

Renewal

Lenten Challenge 2023



“Behold, I make all things new.” – Revelation 21:5

Into The Desert

The season of Lent is the time in the Church's year in which we strive to deepen our relationship with Jesus Christ to experience more of His love. We do this through prayer, fasting and almsgiving.

In our busy lives it's easy to pass through Lent without really being aware of the spiritual importance of these holy days. This booklet is a resource for planning a program of spiritual growth to nurture closeness with our Lord. The options listed range from simple basics we all know and sometimes do, to additional spiritual practices which we might not normally do but which will stimulate growth in our closeness with Jesus Christ. The times and dates for confession, Stations of the Cross and Holy Week services are included here in one place for your convenience. I urge you to prayerfully consider what to work on as an individual and as a family for Lent. For those with a smart phone, if you set an alarm as a reminder for prayer times or confession this can be a great help in making sure that they happen as you planned.

Abstaining from meat on Fridays as with fasting on Ash Wednesday and Good Friday are ways to follow in the footsteps of Jesus by accepting limitation of our desires. There are many other things in our lives that we can give up during Lent that will spur inner growth in the Spirit. We fast and abstain from things we love to show sorrow for our sins and to acquire the strength of will to be able to overcome desires and passions that can lead to sin.

A Lent where we just switch from meat to fish on Fridays, is of no real value spiritually. Lent is a time for a renewed desire to encounter our Lord Jesus Christ in a genuine and life changing way. Easter will make so much more sense and be vastly more powerful after a Lent with serious prayer, fasting and almsgiving. May our Lady and St. Joseph prayerfully guide and mentor us through a life changing Lent!



Glen Jenson, Pastor

Lenten Basics

Lent is a time when participants can carry out a three-fold mission, with the key pillars being prayer, fasting, and almsgiving. Certainly, these components are not new within our Catholic teachings, nor are they reserved only for Lent, as we are encouraged to practice them regularly throughout the year. However, a special and renewed focus on each of them during Lent can foster growth and appreciation within our collective faith and respective spiritual journeys.

Prayer: We can strengthen our relationship with God through deeper and more frequent prayer activity, such as Scripture readings before beginning our daily morning routine, or praying at mealtimes, commuting to work or school, or during nature walks and other such exercises.

Fasting: As Jesus fasted in the desert for forty days, we, too, are called to forgo something for the same period when observing Lent. It is during this time we can deepen our awareness of his sacrifice on the Cross, as well as Jesus' daily forgiveness of our sins and unconditional love for us.

***What is Fasting:** Ash Wednesday and Good Friday are obligatory days of fasting and abstinence (from meat) for Catholics. In addition, Fridays during Lent are obligatory days of abstinence. For members of the Latin Catholic Church, the norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards.¹ It should be noted, however, this personal sacrifice should be difficult but healthy, while respecting responsibilities. *

Almsgiving: Stressing the importance of recognizing those in need while demonstrating the model of selflessness that Jesus embodied on earth, Lent offers us an opportunity to further concentrate on displaying acts of charity within our communities.

¹ <https://www.usccb.org/prayer-and-worship/liturgical-year-and-calendar/lent/catholic-information-on-lenten-fast-and-abstinence>

Lenten Obligations

- Attend Holy Mass and Fast on Ash Wednesday.
- Abstain from meat each Friday.
- Attend Holy Mass every Sunday.
- Fast on Good Friday.
- Go to confession before Easter!

Lenten Opportunities

- Dedicate time for prayer each day
- Make the Morning Offering each morning, and the Act of Contrition each evening. (See page 10)
- Read one chapter from the Gospel of Matthew each day (provided Lenten book)
- Fast and abstain on each Friday (see page 2)
- Attend Stations of the Cross
- Attend the annual parish mission (March 13th – 15th @ Ss. Peter & Paul)
- Give up one thing in your life that is getting in the way of your relationship with God (a TV show, a website, time spent on your phone, a place, certain people, certain speech, certain situations, certain habits)

Lenten Confession Opportunities

Weekly Confession Opportunities

Tuesday: 7:15am – 7:45am @Ss. Peter and Paul

Wednesday & Thursday: 7:45am-8:15am @Ss. Peter and Paul

Tuesday, Wednesday, & Friday: 3:30pm-4:00pm @Ss. Peter and Paul

Wednesday: 6:15pm – 7:00pm @St. Thomas

Friday: 7:45am-8:15am @St. Thomas

Saturday: 7:30am-8:15am @St. Thomas

Saturday: 3:00pm-3:45pm @Ss. Peter and Paul

Special Confession Opportunities

Palm Sunday (Sunday April 2nd): 4:00pm-5:00pm @St. Thomas

Palm Sunday (Sunday April 2nd): 7:00pm-8:00pm @Ss. Peter and Paul

Tuesday April 4th: 7:00pm-8:00pm @Ss. Peter and Paul

Wednesday April 5th: 7:00pm-8:00pm @St. Thomas

Stations of the Cross

Friday February 24, March 10, March 24: **7:00pm @St. Thomas**

Friday March 3, March 17, March 31: **7:00pm @Ss. Peter and Paul**

Friday April 7th: **12:00pm @Ss. Peter and Paul**

Friday April 7th: **3:00pm @St. Thomas**



The Hallow app is a great resource for Catholics who desire to dive deeper into the faith this Lenten season! Daily prayers, meditations, bible stories, and more both for free and for subscription.



