

Dear Parishioners,

Lent begins on Ash Wednesday, February 17, and concludes just prior to the evening Mass of the Lord's Supper on Holy Thursday, April 1st. Lent prepares the faithful to enter into the paschal mystery (the passion, death and resurrection of Christ). By focusing on repentance, Lent is a time to free ourselves from the sins that prevent us from truly experiencing God's love. Our Lord wants us to grow in love during this important season and our parish would like to help you do just that.

Life during a pandemic is like nothing we have experienced. We are almost forced to rethink the way we live and the way we celebrate the liturgical seasons in our parish. We know that many of you cannot attend our mass because of health concerns. We understand.

This year, we are bringing Lent to you! Each family will receive a packet containing our Little Black Book for Lent which contains reflections for each day of the Lenten season. We are also including a Lenten calendar, with concrete ideas for each day of the season. And this year we would like you to consider one parishioner's article about celebrating Lent at home. If you did not receive a packet, it probably means you are not registered on our parish list. Please call the office to register!

Ash Wednesday will look a little different this year. We will still have our masses at 12:05 p.m. and 7 p.m. Father Ed will bless the ashes and say only once: "Turn away from sin and be faithful to the Gospel." He will then sprinkle a pinch of ashes on the heads of anyone who would like to come forward. Covid precautions prevent touching foreheads and speaking to anyone in close proximity. If you prefer, you are welcome to take a few ashes home in an envelope. Please see Father Ed after mass.

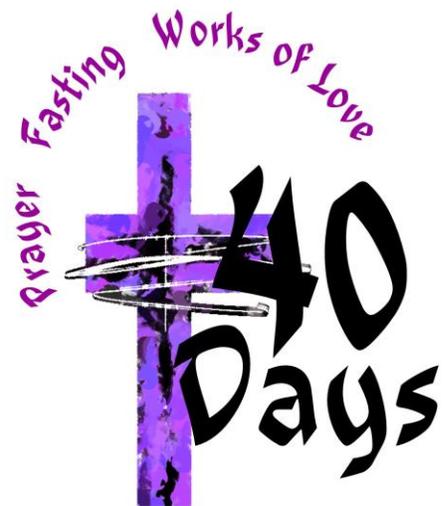
Here's something new! During Lent at Holy Rosary, we will pray the Stations of the Cross and celebrate the Holy Mass in the church each Friday at noon. We hope you are able to join us, but if you can't, we are also offering a virtual Stations of the Cross, which you can access at any time from your phone or computer. Watch for further details.

We are encouraged during Lent to consider almsgiving along with our prayer and fasting. This year, we have three specific causes we would like to focus on for Lenten giving, and we will have special baskets for each one for two weeks during Lent:

Laundry detergent for parish house: Bring your donations of laundry detergent or money to buy detergent during the weeks of February 21 and 28. There is a great need among our neighbors for cleaning products as these cannot be purchased with the Snap card. Please make sure that your donation is either laundry powder or pods. This way, it can be split and shared with all.

Utilities for crosslines: Bring your monetary donations to help with utility bills for the needy during the weeks of March 7 and 14.

Catholic charities: The Christian Concerns Committee has asked us to help Catholic Charities many causes on the weekends of March 21 and 28.



We have no word yet if we are able to celebrate a communal reconciliation service for Lent. Please know that Father Ed is available for private confessions at any time. Please call the rectory for an appointment.

Please watch the bulletin for further information on Lent. You may get the bulletin at mass, on Flocknote emails each week or on our webpage, holyrosarywv.org.

May your Lenten season be a time of prayer, fasting, and almsgiving as you experience the call of the Lord to change your heart, just in time for Easter!

LENT AND EASTER REGULATIONS

Traditionally, Christians fast on two sorts of occasions. One may be termed times of repentance (for example, Lent). The other occasion is by way of anticipation (for example, the one hour before Holy Communion or the "paschal fast" during the Triduum in anticipation of the Easter event).

Lenten Fast and Abstinence

1. Fasting is to be observed on Ash Wednesday and Good Friday by everyone 18 years and older, who has not yet celebrated their 59th birthday. On a fast day, one full meal is allowed. Two other meals, enough 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 consuming liquids, including milk and juices, is allowed. 

2. Abstinence is observed by everyone 14 years of age or older. On days of abstinence, no meat is allowed. Note that when health or the ability to work is affected, the law does not oblige. Ash Wednesday, all the Fridays during Lent, and Good Friday are days of abstinence. If a person is unable to observe the above regulations due to ill health or other serious reasons, other suitable forms of self-denial are encouraged. 

The Paschal Fast for the Triduum

1. During the Triduum, all Catholics of the appropriate age (see above) are to fast and abstain on **Good Friday**.
2. All Catholics are encouraged, as a voluntary practice, to fast on Holy Saturday until the celebration of the **Easter Vigil**.

The Fast Life

Fast from judging others; Feast on Christ dwelling in them.
Fast from fear of illness; Feast on the healing power of God.
Fast from words that pollute; Feast on speech that purifies.
Fast from discontent; Feast on gratitude.
Fast from anger; Feast on patience.
Fast from pessimism; Feast on hope.
Fast from negatives; Feast on encouragement.
Fast from bitterness; Feast on forgiveness.
Fast from self-concern; Feast on compassion.
Fast from suspicion; Feast on truth.
Fast from gossip; Feast on purposeful silence.
Fast from problems that overwhelm; Feast on prayer that sustains.
Fast from anxiety; Feast on faith.

-Author Unknown

