



Lent

OCIA at Saint Sylvester



The Lord's Prayer

Our Father

Who art in heaven,
hallowed be Thy name;

Thy kingdom come, Thy will be
done,

on Earth as it is in heaven.

Give us this day our daily bread
and forgive us our trespasses
as we forgive those who trespass
against us; and

lead us not into temptation, but
deliver us from evil.

Amen.



St. Valentine of Rome

Many myths and legends surround St. Valentine's Day.

There are at least a dozen Saint Valentines recognized by the Catholic Church.

Lent begins on February 14th



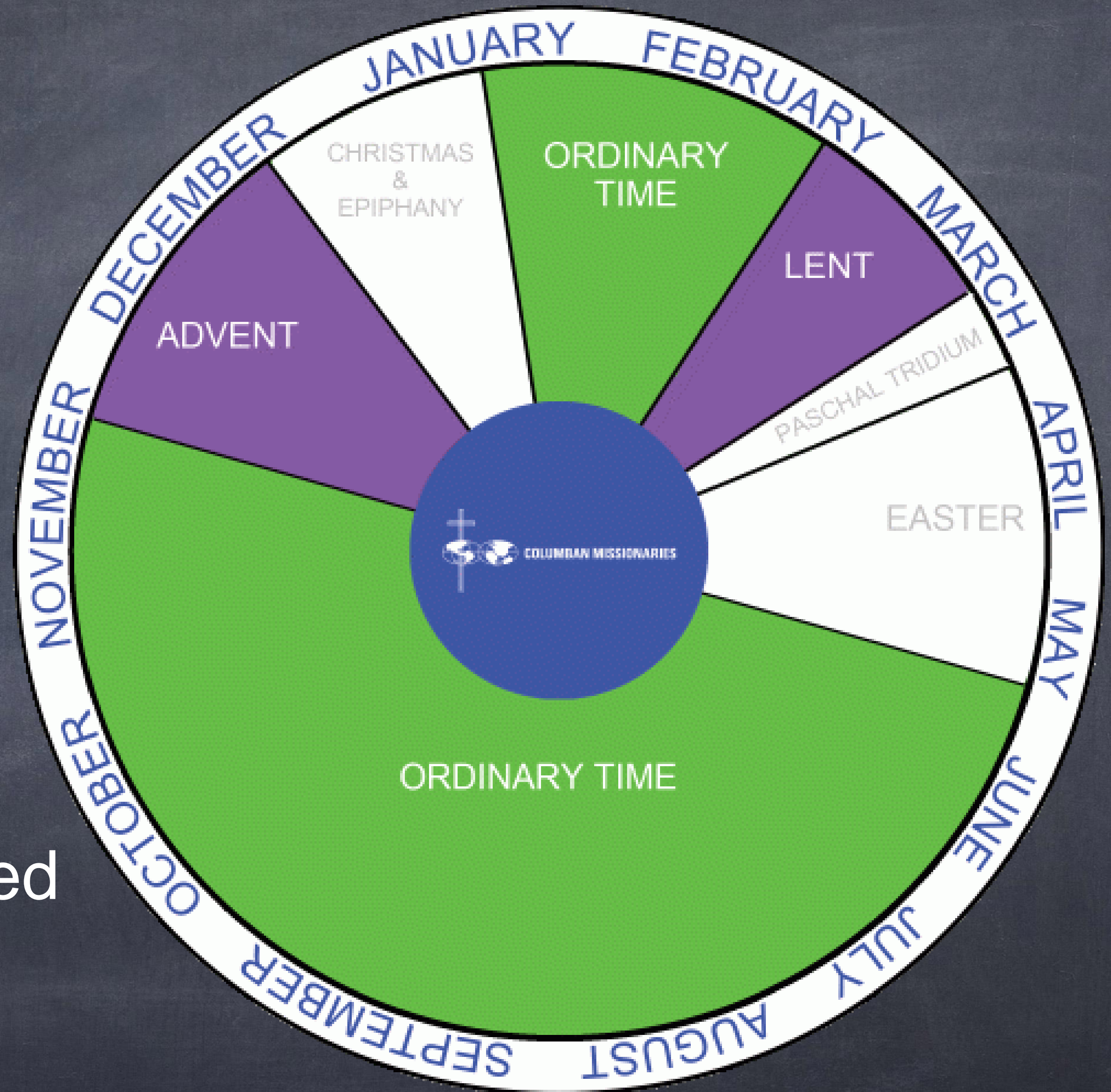
You'll have to be creative this year !