Pray

Pray with the reading from the daily Gospel each morning in just 5, 10, or 15 minutes!

Sleep

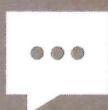
Fall asleep with sleep Bible stories from Fr. Mike Schmitz, Jonathan Roumie, or Night Prayer from the Liturgy of the Hours.

Meditate

Meditate on scripture with the daily Rosary on your way to work, with your morning coffee, or as you go about your day.

Catholic Life Every Day

— with the Ss. Peter & Paul St.Thomas App —



Messages

Easily connect all week



Calendar

Events, Locations, RSVP



Readings

Daily Readings from USCCB



Prayers

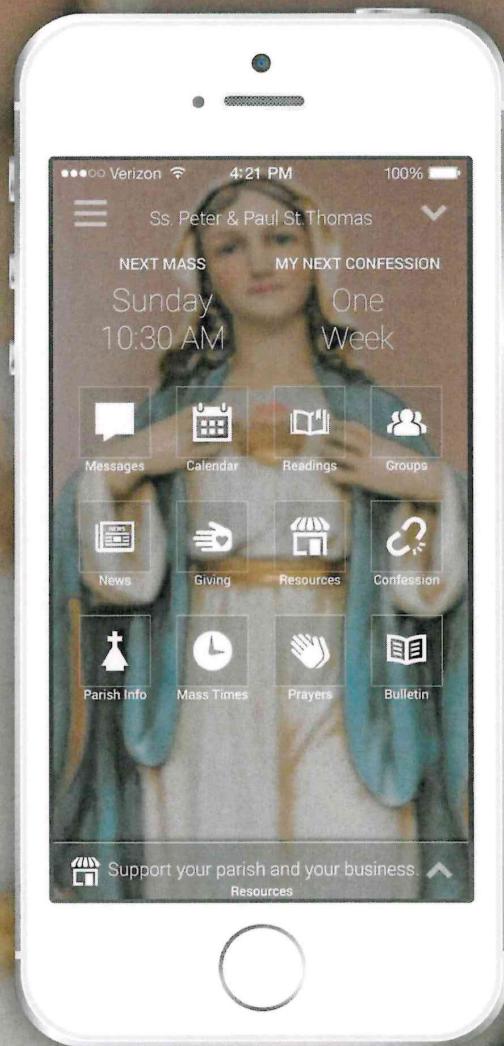
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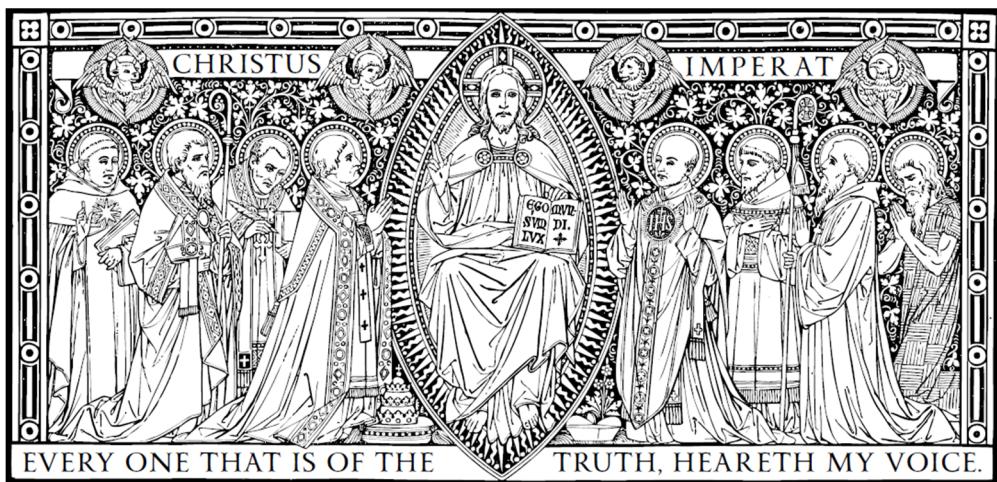
Daily Prayers

Morning Offering- In the Morning

O my God, in union with the Immaculate Heart of Mary, I offer Thee the Precious Blood of Jesus from all the altars throughout the world, joining with It the offering of my every thought, word, and action of this day. O my Jesus, I desire today to gain every indulgence and merit I can and I offer them, together with myself, to Mary Immaculate, that she may best apply them in the interests of Thy Most Sacred Heart. Precious Blood of Jesus, save us! Immaculate Heart of Mary, pray for us! Sacred Heart of Jesus, have mercy on us!

Act of Contrition- In the Evening

O my God, I am heartily sorry for having offended Thee, and I detest all my sins, because I dread the loss of heaven, and the pains of hell; but most of all because they offend Thee, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.



My Lenten Plan



**At the cross Her station keeping,
Stood the mournful Mother weeping,
Close to Jesus to the last.**