

St. Joseph Parish

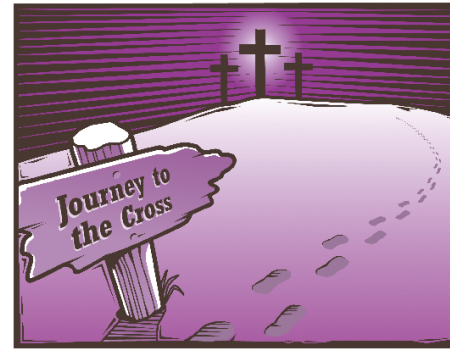


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"Insanity is defined as doing the same thing over, and over again, expecting different results."

So, how are you going to make Lent new this year? What needs changing on your journey to the Cross? Is it time to change your patterns of prayer? Are you being invited to practice generosity this Lent? Is there a new type of penance you can practice that moves you forward on the journey of Lent rather than just giving something up? Most of all, how will this Lent open your heart more and more to God's love and grace?

In the end, the prayer of St. Augustine places us in the right spirit for Lent: *O Lord, our Lord, you have created us for yourself and our hearts are restless until they rest in you.*



Begin Your Journey to the Cross with Us....

The Path of Our Journey

As a family of faith of faith we are on a journey. We walk together, journey together, awaiting the time when Christ will come again. We are reminded of this journey each week as our Pastor writes to us and says: *Our Journey together continues.....*

During Advent our journey took us to the manger, but not the manger where the figures of Mary, Joseph and Jesus were housed. The manger we journeyed to was the manger of our souls, the place where God dwells within us.

And so our journey con-

tinues.....During the Lenten Season this year we will journey to the cross...the cross, not the instrument of death, but the symbol of our salvation. As we look at the readings of the Season we see that they speak of the good of God and of the blessing that flow into our lives from God's goodness and love.

Any journey requires preparation. It is not something to be undertaken without planning. And so we begin the journey on Ash Wednesday reflecting on two questions:

How will I open myself to the journey on which God is leading me during these days of Lent?

What do I need to ask from God for the journey I am about to make?

Having reflected on these questions we begin our journey.

Our journey to the cross, the place of our salvation, will be one that leads us all to the new life promised by God. Let us walk these days together, living in love and trusting in the grace that God offers us for the journey.

St. Joseph Parish Newsletter Lent 2011

ST. JOSEPH PARISH LENTEN CALENDAR 2011

Ash Wednesday - March 9

- Masses with Ashes – 6:30 a.m., 8:30 a.m., 10:00 a.m. in Church
- Prayer Service with Ashes – 12:00 Noon and 7:00 p.m. in Church

Mar. 11 • Stations of the Cross, by Human Concerns Commission, 7:00 p.m. All are welcome.

1st Sunday of Lent - March 13

Mar. 18 • Stations of the Cross by Marriage Ministry, 7:00 p.m., Church. All welcome.

2nd Sunday of Lent - March 20

Mar. 22 • Labyrinth Prayer Experience, 6:30 p.m., Koenig Center

Mar. 25 • Stations of the Cross by Baptismal Preparation Ministry, 7:00 p.m., Church

3rd Sunday of Lent - March 27

April 1 • Stations of the Cross, led by RCIA, 7:00 p.m., Church

4th Sunday of Lent - April 3

April 5 • Taizé Prayer, 6:30-7:30 p.m., Koenig Center

April 8 • Family Stations of the Cross, led by Religious Education, 6:30 p.m., Church. Family Faith Connection Fish Fry at 7:15, Koenig Center (All are welcome, reservations needed)

April 9 • Parish Lenten Reconciliation Service, 11:00 a.m., Church.

5th Sunday of Lent - April 10

April 15 • School Stations of the Cross, Church, 10 a.m. (grade 1-4),



p.m. (grade 5-8)
 • Stations of the Cross, 7:00 p.m., Church

Passion Sunday - April 17

- RCIA Retreat, 9:00 a.m. to 2:00 p.m.