What is Lent ?

40 day season of prayer, fasting, and almsgiving

40 day length is rooted in the Biblical usage of the number 40 signifying a time of testing, trial, penance, purification & renewal

40 days that Jesus himself prepared for His public ministry



Many know of the tradition of abstaining from meat on Ash Wednesday and Fridays during Lent [*in fact, the entire year with the exception of Feast Days*], but we are also called to practice self-discipline and fast in other ways as well. In addition, the giving of alms is one way to share God's gifts—not only through the distribution of money, but through the sharing our time and talents. As St. John Chrysostom reminds us: “Not to enable the poor to share in our goods is to steal from them and deprive them of life. The goods we possess are not ours, but theirs.”

[CCC 2446]

In Lent, the baptized are called to renew their baptismal commitment as others—you—prepare to be baptized and/or confirmed in the Faith.

++ Priestly vestments will be violet | purple as a sign of penitence ++
The 4th Sunday of Lent, aka ‘Laetare Sunday,’ as 3rd Sunday of Advent, will be ROSE to reflect the joy of the coming Resurrection of the LORD.

During the Lenten season, Christians are called as an entire community to return to God.

- Our minds renewed by prayer and listening to the Word of God
- Our bodies renewed by fasting
- Our hearts renewed by giving to others

These Lenten observances draw us into the central mystery of our own redemption.



PRAYER



FASTING



ALMSGIVING

Lenten Requirements

Rules for Lenten penance as described by St. Thomas Aquinas:

1. Ash Wednesday and Good Friday were 'black fasts.' This means no food at all !
2. Other days of Lent: no food until 3pm, the hour of our Lord's death.
Water was allowed, and as was the case for the time due to sanitary concerns, watered-down beer and wine. After the advent of tea and coffee, these beverages were also permitted.
3. No animal meats or fats.
4. No eggs of any kind.
5. No dairy products—milk, cheeses, cream, butter, etc.
6. Sundays were days of less liturgical discipline, but the fasting rules remained.

Current Lenten Requirements 😊

On Ash Wednesday, Good Friday and all Fridays of Lent:
Everyone of age 14 and up must abstain from consuming meat.

On Ash Wednesday and Good Friday: Everyone of age 18-59 must fast,
unless exempt due to a medical reason.

Fasting = 1 full meal + 2 smaller meals that together are less than a full meal

Those that are excused from fasting and abstinence outside the age limits include the physically or mentally ill, including individuals with chronic illnesses such as diabetes, as well as pregnant or nursing women.

