

LENT 2019 – HERE I AM,

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Lent begins on Ash Wednesday, March 6, and concludes just prior to the Evening Mass of the Lord's Supper on Holy Thursday, April 18. 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.



This Lent, pray over the Scripture passage from Isaiah 6:8: "***Then I heard the voice of the Lord, saying, 'Whom shall I send, and who will go for Us?' Then I said, 'Here am I. Send me! Here I Am Lord, choose Me.'***" Through our prayer, fasting and almsgiving this Lent, we remember that we are called to go out into the world, to feed the hungry, to lift up the lowly, to be Christ's for other people. Open your soul, and say "Here I Am, Lord, send me out to be a witness of your love for others." This Lenten season, balance your personal prayer and growth in spirituality with action. Are you brave enough to answer the Lord's call? Where will the Lord

send you? We have listed below some of the ways your Holy Rosary Community can help you along the way. Join us for some, or all of our gatherings. 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!

Eucharistic Liturgies

Celebrate the Eucharist with us daily on Monday, Tuesday, Thursday, and Friday at 7:30 a.m. in the chapel at St. Joseph's Hospital. The Wednesday evening liturgy during Lent is held at Holy Rosary beginning at 6:30 p.m. with Adoration of the Blessed Sacrament, followed by Mass at 7 p.m. Please use the 30 minutes before the Wednesday liturgy mass for personal prayer and spiritual growth during the season of Lent.

Thursday Morning DVD

Brother Roy will be leading a Thursday morning DVD and discussion group on the Passion of Jesus and how his passion relates to our lives. Everyone is welcome to attend this hour-long presentation from 10-11 a.m. in Marist Hall. This series begins on March 7th. Please note that we will not have this event on Thursday, March 28.

Friday Evening Stations of the Cross, Meal, and Video

Beginning on Friday, March 8, and continuing on each Lenten Friday, Holy Rosary will be offering the Stations of the Cross, beginning at 6 p.m. in the church. After Stations, we will serve a meager meal and share a Lenten video at 6:30 p.m. This year's presentation is on Christ's passion, and how his passion relates to our lives. Please note that we will not have stations Friday, April 5th because of First Friday.

First Friday

Our First Friday Eucharistic liturgy will be held at Holy Rosary on April 5. We will have Adoration of the Blessed Sacrament and Benediction at 6 p.m. followed by Mass at 7 p.m. There will not be Stations of the Cross on the evening of April 5. Stations that day will be prayed at noon.

Our "Little Black Book"

The Little Black Book is our prayer-aid again this Lent. The purpose of the book is to help us to spend 6 minutes per day in prayer during this holy season. Quotes, scripture verses, readings and reflections help us along the way. Pick one up in the front of the church. Feel free to pick one up for a friend or family member

Parish Mission

Our Parish Mission is scheduled for Sunday, March 10 through Thursday, March 14 and runs every evening at 6:30 p.m. in the church. (Fr. Louis Guardiola of the Fathers of Mercy will begin the Mission by preaching at the Saturday and Sunday Liturgies on March 9 and 10.) We encourage all parishioners to attend as many evenings as possible and to use this time for personal Lenten growth. Please refer to the bulletin for more details.

Communal Reconciliation

Our Lenten communal reconciliation/penance service will be held on Monday, March 11th at 6:30 p.m. As part of our parish mission, Father Louis will be speaking about forgiveness and the healing of Jesus' love. Several priests will be available for private confession. All are welcome as this will be our only parish service. Father Louis will be available after each mission evening for private confessions. As usual, you may make an appointment for a private confession at every time. Father Joe will be available after mass each Saturday and Sunday during Lent for confessions.

Parish Lenten Project

Our parish Lenten outreach project begins on Ash Wednesday. We will be collecting much needed items for the residents of Serenity Care Home in Buckhannon, and for the residents in the nursing care facility in our own St. Joseph's Hospital. Check the bulletin for particular details about how to help.

Special Presentation and Spaghetti Dinner

The Men's Group is sponsoring the movie, *Unprotected: The Pope, the Pill, and the Perils of Sexual Chaos* for the parish on Sunday, March 24th from 5:00-7:00 pm. This presentation is for all parishioners, but especially parents and older teens. We will be discussing our society's broken and harmful distortion of our Godly gift of sexuality. We will provide a simple spaghetti meal with salad and bread so people can eat and view the film.

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**.