Holy Thursday - April 21

- Morning Prayer, 9:00 a.m.
- Mass of the Lord's Supper, 7:30 p.m.
- Exposition of the Blessed Sacrament following Mass, Koenig Center. Night Prayer will close Exposition at

11:30 p.m.

Good Friday - April 22

- Morning Prayer, 9:00 a.m.
- Celebration of the Lord's Passion, 3:00 p.m.
- Taizé Prayer, Church, 7:00 p.m.

Holy Saturday - April 23

- Morning Prayer, 9:00 a.m.
- Blessing of Easter Food, 1:00 p.m.
- NO 5:00 p.m. Liturgy

The Great Easter Vigil, 8:00 p.m.



EASTER Sunday, April 24 — Let Us Rejoice and Be Glad !

Masses: 7:15 a.m. – 9:00 a.m. – 10:45 a.m. – 10:45 a.m. Family Mass in the Koenig Center – 12:30 p.m.

Signposts for the Journey



Each week signposts, which use the Scriptures as their source, offer direction for our journey. The journey will be long. It will require that we are nourished and sustained along the way. There are opportunities to do this each week.

Each Friday evening we will be invited to walk **the Way of the Cross** with our family of faith. On March 11th the Stations of the Cross will be led by the Human Concerns Commission, March 18th by the Marriage Ministry, March 25th by the Baptismal prep ministry, April 1st RCIA Team and members, April 8th by Family Faith Connection and April 15th by Men's and Women's Council.

Other Signposts are : March 19th and 20th there will be a **Women's Christ Renews His Parish Retreat**. March 22nd a **Labyrinth Guided Mediation** will be held. **Taize Prayer** will be offered on April 5th. Marriage Ministry will offer **Supper and Substance** on April 9th. **Lenten Bible Study** on the Gospel of Matthew will be offered on March 10, 17, 24, 31, April 7 and 14. And as strength and grace for the journey, a **Parish Reconciliation Service** will be offered on April 9th.

The Three-fold Disciplines of Lent

Fasting, almsgiving, and prayer are the three traditional disciplines of Lent. All the faithful should undertake these practices seriously in a spirit of penance and of preparation for Baptism (catechumens) or for the renewal of one's Baptismal promises (candidates for Full Communion and all the faithful) during the Holy Easter season.

Fasting

Fasting has to do with the quantity of food eaten on particular days (little or none). 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.

Denying oneself a basic human need such as food for a period of time may

be done for different reasons:

- It prepares for a feast
- It promotes self-discipline
- It supports one's prayers
- It cleanses oneself of previous abuses and sin

Ash Wednesday (March 9, 2011) and Good Friday (April 22, 2011) are days of fasting

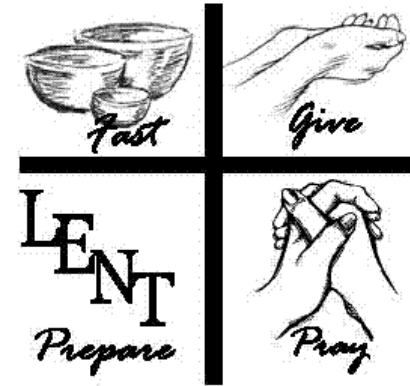
Abstinence

Abstinence refers to the kind of food denied oneself, for example, meat. 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 fast and abstinence, consult the parish at 847-362-2073.

Fridays of Lent, Ash Wednesday (March 9, 2011) and Good Friday (April 22, 2011) are days of abstinence.

and they help us develop a spirit of humility and sacrifice.

The distribution of ashes comes from a ceremony of ages past. Christians who had committed grave faults performed public penance. On Ash Wednesday, the Bishop blessed the hair shirts which they were to wear during the forty days of penance, and sprinkled over them ashes made from the palms from the previous year. Then, while the faithful recited the Seven Penitential Psalms, the penitents were turned out of the church



Prayer

Prayer is one of the three Lenten practices. Through prayer, we raise our minds and hearts to God in thanksgiving and praise. Prayer is our 'vital and personal relationship with the true and living God.'

