion. Therefore, all Catholics are urged to give generously to assist the poor and support the charitable works of the Church, especially through their local parish and the Annual Catholic Appeal.

The faithful are also encouraged to visit the sick, the homebound, the aged, and those in prison, remembering the words of our Lord Jesus Christ who said, "As you did it to one of the least of these my brethren, you did it to me." (Matthew 25:40). Fasting and abstinence together with almsgiving and charitable works unites us to the crucified Christ reflected in the image of our brothers and sisters who suffer.

Journey through Lent with FORMED

Into the Desert

A Lenten Study on Prayer



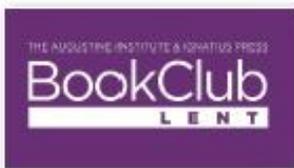
Participate in the *Into the Desert* Video Study

Follow Jesus into the desert this Lent and discover intimacy with God in this 6-week video-based study with daily meditations in the participant's guide.



Watch a Daily Lenten Reflection Video

Set yourself up for a transformative 40 days with Lenten reflection videos from Dr. Tim Gray. It takes less than 5 minutes a day!



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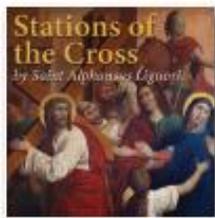
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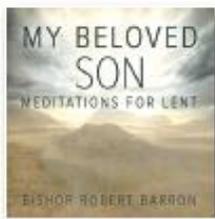
Watch programs that will strengthen your love for Jesus.

- ▶ The Shroud of Turin
- ▶ The Silent Witness
- ▶ Convinced
- ▶ Prayer: A Surge of the Heart



Pray the Stations of the Cross

This beautiful meditation on the Stations of the Cross from Saint Alphonsus Liguori is accompanied by the chanting of *Stabat Mater*, a traditional Catholic hymn.



Give Your Commute to Jesus

Listen to Lighthouse Talks that will draw you into Lent.

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- ▶ Love – Sacrifice – Trust
- ▶ The Fourth Cup
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