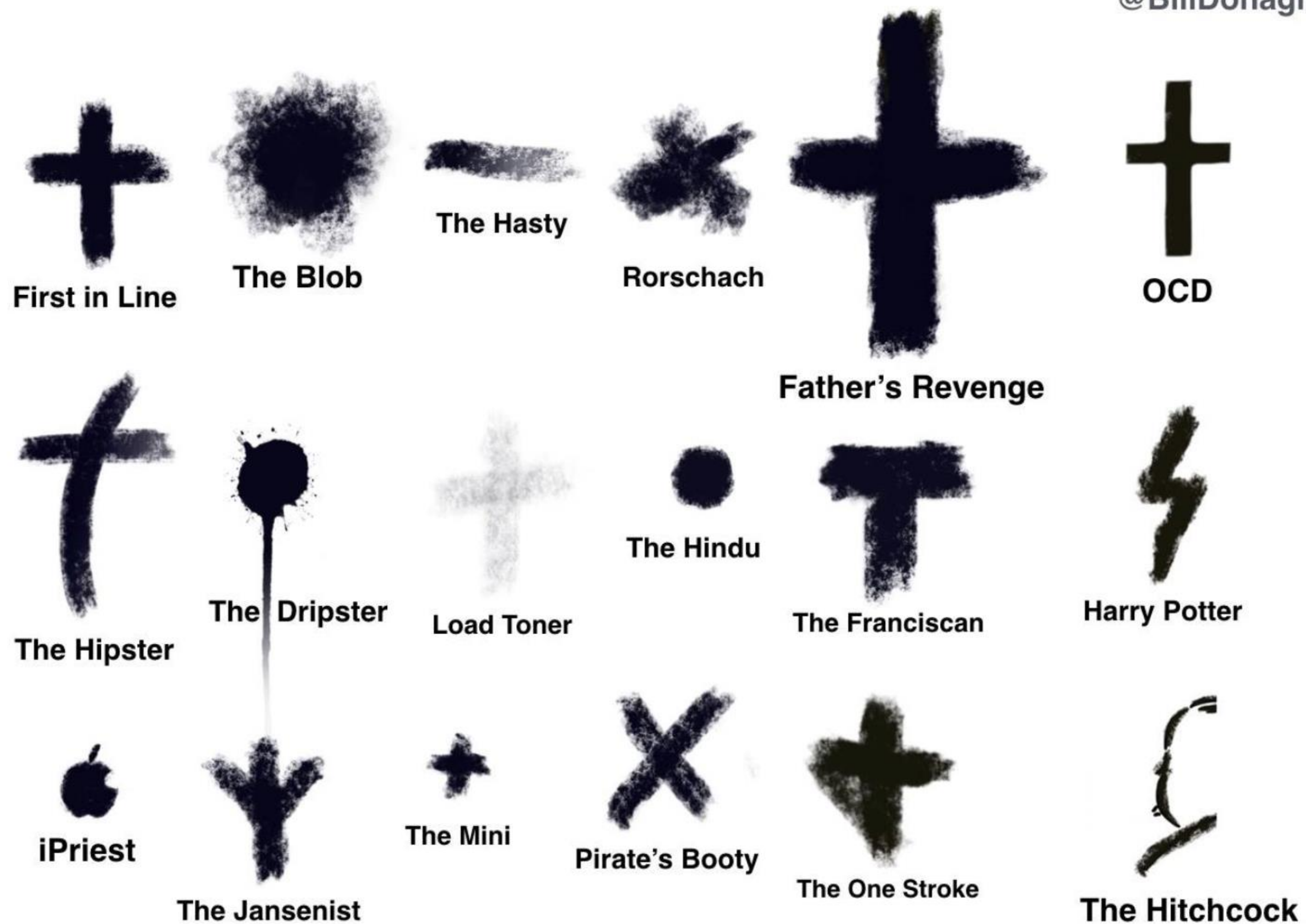
Lent begins on **Ash Wednesday**
[February 14, 2024]



THE SIGNIFICANCE OF ASH WEDNESDAY

A Catholic Guide to Ashes, *Extended Edition*

@BillDonaghy



Why Ashes ??

Rooted in the Old Testament, where wearing ashes was a common sign of repentance for sins, and a sign of humility before God.

It is appropriate that this ancient sign marks the beginning of the season.

Ashes are usually made by burning the palm fronds from the previous year's Palm Sunday.

This symbolically connects the beginning of Lent with its end, connecting our change of heart with Christ's passion, death, and resurrection.

Chrism oil is often blended into the ashes.

Ashes are generally distributed during the Ash Wednesday Mass following the homily.

Ash Wednesday services are among the most attended despite *not* being a Holy Day of Obligation.

The Gospel for Ash Wednesday is a reminder that the real purpose of the Lenten season is not to make public our piety, but to seek an *inner* conversion of heart.





Reception of Ashes

Come forward silently & reverently with the congregation.
Your hands should be folded in prayer as you approach.

+++

Father, Deacon, or a Lay Minister will say either of the following:
“Remember man, you are dust, and to dust you shall return.”

-OR-

“Repent and believe in the Gospel”

They will simultaneously mark your forehead, or sprinkle the scalp with ash in the form of a Cross. You do not respond, simply walk back to your pew, again with hands folded in prayer.



For catechumens Lent marks the start of the period of final, more intense preparation for the sacraments of initiation.

This is called the “Period of Purification and Enlightenment.”

The Rite of Election

Founded on their election by God, in whose name the Church acts “The Elect” (no longer catechumens) are enrolled in the book of those chosen for sacramental initiation as a pledge of fidelity and their election by God.

