

# What are you doing for Lent? 10 IDEAS

**1 Give up sin**  
Show your love for God by keeping his commandments, especially by loving others as he has loved us. Turn away from sins, laziness in prayer, and unwillingness to do better.

**2 Fast**  
Cut down on the amount and richness of food and drink. An empty stomach can lead to more attentive prayer. Give the money saved on food to others in alms.

**4 Do good works**  
Help those in need, pray for other people and be ready to serve them in their time of need; help Jesus by helping others.

**7 Do meditative reading**  
Nourish your faith by spending time in quiet reading and reflection. Prayerful reading of God's word each day opens our hearts to the Spirit, and lets God's thoughts and ways influence ours.

**10 Carry out duties in life**  
Serve God by living out your vocation in love each day. Be a good mother, father, teacher, worker, student, religious, minister, priest... God is calling each of us to be a living sacrifice. Offer your daily life through Christ!

**3 Pray**  
Be in constant prayer. Pray in the morning, evening and mealtimes. Pray alone and share in the liturgy. Pray for your family and friends, for those who suffer, and for the Church and the world.

**6 Abstain**  
Give up meat or other desirable foods during Lent, especially on Friday, the day of Christ's saving death on the cross.

**8 Control desire for possessions**  
Build up treasures in heaven rather than on earth. Cut down on material possessions, eliminate frills, lessen wants, share yourself – your time and your talents – with others.

**9 Control desire for entertainment**  
Too much entertainment – TV, movies, radio, spectator sports and other distractions – can lead to less or no time for the works of the Lord.



## WHAT IS LENT?

Lent is - in some ways - a six week retreat for the church. It prepares us for Easter and new life. There are three central themes held together during this season in the church year: 1) the mystery of Jesus' death and resurrection, 2) the implications of this mystery for those preparing for baptism, and 3) a spiritual renewal of faith and conversion on the part of those already baptized.

## WHEN IS LENT?

Lent begins on Ash Wednesday and continues until the afternoon of Holy Thursday.

## WHY 40 DAYS?

The "40 days" before Easter (not including Sundays) replicate Jesus Christ's sacrifice and withdrawal into the desert for 40 days.



## WHY THE ASHES?

We mark our foreheads with ashes to remind ourselves to "Turn away from sin and be faithful to the gospel". Mk 1:15

## LENT?

The word Lent comes from the Anglo-Saxon word for spring, Lencten.

*Lent*  
40 days of preparation

Do you have your Little Black Book?  
Available at all church entrances while supplies last.  
(Purple books available for children)

## THIS LENT...

### GIVE:

Thanks  
Compliments  
Forgiveness  
Encouragement  
Hope  
Attention to virtue  
Time to prayer  
Respect  
Help  
Time to God

### GIVE UP:

Complaining  
Harsh judgment  
Revenge  
Negativism  
Despair  
Sin  
Wasting your time  
Prejudice  
Selfishness  
What keeps you from God



