

LENT 2024

- 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.

Friday Stations of the Cross & Soup Supper

6:00 p.m. Stations in the Church

Soup Supper to follow in the Parish Hall

Thank you to the following ministries for hosting these Fridays at our parish!

February 16 - St. Dominic's School

February 23 - Hospitality

March 1 - Knights of Columbus

March 8 - Dominican Laity / Adoration

March 15 - St. Vincent de Paul / Gabriel Project

March 22 - Assoc. Guadalupana



Please join us for a night of prayer in the church and reflection on the **Seven Sorrows of the Blessed Virgin Mary** with Br. Anselm Dominic, OP **Monday, March 18 at 6:30 p.m.**



In the Desert with St. Dominic

Mini- Retreat with Br Anselm

**Saturday, March 9 - Church
9:00 a.m. - 12:00 p.m.**



HOLY WEEK & EASTER

Holy Triduum Liturgies

March 28, 2024~Holy Thursday

Tenebrae 8:15 a.m.

Mass of the Lord's Supper 7:00 p.m.

Reposition to follow in the Parish Hall

Adoration of the Blessed Sacrament until the Farewell Discourses of Jesus Christ at 11:30 p.m.

March 29, 2024~Good Friday

Tenebrae 8:15 a.m.

Seven Last Words of Christ 12:00 p.m.

Veneration of the Cross & Communion

2:00, 4:00 (Spanish/English), & 7:00 p.m.

March 30, 2024~Holy Saturday/Easter Vigil

Tenebrae 8:15 a.m.

Service of Light (Courtyard) 8:00 p.m.

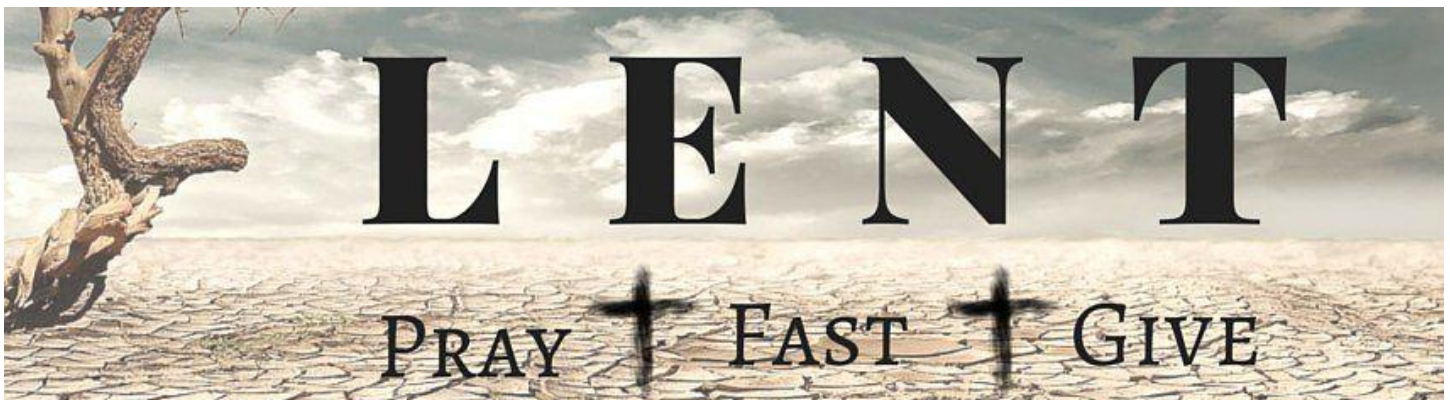
Easter Vigil Mass

March 31, 2024~Easter Sunday Mass Times

St. Dominic's Cemetery: Sunrise Mass 6:30 a.m.

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

St. Dominic's Church: 7:30, 9:00, 11:00 a.m., & 1:00 p.m. (English/Spanish)



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).

HELPFUL IDEAS & SUGGESTIONS:

1. Think about how you spend your money. Do you buy too many clothes? Do you spend too much money on fast food? Pick one expenditure that you'll “fast” from during Lent, and give the money you would have spent to St. Vincent de Paul or another charity.
2. Take on something new — 40 days of spiritual journaling, 40 random acts of kindness, 40 phone calls to the important people in your life, 40 days of reading the Bible, 40 days of extra help around your house.
3. Attend a Friday night stations of the cross and soup supper (Friday evenings at 6 p.m. in the Church). Observe the Catholic tradition of abstaining from eating meat on Fridays during Lent.
4. Unplug regularly from your cell phone and from social media. The silence may be uncomfortable at first, but you may find that you are able to concentrate better and have time to focus on other important things – like family, friends, and God!
5. Make a commitment to fast from insensitive comments about others, not only within your personal relationships, but on social media too.
6. Learn more about a particular social issue (immigration, human trafficking, racism, the environment, the war in Ukraine). Give money to an organization related to your chosen issue that supports the dignity of the human person.
7. Pray for a person who is in need, even if it is someone who is not your favorite person. Be mindful of the words of philosopher Philo of Alexandria, who said, “Be kind, for everyone you meet is fighting a great battle.”

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?

Parish Lenten Reconciliation

**Monday, March 25 at
9:00 a.m. & 6:30 p.m.**

Regular
Reconciliation Times
**Tuesday at 6:30 p.m.
Wednesday at 9:00 a.m.
Saturday at 3:30 p.m.**



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