

✠ LENT 2012 ✠

Ash Wednesday – February 22, 2012

Ashes will be distributed during Eucharist
7:30 a.m. 12:10 p.m. and 6:30 p.m.

Daily Eucharist

8:00 a.m. Monday, Wednesday, Friday and Saturday
5:30 p.m. Tuesday and Thursday

Sacrament of Reconciliation

- **Tuesdays**, 7:00 p.m. to 9:00 p.m. – February 28, March 6, 13, 27 and April 3
- **Thursday** - March 1 – 4:45 p.m.
- **Every Saturday** 12:15 p.m. to 1:30 p.m.

A Day for the Sacrament of Reconciliation

Tuesday, March 20, 2012 9:00 a.m. – 10:00 p.m.

Fr. Tom and other clergy will be available for Confession and healing prayer.

Communal Penance Service for Adults, Youth & Children

Tuesday, March 27 – 7:00 p.m.

Devotional Opportunities

- **Stations of the Cross** - All parishioners are invited to participate in personal stations at anytime.
 - **Stations of the Cross & Benediction** – Fridays at 7:30 p.m. in the Church on February 24, March 2, 9, 16, 23
 - There will be reserved parking
 - **“The Living Stations of the Cross”** with the children of St. James School, Friday, March 30, 12:30 & 6:30 p.m.
- **Eucharistic Adoration in the Parish Center**
Practice the art of solitude and silence
 - Monday – Thursday 9:00 a.m.-7:00 p.m.*
 - Friday- 9:00 a.m.-5:00 p.m. – Divine Mercy
 - Friday - 3:00 p.m. – Recitation of the Divine Mercy Chaplet
- **Rosary Prayer Gathering**
 - Monday – Friday 5:00 p.m. in the Parish Center Chapel
 - Saturday - 7:30 a.m. in the Church
 - *Please note the updated Chapel hours.*

Prayer Opportunities

- **“Wondrous Encounters: Scripture as Spirituality”** – Fr. Richard Rohr invites us to self-disclosure and to enter the wondrous divine dialogue with clarity, insight – and holy desire! Join us on Monday evenings March 5, 19 and April 2. Books and CD’s are available for sale at the Parish Center.
- **“Come to the Desert”** – Saturday, March 31 9:00 a.m. – 2:00 p.m. Begin your Holy Week journey with this day of study, prayer, reflection and sharing based on the teaching of Scripture scholar Jeff Cavins on the last words of Christ: “My God, My God, why have you forsaken me?”
- **“A Retreat with the Desert Mystics - “Thirsting For the Reign of God”** – A six week retreat with the Desert Mystics, beginning February 22- 23.
 - Wednesday – 1:00-2:00 p.m.
 - Thursdays – 7:00-8:00 p.m.

Ministry with Women

- **Distinguishing God's voice From All the Background Noise**
 - Friday, March 9 - 6:30 pm-8:30pm.

Ministry with Men

- **Beloved Son's Gatherings**
 - Thursday, March 1 at 7:00 p.m.
 - Saturday, March 17 at 6:00 a.m.

Ministry with Teens

- **Youth/Teen Holy Hour & Fellowship Gatherings**
 - Every Monday from 6:00-8:00 p.m. in the Chapel

Children's Liturgy of the Word

- Children's Liturgy of the Word at the 9:15 and 11:00 a.m. Masses from February 26 – April 1 , 2012

God's word is our greatest gift to our children. During Lent, help your child hear the Word...break open the Word...and let it penetrate their hearts! Help them to see their importance to our Community of Faith. Encourage your children to participate in this special offering each Sunday during Lent.

Faith Study Opportunity

- **Faith for Today** – Wednesday evenings 7:00-8:30 – April 11 – May 9
A program for adults who have not received the sacrament of Confirmation. The sacrament will be administered at St. James on May 15.

Fasting Requirements

- **Fasting** - observed on Ash Wednesday and Good Friday by everyone 18 - 59 years of age.
 - On a fast day, one full meal is allowed.
- **Abstinence** – observed Ash Wednesday, all the Fridays of Lent by everyone 14 years of age and older.
 - On these days, no meat is allowed.

Fasting, Prayers and Alms Giving

Prayer

- Visit the shrines at St. James and pray with the prayer stones on the walls. Place your hand on the stones and meditate with the written prayers.
- Walk the Stations of the Cross, on Friday nights or on your own. Take a moment to follow Christ on this journey.
- Read (hear), Listen, Respond (Pray) with the scriptures daily.
- Make every effort to attend Eucharist during the Lent and Easter season.

Fasting

- What can you say “no” to? What can you free yourself from? What can you surrender?
Circle one or two:

Lying	Cheating	Gambling
Smoking	Negativism	Procrastination
TV	Excessive Eating	Shopping
Cursing	Gossip	Being Critical
Wasting Water	Video Games	Wasting Energy
Excessive use of IPods	Hoarding	Being Judgmental
Unforgiveness	Alcohol/Drug Use	Emotional Abuse

Almsgiving

What can you give, do or change to help your family, your town and our environment?

- Place a few extra dollars in the collection basket at Mass, no matter which church you attend daily or weekly.
- Participate in the weekly Loaves and Fishes collection for our Diocese.
- Bring canned goods to Mass for our Food Pantry or share canned goods with our local Sterling House.
- Clean out your closet and share your good clothes by placing them in the Clothes for Education Box outside the school.
- Bring good coats, blankets and/or toiletries to St. James for The Bridge when they go to Bridgeport.
- Send a check to, or volunteer at, any of the local Soup Kitchens (for example Thomas Merton Center or the Lord's Kitchen).
- Help a friend, neighbor or fellow parishioner. Give them a ride to mass, the store, the doctor or a friendly cup of tea.
- Intensify your giving of your time, energy and resources in order to make a difference in others' lives.