Almsgiving

Almsgiving is giving to the needy from what is saved through the discipline of fasting and abstinence, or from one's surplus.

For more information, please visit <http://www.usccb.org/lent/>

because of their sins -- just as Adam, the first man, was turned out of Paradise because of his disobedience. The penitents did not enter the church again until Maundy Thursday after having won reconciliation by the toil of forty days' penance and sacramental absolution. Later, all Christians, whether public or secret penitents, came to receive ashes out of devotion. In earlier times, the distribution of ashes was followed by a penitential procession.



Why we receive ashes....

Following the example of the Nivites, who did penance in sackcloth and ashes, our foreheads are marked with ashes to humble our hearts and reminds us that life passes away on Earth. We remember this when we are told "Remember, that you are dust, and to dust you shall return." Ashes are a symbol of penance made sacramental by the blessing of the Church,

Signposts for the First Two Weeks of Our Journey



The 1st week of Lent the signpost advises us: **Stop! Need help? Ask God!** The Scriptures of this first week establish why we journey. They speak of the faith we need to make the journey. They show us of Christ's faithfulness in the face of temptation. They remind us that if we try to face temptation alone we will succumb but if we turn to God we will receive the strength, help and direction we need for the journey. We are asked to reflect on these questions: *What temptations do I face as I begin the journey this Lent? How can I seek God's help in facing these obstacles to the journey?*

The signpost for the 2nd week of Lent directs us to: **Listen to Him!** The Scriptures urge us to be open to allowing God to lead us to a new place, a new way of living. They exhort us to trust the journey, to believe in the promises that God has made. We are asked to reflect on these questions: *What mountain do I need to climb in my own life in order to listen more closely to God? How can I find support in the community for the journey?*

Our Journey Continues in Weeks Three, Four and Five

On the 3rd week of the journey the signpost simply asks one question: **Thirsty?** On the journey we get thirsty. We seek ways to quench our thirst. The Scriptures this week refer to spiritual thirst. As we run the marathon of our spiritual journey we need to look for water stations that will quench this thirst and sustain our journey to the cross, the journey that leads to eternal life. We are asked to reflect on these questions: *What are you thirsting for? Where will you find the living water to sustain you on your journey to the cross?*

The signpost on the 4th week of Lent insists that we: **See!!!!** The Scriptures

show us that God sees deeply, not with the eye but with the heart. They tell us that God longs for each of us to see deeply as well that we may be fully alive. This requires that we open our eyes to see in a new way – from God's perspective. To do this we are asked: **To what and to whom am I blind? What does God want me to see?**

The 5th week's signpost says boldly: **Break free!- LIVE!** The Scriptures help us to see that we are buried in the graves we have made, graves of sin

One of the real challenges that we too often find in our contemporary, busy lives is finding time to be together as a family. It is especially difficult to find opportunities to pray together. And, if prayer, other than going to church on Sunday, hasn't been a family tradition, it can seem very "unnatural" to introduce it as something we might do together as family. Here are a few possibilities - call them dreams - for ways we might pray as a family, during Lent, or at any

time of the year.

Prayer before Meals: begin with everyone offering their prayers of thanksgiving and gratitude for the day. Then ask God for what you need including a blessing on your food and family. Finally, remember those who do not have something to eat.

Prayer in the Morning, offering your day to God in thanksgiving. Bless your children by making the

and separation, tombs sealed by stones of sin and separation. But God promises to open the graves we have made for ourselves. God promises to bring us to life and will do it if we only open ourselves to the new place that the journey is leading us, the place of new life, the place of salvation. With only a short distance left to the destination of our journey, the cross, we are asked: *Will we seek God's help to come to this new place? Will we break free of all that binds us and live? Are we willing to go this next mile of the journey that leads us to life?*

sign of the cross on their forehead before they leave the house asking God to keep them safe that day.

Prayer in the car with your family, praying for those you see along the way, for a safe journey, for peace among siblings, parents, friends, etc.

Family Prayer in Lent