



LENT AT ST. CHARLES



Lent is a 40-day period of reflection, repentance, and renewal leading up to the celebration of Our Lord's Resurrection at Easter. As Catholics, we observe Lent through the traditional practices of **prayer, fasting, and almsgiving**.

Prayer and Worship

Ash Wednesday, February 14

7:30 AM Mass w/ *imposition of ashes*

12:10 PM Mass w/ *imposition of ashes*

7:30 PM Mass w/ *imposition of ashes*

All services are in the Church



Stations of the Cross



Every **Friday** in Lent

7:00 PM in the church

Good Friday, March 29:

12:00 PM in the church

Eucharistic Adoration

Every **Tuesday** in the church

8:00 AM - 9:00 AM



Saturday Morning Prayer

8:00 - 8:30 AM **Liturgy of the Hours & Litany**

March 2: Litany of the Eucharist

March 9: Litany for Persecuted Christians

Feast of St. Joseph Holy Hour

Tuesday, **March 19 @ 7:00pm** in the church

Litany of St. Joseph/Liturgy of the Hours/Benediction



Lenten Discussion Series

**RENEWED IN THE LORD:
THE GIFT OF THE EUCHARIST**

Thursdays: Feb. 29, March 7, 14, 21

7:00 - 8:30 PM in the church @ **St. Gabriel**

- Lenten copies of ***The Word Among Us*** are available in the vestibule to help with your family's Lenten prayer practices.
- Spend time **each day** in prayer. This can be a few minutes in the morning or evening, or longer periods of time for deeper reflection.
- Try **different kinds** of prayer: traditional liturgical prayers, spontaneous prayers that come from the heart, and *lectio divina* (a practice of slow meditative reading and reflection on a passage of scripture).



Fasting and Abstinence

- Roman Catholics 14 years and older should **abstain from meat** on Ash Wednesday, all Fridays in Lent, and Good Friday.
- Roman Catholics 18-59 years of age should **fast** on Ash Wednesday and Good Friday. This means eating one full meal and two smaller meals, with no snacking between meals.
- These obligations do not apply for Roman Catholics whose health or ability to work are negatively affected by fasting and/or abstinence.
- Beyond this, it is common for Christians to fast during Lent by giving up a particular food or activity for the 40-day period.
- Choose a fast that is meaningful and challenging but also realistic and sustainable! You can fast from activities or habits that distract you from your time with God, such as social media, TV, or gossip.
- Swap your normal music, sports, and political programming for Catholic content: AM750 or FM92.7 for Relevant Radio; channel 129 (Catholic Radio) or 130 (EWTN) on Sirius XM; Verizon 285/Xfinity 238/DirectTV 370/Dish 261 (EWTN);

Sacrament of Reconciliation

- **Saturdays:** 3:15 - 3:45 PM
- **Saturday, March 16:**
First Penance (children) @ St. Gabriel
- **Wednesday, March 20:**
7:00 - 8:30 PM @ **St. Gabriel**
Lenten Penance Service w/ individual confessions



Almsgiving (Outreach)

Lenten outreach opportunities at St. Charles include:

- **Food For Life Food Pantry**
- **Casseroles for Our Daily Bread**
(Delivery Date: March 20)
- Lenten Sacrificial Giving Collections (2/18 & 3/17)
- Apostleship of the Sea **Shoeboxes for Seafarers**
- **CRS Rice Bowl**
- **Annual Appeal for Catholic Ministries**

