

# LENT

A SEASON OF RENEWAL

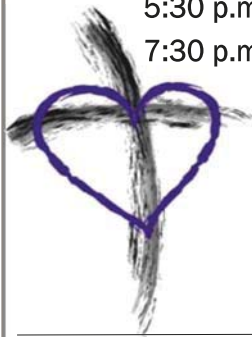
## ASH WEDNESDAY SERVICES

FEBRUARY 14, 2018

12:10 p.m. — Mass at Kanley Chapel (WMU)

5:30 p.m. — Mass at St. Tom's

7:30 p.m. — Mass at St. Tom's



Ashes will be available at St. Tom's  
9:00 a.m. — 9:00 p.m.

You are welcome to come in during  
the day, pray with the readings,  
and mark yourself with the ashes.

## PRIVATE RECONCILIATION

Here at St. Tom's

Wednesday, February 21 — 6:30-7:30 p.m.

Wednesday, February 28 — 6:30-7:30 p.m.

Wednesday, March 7 — 6:30-7:30 p.m.

Wednesday, March 14 — 6:30-7:30 p.m.

Wednesday, March 21 — 6:30-7:30 p.m.

Wednesday, March 28 — 6:30-7:30 p.m.



## 2018 Kalamazoo Area Lenten Penance Services

Priests in the Kalamazoo area parishes are working together during the Lenten season to offer a schedule that meets the needs and convenience of many people. Rather than every parish having its own service and trying to find priests to assist at each one, we are going to offer nine services throughout the area, and priests will be available at the end of each service for individual confessions. You are invited to come to whatever location best suits your needs.

**St. Martin of Tours — Sunday, February 18, 5:00 p.m.**  
5855 East W Avenue, Vicksburg

**St. Ambrose — Monday, February 26, 7:00 p.m.**  
1628 East G Avenue, Parchment

**St. Ann Gull Lake — Wednesday, March 14, 6:30 p.m.**  
12648 East D Avenue, Augusta

**St. Monica — Wednesday, March 14, 7:00 p.m.**  
434 W. Kilgore Road, Kalamazoo

**St. Mary — Tuesday, March 20, 7:00 p.m.**  
939 Charlotte St., Kalamazoo

**St. Joseph — Thursday, March 22, 7:00 p.m.**  
936 Lake Street, Kalamazoo

**St. Catherine of Siena — Wednesday, March 28, 6:30 p.m.**  
1150 W. Centre Street, Portage

## RICE BOWLS

You are invited to participate in Catholic Relief Services' Operation Rice Bowl. Throughout Lent we will pray, fast, learn and give as a way to reach out in solidarity with our brothers and sisters around the world. Please be sure to take home a Rice Bowl packet and follow this simple yet powerful Lenten practice. They are available in the narthex.



**THE LITTLE BLACK BOOKS WITH LENTEN REFLECTIONS ARE AVAILABLE IN THE NARTHEX.**

Lent begins this week with its annual challenge to change our lives to make them more attuned to the vision and values of Jesus. Lent is the time for renewing our discipleship by adopting some more rigorous discipline to heighten our spiritual awareness. The idea of discipline relates to the experience of being a disciple, a learner, and discipline, a way of learning. It includes instruction for the mind and exercises for the body. Just as our body sometimes needs an extra boost to get into shape, so our spiritual life needs some special spiritual exercise in order to improve.

Instead of imposing the same spiritual exercises on everyone as in the past, the Church now recognizes that our spiritual life must be our own responsibility. The Church encourages us to decide which disciplines to use; fasting – if our age and health permit, abstaining from meat; increasing our attention to prayer, to the sacraments, to the study of our faith, and to the corporal and spiritual works of mercy – visiting the sick, feeding the hungry, helping the homeless. We are responsible for tailoring our Lenten practices to the needs of our spiritual life. For some this will demand “giving up” and for others “taking on” attitudes and behaviors in order to be more like Jesus.

The most important thing anyone can do for Lent is to “return to the Lord with your whole heart.” (Joel 2:12) Repent means to turn around. Catholics are challenged to turn our lives around to the Lord through the Lenten disciplines of prayer, fasting, and almsgiving.

**LENTEN FASTING AND ABSTINENCE REGULATIONS** – Abstinence from eating meat is to be observed by all those 14 and above on Ash Wednesday, Good Friday and all the Fridays in Lent. On Fridays outside Lent, they may substitute another penitential act in place of abstinence. Fasting is required of those ages 18 to 60 on Ash Wednesday and Good Friday. The USCCB has defined fasting in the United States as one full meal and two smaller meals not equaling another full meal together. Snacking is not permitted. (People may be excused from these practices for certain reasons, e.g. pregnant mothers.)