www.archtoronto.org  
archtoronto

From "Living Lent"  
Canadian Conference of Catholic Bishops  
www.cccb.ca

# LENT COMES TO REAWAKEN US

POPE FRANCIS

## St. Bridget Church River Falls WI Lenten Calendar 2018

Questions? Call 715.425.1870

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Pick up your Rice Bowl at all church entrances.</b>		FEBRUARY 13 <b>Anticipatory Mass</b> 5:15 pm – St. Bridget 7 pm – St. Mary  <b>Pancake Supper</b> 4 – 7 pm	14 <b>Ash Wednesday</b> Mass 9 am & 7 pm 4:45 pm - UWRF 5:30 pm - St. Mary	15 LWHC 5:15 pm	16 <b>Rosary</b> 7:30 am <b>Mass</b> 8 am <b>Stations of the Cross</b> 7 pm  <b>Middle School Retreat →</b>	17 <b>Reconciliation</b> 4 pm <b>Mass</b> 5 pm  <i>Black and Indian Mission Collection</i>
	18 <b>Rosary</b> 8:45 am <b>Mass</b> 9:30/11 am	19 LWHC 8 am	20 <b>Adoration</b> 8 am – 5 pm <b>Mass</b> 5:15 pm <b>Soup &amp; Bread</b> 5:45 pm	21 <b>School Mass</b> 9 am  <b>Mass</b> 1:30 pm Kinnic Home	22 LWHC 5:15 pm	23 <b>Rosary</b> 7:30 am <b>Mass</b> 8 am <b>Stations of the Cross</b> 7 pm
<b>Fill your Lenten Bucket: 3 Days to ReAwaken</b> <b>Community Meal</b> 5 pm <b>Tom Thibodeau</b> 6 pm <b>Soup &amp; Substance</b> Simple Meal 5:45 pm Presentation 6:30 pm <b>Encounter</b> 6:30 pm						
25 <b>Rosary</b> 8:45 am <b>Mass</b> 9:30/11 am	26 LWHC 8 am	27 <b>Adoration</b> 8 am – 5 pm <b>Mass</b> 5:15 pm <b>Communal Penance</b> 7 PM	28 <b>School Mass</b> 9 am  <b>Mass</b> 1:30 pm Comforts of Home - Lodge	MARCH 1 LWHC 5:15 pm  <b>Mass</b> 1:30 pm WellHaven	2 <b>Rosary</b> 7:30 am <b>Mass</b> 8 am <b>Stations of the Cross</b> 2:45 & 7 pm  <b>High School Retreat →</b>	3 <b>Reconciliation</b> 4 pm <b>Mass</b> 5 pm
4 <b>Rosary</b> 8:45 am <b>Mass</b> 9:30/11 am	5 LWHC 8 am	6 <b>Adoration</b> 8 am – 8 pm <b>Mass</b> 5:15 pm <b>Communal Penance</b> 7 PM – St. Mary	7 <b>School Mass</b> 9 am  <b>Mass</b> 1:30 pm Comforts of Home	8 LWHC 5:15 pm	9 <b>Rosary</b> 7:30 am <b>Mass</b> 8 am <b>Stations of the Cross</b> 2:45 & 7 pm	10 <b>Catholic Watchmen</b> 7 am <b>Reconciliation</b> 4 pm <b>Mass</b> 5 pm
11 <b>Rosary</b> 8:45 am <b>Mass</b> 9:30 am <b>Youth Mass</b> 11 am <b>Spanish Mass</b> 2 pm – St. Mary	12 LWHC 8 am	13 <b>Adoration</b> 8 am – 8 pm <b>Mass</b> 5:15 pm	14 <b>School Mass</b> 9 am	15 LWHC 5:15 pm	16 <b>Rosary</b> 7:30 am <b>Stations of the Cross</b> 2:45 & 7 pm	17 <b>Reconciliation</b> 4 pm <b>Mass</b> 5 pm
18 <b>Rosary</b> 8:45 am <b>Mass</b> 9:30/11 am	19 LWHC 8 am	20 <b>Adoration</b> 8 am – 5 pm <b>Chrim Mass</b> – Superior noon LWHC 5:15 pm <b>Eucharistic Holy Hour for Peace</b> 6:30 pm	21 <b>School Mass</b> 9 am  <b>Mass</b> 1:30 pm Kinnic Home <b>Faith Formation Stations of the Cross</b> 3:30 & 6:30 pm	22 LWHC 5:15 pm	23 <b>Rosary</b> 7:30 am <b>Mass</b> 8 am <b>Stations of the Cross</b> 7 pm	24 <b>Reconciliation</b> 4 pm <b>Mass</b> 5 pm
25 <b>Palm Sunday</b> <b>Rosary</b> 8:45 am <b>Mass</b> 9:30/11 am	26 LWHC 8 am	27 <b>Adoration</b> 8 am – 8 pm <b>The Gathering – Reconciliation</b> 11 am <b>Mass</b> 5:15 pm	28 <b>School Mass</b> 9 am  <b>Mass</b> 1:30 pm Comforts of Home - Lodge	29 <b>Holy Thursday</b>  <b>Mass</b> 7 pm	30 <b>Good Friday</b>  <b>Service</b> 12 noon <b>Vespers</b> 7 pm	31 <b>Easter Vigil</b>  7:30 pm
APRIL 1 <b>Easter Sunday</b> 7, 9 and 11 am – St. B 8 and 10 – St. Mary	<ul style="list-style-type: none"> <li>All events at St. Bridget unless otherwise noted</li> <li>LWHC = Liturgy of the Word with Holy Communion</li> <li>Please check bulletin for any changes to the schedule (subject to change if funeral)</li> </ul>					

### Other ways to get involved during Lent:

- ◆ Small Christian Communities (more info in bulletin)
- ◆ Journey Together Blog ([parish website](#))
- ◆ 40 Days/40 Photos (middle school and high school youth)
- ◆ Daily prayer and family activities (to be provided at 3 day event)