

# 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 PRAYING, FASTING, AND ALMSGIVING.

### Stations of the Cross (Fridays)

In-person & live-streamed weekly at 6:30 p.m.  
[www.watchstdom.com](http://www.watchstdom.com)

### Schedule of Ministry Hosts

March 4

St. Dominic School

March 11

Knights of Columbus

March 18

Lectors

March 25

Order of Preachers

April 1

Guadalupana Association

April 8

St. Vincent de Paul

Soup suppers are not being offered this year due to COVID and lack of volunteers. We hope to be back next year!

### 5-Part Lenten Bible Study: The Gospel of Matthew

Thursdays in Lent  
March 10, 17, 24, 31,  
April 7

2 Sessions: 9:30am-10:30am  
or 7pm-8pm - Parish Hall

### Confession Hours for Lent

**Monday / Wednesday / Friday:** 9:00 a.m.

**Tuesday / Thursday:** 6:30 p.m.

**Saturday:** 3:30 p.m.



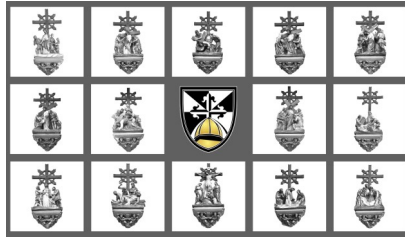
Once again, St. Dominic's continues its Lenten journey with **THE SEARCH**, an innovative video-based journey that tackles the key questions of every human heart. In seven beautifully filmed episodes, Chris Stefanick and experts from the fields of science, medicine, psychology, art, and religion examine our place in the larger story of existence.

### **Fridays**

**March 11 - Apr 29, 2022 6:30 – 7:30 p.m.**  
(Excluding Good Friday, Apr 15th)

Anyone adult (18+) is welcome to join us for these sessions. For the success of this series you will be asked to watch a video session in advance of each weekly session on Zoom to discuss and share insights. To register for this series, please send an email to [ekissinger@stdombenicia.org](mailto:ekissinger@stdombenicia.org) with your name and contact information. Upon registration further information will be sent to you along with the series Zoom link and weekly study questions.

**THE SEARCH** is accessible through Formed.org - an incredible online digital gateway to the best Catholic content all in one place! Enjoy your free subscription by registering at [stdombenicia.formed.org](http://stdombenicia.formed.org).



## PRAY



## FAST



## GIVE

**LENT AND EASTER:** "Lent is a 40 day season of prayer, fasting, and almsgiving that begins on Ash Wednesday and ends at sundown on Holy Thursday. It's a period of preparation to celebrate the Lord's Resurrection at Easter. During Lent, we seek the Lord in prayer by reading Sacred Scripture; we serve by giving alms; and we practice self-control through fasting. We are called not only to abstain from luxuries during Lent, but to a true inner conversion of heart as we seek to follow Christ's will more faithfully. We recall the waters of baptism in which we were also baptized into Christ's death, died to sin and evil, and began new life in Christ." (usccb.org)

**PRAY:** The faithful are encouraged to participate in special devotions such as Eucharistic adoration, the Rosary, Stations of the Cross, the Divine Mercy Chaplet, and praying for the vocations of priesthood and religious life are also encouraged. Lent is a privileged time for celebrating the Sacrament of Penance (Confession). The faithful are obliged to confess their grave sins at least once a year.

**FAST:** Fasting and abstinence fosters a spirit of repentance and unites us more closely to Christ. All persons, 14 years and older, are obliged to abstain from meat on Ash Wednesday and all Fridays of Lent. Everyone from ages 18 to 59 is obliged to fast on Ash Wednesday and Good Friday. Voluntary fasting on other weekdays of Lent, especially Wednesdays and Fridays, is highly recommended. Fasting is understood to mean that one full meal may be eaten. Two smaller meals may be eaten, but together they should not equal a full meal. Eating between meals is not permitted unless a health or an ability to work would seriously be affected.

**GIVE:** From the earliest times giving to the poor, or almsgiving, has been an invaluable spiritual practice. Catholics are urged to give generously to assist the poor and support the charitable works of the Church. The faithful are also urged to give of their time to others. Consider calling the aged, sick, homebound or those in prison. Remember the words of Jesus, "As you did it to one of the least of these my brethren, you did it to me." (Matthew 25:40)

As one of the three pillars of Lenten practice, almsgiving is "a witness to fraternal charity" and "a work of justice pleasing to God." (*Catechism of the Catholic Church*, no. 2462).

