

# Lent Events and Opportunities

**Thursdays Justice Forum:** at 7pm  
From those in justice leadership: Vickie Lott,  
Ted Loder, Fr Bryan Massingale (and from us)  
addressing the questions below:



Mar 9 | Mar 16 | Mar 30

What do you struggle with in leading a life of integrity?  
What is your practice to stay grounded in the Gospel?  
What are your major challenges in the above?



## Parish Reconciliation Service

Celebration of the sacrament of Penance  
Tuesday, March 21, 7pm



## Children's Reconciliation

Saturday, March 25, 10:00am



## Stations of the Cross Fridays:

12:00 noon

(followed by Rosary 3/3)

*"We adore you, O Christ,  
and we bless you,  
because by your holy cross  
you have redeemed the world."*



## "Holy Listening" day

Sat, March 4 | 11am-2pm

a day for up to 30 minutes of informal  
conversation with a spiritual guide (ordained  
or lay) on any topic about your spiritual life.  
*(Priest available for sacrament of Reconciliation.)*



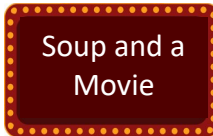
## Rice Bowl giving opportunity

When you give up your lattes for  
Lent collect the savings for the work  
of CRS in many places in the world.

[www.crsricebowl.org](http://www.crsricebowl.org) (get the app!) *Check  
out the 40+ meatless recipes!*



## Mondays at 6:00pm



Mar 6, Mar 13, Mar 20, Mar 27

These will be in person in the  
parish hall, and also online by  
zoom for those at home.



Monday, April 3

at 6pm

*Families encouraged to attend*



## Lenten Reading

- ◇ *Racial Justice & the Catholic Church*, Fr Bryan Massingale
- ◇ *Caste: The Origins of Our Discontents*, Isabel Wilkerson
- ◇ *The 1619 Project: A New Origin Story*, Nikole Hannah-Jones
- ◇ *Stony the Road We Trod*, Cain Hope Felder
- ◇ *Little Black Book*, daily reflections for Lent
- ◇ The Passion according to Matthew (Mt 26-27)
- ◇ *Laudato Si' - Care for Our Common Home*, Pope Francis



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(App available at App Store)

Fr Aidan McAleenan, pastor

Fr. Lucius Kwekwe Okesie (priest in residence)

Fr Ken Hamilton, svd (priest assistance)

Fr Hilary Martin, OP (priest assistance)

## Weekend Mass Schedule

Saturday 4:00 PM

Sunday 8:00 AM

Sunday 10:30 AM

## Weekday Mass Schedule (9:00 AM)

Monday — praying with Psalms (on zoom)

Tuesday-Friday — Mass (in church + zoom)

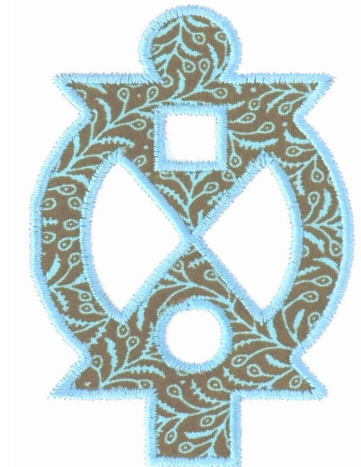
Friday—Mindfulness Meditation (on zoom)

Mon-Sat—Prayer Circle (on zoom | 8AM)

Church will be open Mondays—Thursdays  
during Lent — upon request at the office

# Lent 2023

## Let Justice Roll Down



**BOA ME NA ME MMOA WO**  
**"Help me and let me help you"**  
**symbol of cooperation and interdependence**

Adinkra symbol from West Africa. "Adinkra" means farewell or goodbye in the Twi language of Ghana, used in sending off loved ones with the blessings of the symbol.  
This symbol also represents the need to transform the world by creating a space to promote interdependence and collaboration among the people for the greater good.

St Columba Catholic Church

*Let justice roll down like waters,  
and righteousness like an unfailing stream.*

—Amos 5.24



## Let Justice Roll Down

Our Lenten journey invites us to live lives of righteousness: being in right relationship with God, with family and neighbor, with the earth. We travel as a community of faith, caring for and looking out for one another. As we see the ills of our world, we witness those who are instruments of God's justice, "letting justice roll down like waters and righteousness like a mighty stream."

This Lent, we strive to be the light in darkness, live out our baptism as disciples and witnesses to the mighty works of the LORD among all the holy people of God.

