

Lent

*a guide for
journeying through
the Lenten season*



ASH WEDNESDAY

Although not a Holy Day of Obligation, Ash Wednesday Masses are often well-attended. This is the day when we bless ashes which have been made by burning the palms used in the previous year's Palm Sunday procession. We are then marked with these ashes on our foreheads as we hear the words, "Repent and believe in the Gospel." The ashes remind us both of our mortality and of our call to return to God's love.

Wednesday, March 6 | 12:00pm | Sacred Heart of Jesus Church
| 6:30pm | St. Patrick Church

FRIDAYS

Our parish holds Friday Daily Mass during the lunch hour to make it easier to attend a weekday Mass, especially as an opportunity for an additional Lenten practice. After the brief Mass, everyone is invited to enjoy fellowship and a light, meatless lunch, created and served by volunteer parishioners.

Fridays in Lent: Mass and Lunch | 12:05pm | St. Patrick Church and Cafeteria

STATIONS OF THE CROSS

Also known as the "Way of the Cross," the fourteen Stations commemorate Jesus' walk with the Cross to the hill of Calvary. For each Station, we listen to a reading, say a prayer, and sing a brief song, and we reflect on how greatly Christ loved us to willingly endure such suffering. Make it a goal to attend Stations this Lent.

Fridays in Lent | 5:30pm | St. Patrick Church
Good Friday, April 19 | 12:00noon | Sacred Heart of Jesus Church

EUCCHARISTIC ADORATION

"Eucharistic Adoration" is the phrase which is commonly used to refer to the Exposition, Adoration, Benediction and Reposition of the Blessed Sacrament. As Catholics, we believe that, from the moment the bread and wine become Jesus' Body and Blood during Mass, Christ is truly and really present. Eucharistic Adoration gives us the opportunity to spend time with Christ's physical presence in prayer and silence, allowing Him to draw us to Himself.

Every Monday–Friday | 6:00am-9:00pm | Benedictine Chapel

FORMED

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RECONCILIATION

In this season of penitence, it is only fitting that the Church asks us to receive the Sacrament of Reconciliation and renew our relationship with God our merciful Father by seeking His forgiveness. The parishes and priests of the Eau Claire Deanery are coming together to offer twenty-four hours of confessions in Lent, in preparation for the celebration of the paschal mystery at Easter.

INDIVIDUAL RECONCILIATION (CONFESSION)

Saturdays | 3:00-3:45pm | Sacred Heart of Jesus Church
Mondays | 7:15-7:45am | Benedictine Chapel
Tuesdays | 7:15-7:45am | Benedictine Chapel
Wednesdays | 7:15-7:45am | Benedictine Chapel

“24-HOURS FOR THE LORD” CONFESSIONS

3:00pm Friday, April 5 – 3:00pm Saturday, April 6
Immaculate Conception Church, 1712 Highland Avenue, Eau Claire

FIRST FRIDAY AND FIRST SATURDAY

First Fridays are devoted to the Sacred Heart of Jesus, and after Mass we pray the Litany of the Sacred Heart and the Consecration to the Sacred Heart. Stay for the 10-minute prayers if you have time before lunch.

First Saturdays are devoted to our Blessed Mother. We begin with the communal praying of the Rosary at 7:30am, and there will be an opportunity for confession after Mass.

First Friday, April 5 | 12:05pm Mass | St. Patrick Church
First Saturday, April 6 | 8:00am Mass | Sacred Heart of Jesus Church

LITTLE BLACK AND PURPLE BOOKS FOR LENT

The “Little Books” are full of daily prayers for the season of Lent. Pick up a purple (for kids) and black (for older youth and adults) copy in church.

FASTING AND ABSTINENCE

The Church asks us to fast and abstain from meat on certain days. The regulations are as follows:

FASTING

Ash Wednesday, March 6
Good Friday, April 19

All Catholics ages 18-59 are bound to fast, with the exception of the homebound and women who are pregnant or nursing. Fasting doesn't mean that you can't eat anything; it does mean eating only one full meal to maintain your strength, although 2 small (meatless) meals are permitted as long as they do not together equal one full meal. No solid foods between meals are permitted.

ABSTINENCE FROM MEAT

Ash Wednesday, March 6
Fridays in Lent
Good Friday, April 19

All Catholics age 14 and older are bound to abstain from meat, with the exception of the homebound and women who are pregnant or nursing.