

Lent

*a guide for
journeying through
the Lenten season*



ASH WEDNESDAY

Although not a Holy Day of Obligation, Ash Wednesday Masses are often quite full. 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, February 14 | 8:00am | Sacred Heart of Jesus Church
| 12:00pm | St. Patrick Church
| 6:30pm | St. Patrick Church

FRIDAYS AND SATURDAYS

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. There will also be a Saturday morning Daily Mass each week.

Fridays in Lent: Mass and Lunch | 12:05pm | St. Patrick Church and Cafeteria
Saturdays in Lent: Mass | 8:30am | Benedictine Chapel

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 | 7:00pm | Sacred Heart of Jesus Church
Good Friday, March 30 | 12:00noon | St. Patrick 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

FORMED.org has hundreds of Catholic movies, books, and audio clips that you can access by setting up a free account, using the parish access code EK7WPT. Connect at home: see the separate page for Lenten suggestions.



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
Tuesdays | 7:30-8:00am | Benedictine Chapel
Wednesdays | 7:30-8:00am | Benedictine Chapel

“24-HOURS FOR THE LORD” CONFESSIONS

3:00pm Friday, March 9 – 3:00pm Saturday, March 10
Immaculate Conception Church, 1712 Highland Avenue, Eau Claire

PARISH LENTEN MISSION

As a parish, it is good to come together to delve deeper into Lent’s mysteries. This year we will have a one-night Parish Mission with speaker and author Immaculée Ilibagiza, survivor of the Rwandan genocide. In her talk “Left to Tell... A Story of Faith, Hope and Forgiveness,” we hear how she endured 91 days of confinement in a tiny bathroom with seven other women, hiding from those who sought to kill them as they had the women’s families. Come and listen and reflect on how prayer transformed Immaculée’s life from fear to courage, hatred to love, and gave her the ability to forgive those who murdered her family.

Wednesday, March 7 | 6:30pm | St. Patrick 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, February 14
Good Friday, March 30

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, February 14
Fridays in Lent
Good Friday, March 30

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.