## Lenten Guideline & Suggestions

- **Ash Wednesday and Fridays** of Lent are days of abstinence from meat and any meat broth, etc. **Ash Wednesday** and **Good Friday** are also fasting days (1 main meal, 2 smaller meals, no snacking, for those ages 18-59).
- Maybe fast as a group: say Friday fast from food and volunteer together at the food bank
- Or do without meat for all of Lent
- Observe World Water Day (Mar 22) — learn more about providing clean water, conserving water
- Connect your fasting *from* something to a solidarity with someone, i.e., *from* screen time to → *with* a child by tutoring, reading, mentoring
- Write a letter of apology to someone who needs your apology (or forgiveness to one who needs...)
- Call 2 people to say "I'm thinking of you" or "Let's pray together" — 2 per week, or...
- Invite a neighbor, relative, friend to come with you & return to church; be part of their welcome home
- Pray for someone you have trouble with

## Practices of Lent

Traditionally the Church calls the faithful to a more intentional time of **prayer**, **fasting** and **almsgiving**.

Spend more time in prayer— read daily readings and reflection of the day. Read more scripture.

Fasting means no meat on Fridays and only one full meal on Ash Wednesday and Good Friday. But fasting also includes refraining from those things which distract from your relationship with God, such as gossiping or gaming or social media or...

Almsgiving is not only about giving money but also giving time, engaging in actions of solidarity with the poor. Check out CRS Rice Bowl giving this year. Around for 40+ years, they share stories of people given a new opportunity through the funds from the CRS Rice Bowl collection. Pick up a Rice Bowl. Check out more info at [www.crsricebowl.org](http://www.crsricebowl.org).

LENT

## Colors of Lent

Throughout Lent the color is purple. On the Fourth Sunday of Lent the color is dusty rose and on Palm Sunday the color is red.

During the Triduum, the purple is put away for the white of Holy Thursday, the red of Good Friday and the white and gold of the Easter Vigil and Easter Sunday and throughout the Easter season.

**Mondays**— Soup & a movie at 6pm (hall + zoom)

**Thursdays**— *Justice Thursdays* at 7pm

**Fridays**— Stations of the Cross at 12 noon

Holy Listening Day: Sat, 3/4, 11am-2pm

Reconciliation Service: Tue 3/21, 7pm

Children's Reconciliation: Sat, Mar 25, 10am



## Readings for the Sundays of Lent

**First Sunday of Lent:** Genesis 2.7-9, 3.1-7;  
Romans 5.12-19; Matthew 4.1-11

**Second Sunday of Lent:** Genesis 12.1-4a;  
2 Timothy 1.8b-10; Matthew 17.1-9

**Third Sunday of Lent:** Exodus 17.3-7;  
Romans 5.1-2, 5-8; John 4.5-42

**Fourth Sunday of Lent:** 1 Samuel 16.1b, 6-7, 10-13a;  
Ephesians 5.8-14; John 9.1-41

**Fifth Sunday of Lent:** Ezekiel 37.12-14;  
Romans 8.8-11; John 8.1-11

## Sixth Sunday of Lent

(Palm Sunday): Matthew 21.1-11 (*procession with palms*);  
Isaiah 50.4-7; Philippians 2.6-11;  
Matthew 26.14—27.66

[See <https://bible.usccb.org/> for daily readings.]

## Triduum Schedule

**Holy Thursday 4/6** *Mass of the Lord's Supper* 7PM  
(including washing of feet, exposition of Blessed Sacrament)

**Good Friday 4/7** *Celebration of the Lord's Passion*  
12 NOON (including veneration of the cross);  
Stations of the Cross 2PM

**Holy Saturday 4/8** *Great Vigil of the Lord's Resurrection* 8:30PM (including Service of Light, Great Liturgy of the Word, Baptism & Confirmation)

**Easter Sunday 4/9** Liturgies at 8AM & 10:30AM



## Readings for the Paschal Triduum

**Holy Thursday:** Exodus 12.1-8, 11-14; 1 Corinthians 11.23-26; John 13.1-15

**Good Friday:** Isaiah 52.13—53.12; Hebrews 4.14-16, 5.7-9; John 18.1—19.42

**Easter Vigil:** Genesis 1.1—2.2; Genesis 22.1-18; Exodus 14.15—15.1; Isaiah 54.5-14; Isaiah 55.1-11; Baruch 3.9-15, 32—4.4; Ezekiel 36.16-28; Romans 6.3-11; Luke 24.1-12

**Easter Sunday:** Acts 10.34, 37-43; 1 Corinthians 5.6-8; John 20.1-9