The celebration of certain rites, such as:

- **The Dismissal of the Elect**

[which is generally done after the Sunday Gospels are proclaimed]

[but is NOT done at St. Sylvester]

- **The Scrutinies**

[we will discuss in a later presentation]

- **The Presentation of the Creed**

[which invites the elect to purify their minds/hearts in preparation for Easter]



PREPARING FOR LENT

Holy Week | Easter Triduum

• **March 28 Holy Thursday**
 Evening Mass of the Lord's Supper
 John 13:1-15 The Washing of the Feet

• **March 29 Good Friday**
 The Passion of the LORD
 John 18:1-19

• **March 30 Holy Saturday**
 Easter Vigil
 Mark 16:1-7

• **March 31 Easter Sunday +**
+ Resurrection of the LORD +

THE TRIDUUM

BY JONATHAN TEIXEIRA & MELISSA KEATING FOR THE FOCUS BLOG

HOLY THURSDAY	GOOD FRIDAY	EASTER VIGIL
WHAT HAPPENED ON THAT DAY <p>Jesus celebrates the Passover - Seder/Last Supper with the Apostles.</p> <p>He washes their feet, showing them what type of leaders they are to be as priests.</p> <p>Jesus institutes the Eucharist.</p> <p>Jesus suffers the Agony in the Garden, sweating blood in anguish as he prays.</p> <p>Judas betrays Jesus and hands him over to the authorities. Jesus is arrested.</p>	WHAT HAPPENED ON THAT DAY <p>While Jesus is interrogated, Peter denies knowing him three times.</p> <p>Pontius Pilate questions Jesus. He offers the crowd a choice: Jesus or Barabbas?</p> <p>Jesus is scourged.</p> <p>Jesus carries the cross on which he will be crucified.</p> <p>Jesus is nailed to the cross and left to die.</p> <p>He gives his mother Mary to John, and in turn, each of us.</p> <p>"It is finished." Jesus dies.</p> <p>Guards come to break Jesus' legs to speed his death. Already dead, they pierce his side.</p> <p>Jesus' body is taken down from the cross, prepared for burial, and placed in the tomb.</p>	WHAT HAPPENED ON THAT DAY* <small>*CELEBRATION OF EASTER SUNDAY EVENTS START THE NIGHT BEFORE</small> <p>Jesus rises from the dead and leaves the tomb.</p> <p>The guards at the tomb report what happened to the chief priests, who pay them off to tell a cover story.</p> <p>Peter and John check out the tomb. All they find are the burial cloths.</p> <p>Mary Magdalene sticks around the tomb and encounters Jesus.</p> <p>Jesus walks to Emmaus with two of his disciples. They realize it's him only after breaking bread.</p> <p>Jesus appears to more disciples, shows them his wounds, gives them power to forgive sins.</p>
WHAT YOU'LL SEE AT CHURCH <p>The priest wears white because it's a joyful day, celebrating our love for Jesus in the Eucharist.</p> <p>The priest will wash people's feet as a sign of his dedication to those whom he serves.</p> <p>No Masses are celebrated on Good Friday, so the priest must plan (and consecrate) ahead.