

**ASH WEDNESDAY** March 1<sup>st</sup>

Masses: 7:00, 8:45, 11:00 am,  
7:00 pm and at  
4:15 pm Liturgy of the Word.

Ashes distributed at these services.

**STATIONS OF THE CROSS & MEAGER MEALS**

Friday Evenings

March 3<sup>rd</sup> - through April 7<sup>th</sup>

Begins with:

\***Meager Meal** (Soup & Bread) at 6 pm

**Stations of the Cross** at 7 pm in church.

**SACRAMENT OF THE SICK**

Administered on the first Thursday of each month after the 8:45 am Mass.

During Lent the Sacrament will be celebrated on March 2<sup>nd</sup>.

**SACRAMENT OF RECONCILIATION**

Confessions on Saturdays 3:30 - 4:15 or before daily Masses Monday - Saturday.

**PARISH RECONCILIATION SERVICE**

Monday, April 3<sup>rd</sup>, at 7:00 pm

in the church

**DAILY MASS SCHEDULE**

Mon - Fri: 7:00 & 8:45 am & Sat: 8:45 am

**SPECIAL EVENTS**

**March 3<sup>rd</sup> & next 5 Fridays:**

**Meager Meal** (Soup & Bread)

at 6 pm in the hall

**Stations of the Cross** at

7:00 pm in church.

**Live Stations:** Good Friday,

April 14<sup>th</sup> at 6:00 pm

**24 HOURS FOR THE LORD** Adoration

& Benediction

March 3<sup>rd</sup> - 4<sup>th</sup>, and April 7<sup>th</sup> - 8<sup>th</sup>,

Fri. 9:30 am - Sat. 8:30 am

in the Church.

**LENTEN RETREAT**

With Fr. Chi V. Ngo, SJ, retreat and

spiritual director from the Jesuit

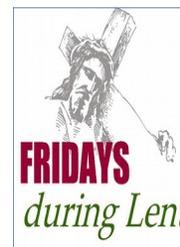
Retreat Center of Los Altos, CA

Saturday, March 4<sup>th</sup>, 9:30 am - 3:00 pm



at St. Apollinaris.

**FAITH AND CULTURE SPEAKER**



March 18<sup>th</sup>, in the Hall, 9:30 - 11:00 am

Deacon John

Storm: "Restorative Justice"

**THEOLOGY BY THE BARREL**

Saturdays at 5:30 pm in the Gym Conference Room

**40 DAYS FOR LIFE**

March 1<sup>st</sup> - April 9<sup>th</sup>

An opportunity to have this Lenten season count for something powerful and to do something that will make a difference. God knew

the names of these unborn children, and wanted them to have a chance for a life.

Call Chris at 252-0191 and get on the schedule for prayer and witness in front of Planned Parenthood, 1735 N. Jefferson.



# The ROAD



To

# CALVARY

Lent is the **40**-day season of penance in preparation for the greatest event in human history: the redemption of the human race by **Jesus Christ**.

## GUIDELINES FOR FASTING AND ABSTINENCE DURING

### LENT:

All Catholics 14 years and older are obliged to follow the rules of **ABSTINENCE**.

**ABSTINENCE** is defined as abstaining from meat. Ash Wednesday and Good Friday as well as all Fridays of Lent are days of abstinence.

# Our Lenten Journey 2017

St. Apollinaris Catholic Church

**FASTING.** Ash Wednesday & Good Friday are days of fast and abstinence. Fasting is defined by consuming one regular size and two smaller meals & no between meal snacks. Catholics between the ages of 18 and 59 are obliged to follow the rules of fasting.

**VOLUNTARY SUGGESTIONS:** In addition to fasting and abstinence, Catholics are encouraged to include any of the following: Participation in daily Mass, Spiritual studies, Lenten Devotions, Stations of the Cross, saying the Rosary, Deeds of mercy and acts of kindness.

**SACRAMENT OF RECONCILIATION:** Consider going to Confession early in Lent so that you are reconciled with God throughout your Lenten Journey.

## Your Journey to the Foot of the Cross

By Bishop Ricken



707-257-2555

**1. Three Keys to Spiritual Growth:** Prayer, Fasting and Almsgiving are the three guidelines the church recommends we work on during Lent.

**2. Prayer:** Lent is essentially an act of prayer spread over 40 days. It should bring us closer to Christ & leave us changed by the encounter with him.

**3. Fast:** on Ash Wednesday, Good Friday, meatless Fridays are the days we actually sacrifice as a form of penance, which helps us turn away from sin.

**4. Discipline:** The 40 days of Lent is a good time for personal discipline. Do something positive for yourself and for others.

**5. Dying to Yourself:** the serious side of Lenten discipline is about self control - finding aspects of yourself that are not Christ-like & letting them die.

**6. Don't do Too Much:** don't make Lent an ambitious period of personal reinvention, but keep it simple and focused. Lent is about what God has done for us, not the other way around.

**7. Recognize your Weakness:** Even with simple goals, we still may have trouble keeping them. Lent shows us our weakness and how we seek God's

help with renewed sincerity when we fail.

**8: Patience:** Do not become frustrated or angry with yourself. God is calling us to be patient & to see ourselves as he does, with unconditional love.

**9: Charity:** Renew our compassion for those in need. It is more than monetary donations, it is reaching out to others and helping them without judgement, sharing God's unconditional love for all.

**10: Love like Christ:** Giving of ourselves while we are working on our own journey to Christ brings us closer to him. Lent is a journey through the desert to the foot of the cross on Good Friday, as we seek him, ask his help, join in his suffering, and learn to love him.

### *My Daily Prayer for Lent:*

God, heavenly Father, look upon me and

hear my prayer during this holy Season of Lent. By the good works You inspire, help me to discipline my body & to be renewed in spirit.

Without You, I can do nothing. By Your Spirit help me to know what is right and to be eager in doing Your will. Teach me to find new life through penance. Keep me from sin, and help me live by Your commandment of love.

God of love, bring me back to You. Send Your Spirit to make me strong in faith and active in good works. May my acts of penance bring me Your forgiveness, open my heart to Your love, & prepare me for the coming feast of the Resurrection of Jesus.

Lord, during this Lenten Season nourish me with Your word of life and make me one with You in love and prayer.

Father, our source of life, I reach out with joy to grasp Your hand; let me walk more readily in Your ways. Guide me in Your gentle mercy, for left to myself I cannot do Your Will.

Father of love, source of all blessings, help me to pass from my old life of sin to the new life of grace. Prepare me for the glory of Your Kingdom.

I ask this through our Lord Jesus Christ, Your Son, Who lives and reigns with You and the Holy Spirit, One God, forever. Amen.