To learn more at <https://www.scd.org/news/lenten-regulations-2022>  
<https://www.usccb.org/prayer-worship/liturgical-year/lent>

## Ongoing Prayer Opportunities

*Rosary for the Sick*




**Wednesdays**  
 at 7:30 p.m.

WITH DEACON SHAWN  
 OPEN TO THE PUBLIC

[www.WatchStDom.com](http://www.WatchStDom.com)

*Adoration of the Blessed Sacrament*



**Wednesdays**  
 8:00 p.m.

OPEN TO THE PUBLIC  
 IN THE CHURCH

# Examination of Conscience

Often we approach the Sacrament of Reconciliation as if it fixes aspects of our lives that we're not willing to fix ourselves. We go, time after time, confessing the same sins, never really rising above them. This happens because we confess only our surface actions, and never get to the underlying motivations within us that lead us to choose sin. An *Examination of Conscience* invites us to go deeper. **To do an Examination:** 1) set aside some time in prayer; 2) if possible, read the Bible passage the *Examination* is based on; 3) read through each question in the *Examination*, pausing to ask them of yourself; 4) stay with the questions that speak to you the most (usually only one or two will really resonate); 5) spend some extra time in prayer with those questions (reflect on your motivation); and 6) bring the results of your *Examination* into Confession or a prayer of resolve. You can create your own *Examination* from many different types of Bible passages.

## Based On The Prodigal Son (Luke 15:11-32)

### The Prodigal Son

Have I said, "thank you," for all that I have received?  
Have I done or said things that I now regret?  
Have I used others for my pleasure?  
Have I covered my pain with food, alcohol, work, or anything allowing me to forget?  
Have I been too quick to create justification for my actions?  
Have I taken the time to recognize my own shortcomings?  
Have I squandered any gifts that have been given me?  
Have I blamed my misfortunes on others?  
Have I been slow to admit my failings and to ask for forgiveness?  
Have I viewed myself as worthless and undeserving of forgiveness?  
Have I refused to recognize my dependence on others?  
Have I taken the easy way out?  
Have I learned from my mistakes?

### The Father

Have I been willing to share my many gifts with others?  
Have I been quick to forgive others, and to restore them to my good graces?  
Have I run to meet others who desire to return to God?  
Have I been the face and hands of God for others?  
Have I been willing to trust others?  
Have I celebrated the great moments in life?  
Have I been sensitive to the pain and fear of others?  
Have I fully appreciated those around me?  
Have I been a peacemaker?

### The Older Son

Have I spoken poorly of others?  
Have I refused to reconcile with others?  
Have I held on to anger and resentment?  
Have I been quick to point out the flaws of others?  
Have I failed to celebrate the good fortune of others?  
Have I been jealous of the recognition others receive?  
Have I approached the world with a sense of entitlement?  
Have I tried to manipulate others into doing what I want?  
Have I valued other's opinions of myself over God's?  
Have I looked to others to affirm me?  
Have I been demanding of the time, energy, or attention of others?  
Have I taken the time to recognize the gifts that have always been mine?





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March 2-April 10  
**40 DAYS FOR LIFE**  
HELP SAVE LIVES IN VALLEJO!

Here's how to take part in 40 Days for Life in our community:

- ♦ **Vigil location:** Public right-of-way outside Planned Parenthood, 303 Sacramento St., Vallejo, CA 94590
- ♦ **Vigil hours:** (6:00 am to 5:00 pm Monday-Friday)
- ♦ **Local contact:** Rosemary Mullane (707)334-3837
- ♦ **Learn more** ... get involved ... and sign up for prayer times by visiting our campaign at the web address shown below!

[40daysforlife.com/vallejo](http://40daysforlife.com/vallejo)



[Formed.org/Lent](http://Formed.org/Lent)



## Free Lenten Online Resources

- \* [dynamiccatholic.com/best-lent-ever](http://dynamiccatholic.com/best-lent-ever)
- \* [lent.bustedhalo.com](http://lent.bustedhalo.com)
- \* [loyolapress.com/our-catholic-faith/liturgical-year/lent](http://loyolapress.com/our-catholic-faith/liturgical-year/lent)
- \* [usccb.org/lent](http://usccb.org/lent)
- \* Daily Inspiration for Your Lenten Journey [www.usccb.org/lent](http://www.usccb.org/lent)