</p> <p>After Mass, the altar is stripped, and most decorations are taken down or covered. The consecrated hosts are transferred to an "Altar of Repose" somewhere else in the Church until needed on Good Friday. (Often, due to security, a move to a more secure location is done late Thursday night.) This absence of the Eucharist helps us experience the loss and emptiness the Apostles felt on Good Friday.</p>	WHAT YOU'LL SEE AT CHURCH <p>The priest wears red to bring to mind the blood Jesus shed.</p> <p>This is the one day all year on which no Masses are celebrated.</p> <p>The tabernacle will still be empty and the church undecorated.</p> <p>Candles are lit only when Jesus (in the Eucharist) is present, and during the Veneration of the Cross.</p> <p>St. John's account of The Passion is read. The congregation often reads the part of the crowd demanding Jesus' crucifixion to reinforce how our sins made necessary the cross of Christ.</p> <p>The Veneration of the Cross occurs during the Good Friday service. Those at the service show a sign of love (kiss, genuflect, etc) to a cross in thanksgiving for Jesus' cross.</p>	WHAT YOU'LL SEE AT CHURCH <p>The priest wears white because we're joyfully celebrating Jesus' victory over death!</p> <p>The Paschal Candle, the "Light of Christ," is carried into the church and the congregation's candles are lit from it.</p> <p>The Exultet prayer and lots of extra readings help us recall salvation history.</p> <p>We sing Alleluia for the first time since before Lent started!</p>
LIVE THE DAY <p>Keep silence throughout the day, especially from 9:00am to 3:00pm, when Jesus was on the cross.</p> <p>Increase your time spent praying. Reflect on The Passion.</p> <p>Pray the Stations of the Cross. Your parish may schedule a service.</p> <p>Cover or put away your holy pictures and/or statues.</p> <p>Attend a Tenebrae service. Check around for times as it's held on various Triduum days.</p> <p>Take on special facts or increase your prayers and/or devotions.</p> <p>Simulate visiting Jesus in prison by making a pilgrimage to local</p>	LIVE THE DAY <p>Start the Divine Mercy Novena.</p> <p>Take on extra fasting or increased other acts of piety.</p> <p>Pray the sorrowful mysteries of the rosary.</p>	LIVE THE DAY <p>Pray for us</p> <p>We sing the Litany of the Saints, asking them to join us in prayer to God.</p> <p>People coming into the Catholic Church are Baptized and Confirmed.</p> <p>Take the day totally off from work and schoolwork.</p> <p>Decorate your house. Easter Lilies symbolize the hope, joy, and new life found in the resurrection.</p> <p>Have a feast!</p> <p>Keep it up. Catholics celebrate the Octave of Easter: that means</p>
ACKNOWLEDGMENTS/PERMISSIONS <p>This illustrated Guide was created by Jonathan Teixeira and Melissa Keating and first published on the FOCUS Blog at focuscampus.org/blog. The Fellowship of Catholic University Students launches college students into lifelong Catholic mission. Learn more at focus.org. Follow Jonathan on Twitter: @jonteixeira. Follow Melissa on Twitter: @AndCompanions. Printable PDFs of this illustrated Guide are available at bit.ly/triduuminfographic.</p>		

Make a Plan !!

Begin this very evening considering how to make the most of this coming Lenten Season.

Focus on just one small thing for each pillar:

Fasting: from specific food[s], media, gossip, etc.

Prayer: memorize 1 new prayer, lectio divina, add prayer time

of time, talent, or treasure—a thank you note, tipping extra, volunteering, do

Lenten practices | traditions

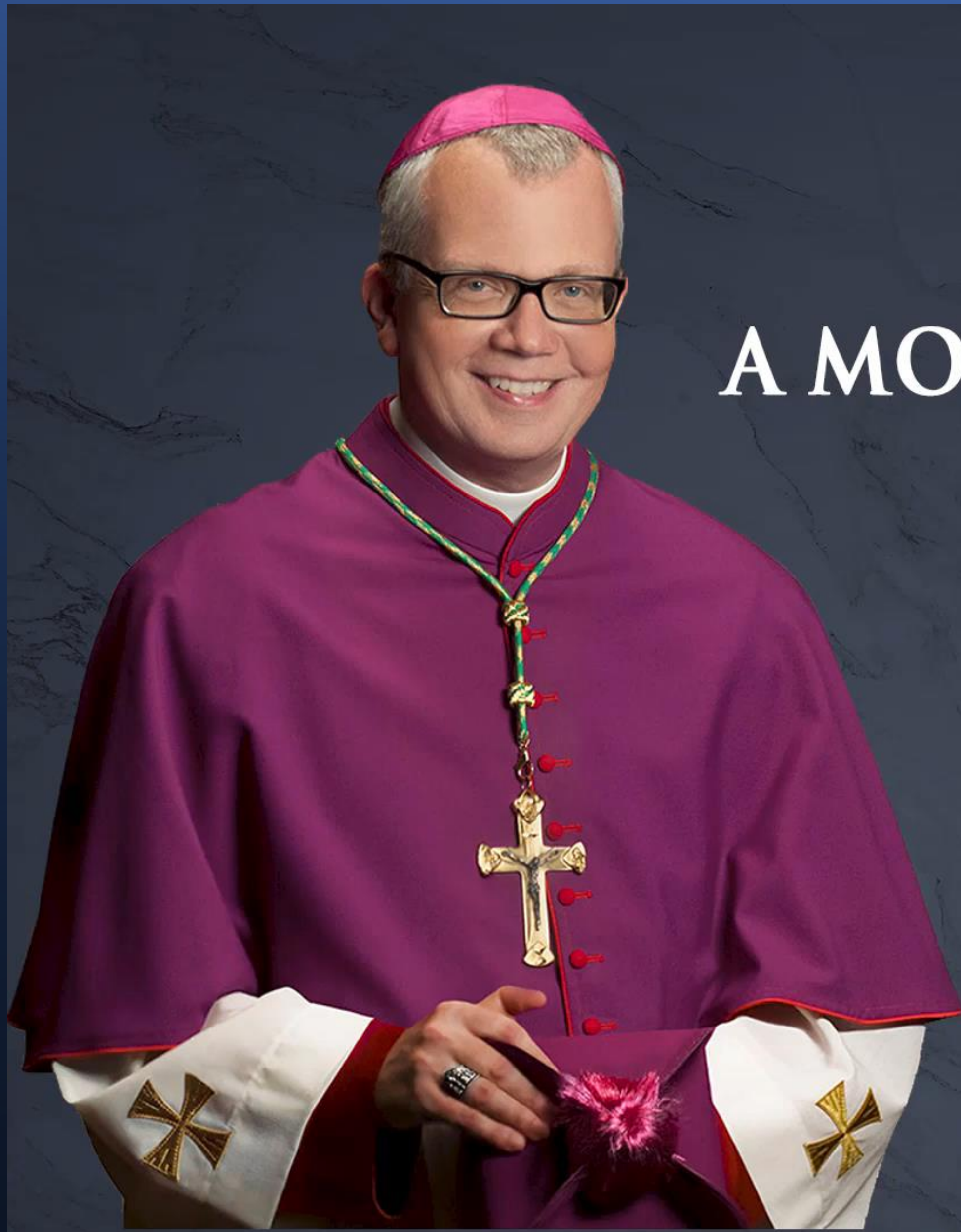
- Stations of the Cross
- Meditation on the Seven Last Words of Jesus Christ
- Meditation on the Seven Sorrows of Mary, Mother of Jesus
- Eucharistic Adoration
- Solemnity of St. Joseph: Tuesday, March 19th
- Blessing of Easter foods/baskets
- Holy Thursday Seder Meal for Catholic Christians

The Seven Last Words of Jesus Christ

<https://www.loyolapress.com/catholic-resources/liturgical-year/lent/seven-last-words/>

1. Luke 23:33-34 “Father, forgive them; for they do not know what they are doing.”
2. Luke 23:39-43 “Truly I tell you, today you will be with me in Paradise.”
3. John 19:25-27 “Woman, here is your son.” ... “Here is your mother.”
4. Mark 15:33-34 “My God, my God, why have you forsaken me?”
5. John 19:28-29 “I am thirsty.”
6. John 19:30 “It is finished.”
7. Luke 23:44-46 “Father, into Your hands I commend my spirit.”





A MOMENT WITH THE BISHOP

BISHOP
DONALD J. HYING
5TH BISHOP OF MADISON



Closing Prayer

“The Fast Life”

~Author Unknown

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.

YEAR A GOSPELS

[also used for Scrutinies]

First Sunday of Lent

Matthew 4:1-11

He overcomes His temptations by the devil with faith in God and obedience
ed to root our lives in faith so that we may overcome the difficulties and tem

Second Sunday of Lent

Matthew 17:1-9

We follow Jesus to the mountain of His transfigured glory.
We are invited to deeper faith in the future victory of His resurrection.

Third Sunday of Lent

John 4:5-42 or 5-15

We follow Jesus to the well and Samaritan woman.
d forgiveness is given to us as well through the parable. And it is again rec

Fourth Sunday of Lent

John 9:1-4

A man born blind receives sight.

less and unconditional mercy in our minds, our hearts and our attitudes. It

Fifth Sunday of Lent

John 11:1-45

The story of Lazarus

ation of the physical life as the beginning of our entry into eternal life the mo