

*Prayer* *Fasting* *Works of Love*



**40  
Days**

Lent 2017

**Lent** is a part of the fabric of our lives as Catholics. It's part of our identity as Christians. It is so easy to get caught up in the same pattern every year, doing the same thing for Lent- when really what we do or don't do during Lent should be a reflection on our current relationships- with God, with others and with ourselves. Before you decided on how you will spend Lent, you are invited to reflect on the following:

**Faith:** How would you assess your relationship with God? In what ways do you feel intimacy, distance or confusion? How might you strengthen this relationship? What can you do to improve your own spiritual growth?

**Family:** How would you summarize your relationship with your immediate and extended family? How might you improve these relationships? Do you contribute to the wellbeing of your family and the larger community?

**Friends:** You have both close personal friends and acquaintances. How comfortable are you with those relationships? Are there sorrows and joys? Do you reach out to others who are burdened with heavy crosses?

**Finances:** Are you generous with your financial gifts? Are you fiscally responsible or do you purchase things that you really don't need? Have you planned for your own financial future wellbeing? Do you recognize and take responsibility towards victims of oppression, misfortune and poverty?

**Fitness:** How would you assess your health? Do you pay attention to your own physical wellbeing? Do you recognize that your body is a gift from God that should be respected and cared for? What is your relationship with alcohol, drugs, or unhealthy foods?

**Forgiveness:** In what areas of your life do you need to be forgiven? Do you freely offer forgiveness to others who have hurt you? Are you an instrument of Christ's peace?

**Food:** Do you have a healthy relationship with food? Is there room for improvement regarding the types and amount of food you eat?

**Free time:** How do you spend your free time? Could you spend it more wisely? Could you spend less "screen" time and more time focused on your relationships? What do you do to have fun? Is there balance in your life? Do you volunteer your time to help others? How have your actions made the world a better place?



**Fasting:** We know that life is more than food, and that the one who has power to give life also has the power to sustain it. Both responses, feasting and fasting, are based on the knowledge that food is gift. Both portray our relationship with God. The one who feasts does so in a spirit of wonder and thanksgiving, praising God for life and sustenance. The one who fasts does so knowing that life is ultimately sustained not by human effort but by God's grace. Both feasting and fasting signify our dependence on God; both express gratitude for past gifts and hope for God's care in the future. ***From what do I need to fast this Lent?***

**Fasting** as explained by the US Catholic Bishops means partaking of only one full meal and two smaller meals that do not equal the main meal. Catholics in good health between the ages of 18 and 59 are obliged to fast on Ash Wednesday and Good Friday.

**Abstinence** is the voluntary self-denial by a person of meats or of foods prepared with meat on those days prescribed by the Church as penitential (Ash Wednesday, Good Friday and all Fridays of Lent).

## Lenten opportunities for •Spiritual Growth•Prayer•Almsgiving

**Prayer:** Prayer opens our minds and hearts to be in right relationship with God. It is at the center of Christian life. It is living with God, here and now. It takes discipline and half the battle of prayer is won by just showing up- setting aside some time each day to really be alone with God. "The more we train ourselves to spend time with God and Him alone, the more we will discover that God is with us at all times and in all places. We will be able to recognize God even in the midst of our busy and active life." -*Henri Nouwen* **What might I do to open my heart and mind to the presence of God in my life? How can I grow in my relationship with God?**

### Sacramental Opportunities

#### † Mass:

Regularly attend Mass  
Sat.: 4:30 pm; Sun.: 11am & 6pm;  
Daily Mass noon, Mon., Wed., & Fri.; Tues. @ 8pm. -Daily Chapel.

† **Sacrament of Reconciliation:** Tues., @ 7pm in the Daily Chapel.

**The Light Is On:** Wed., April 5th: 4pm-7pm @ Most Blessed Sacrament Parish

**Deanery Penance Services:** Sun., March 26 @ 7pm @ Christ The King Parish; Wed., April 5th @ 7 pm @ Most Blessed Sacrament Parish

† **Adoration of the Blessed Sacrament:** Tuesdays, 7-8 pm and Fridays, 12:30-4pm (except March 3rd, 7th or 10th due to spring break) in the Daily Chapel.

- † **Lenten Crosses:** A tradition at Corpus Christi is to wear a Lenten Cross throughout Lent as a visible reminder of the season.
- † **Lenten Booklets:** "Open My Eyes, Lord" free booklets are available on the tables in the Gathering Space to assist you to prayerfully reflect on each day of Lent.
- † **Stations of the Cross:** Meditate on the Stations of the Cross during Lent. Booklets are available at the 1st Station located in the floor in Church. (Mon.-Wed.; from 9-5pm, Fridays from 9-6pm) Booklets are available on the tables in the Gathering Space.
- † **Lenten Mid Day Musters:** Join in a discussion over lunch, following noon Mass, of the Scripture readings for the following Sunday on Wed., March 8, 15, 22, 29 and April 5. Open to all parishioners. Pre-reg. for lunch to Kim Williams, our parish secretary, by the Monday before the discussion.
- † **Tenebrae:** The distinctive and powerful ceremony of Tenebrae, on the eve prior to Holy Thursday, is the gradual extinguishing of candles and light while a series of readings and psalms is chanted or recited. Wed., April 12 @ 7:30 pm at Holy Rosary Cathedral.
- † **Bible Study:** The Religious Committee of CSA is leading a 5 week Student Lenten Bible Study, Thurs.: March 2, 16, 23, 30, 8-9pm & Mon., April 10, 6:15-7:15 in the Newman Rms. All UT students are welcome to attend all or some of the sessions.

### Retreats

#### † Busy Person's Retreat:

A week of focused prayer and spiritual direction. It's perfect for those who have not been able to take a whole weekend away for a retreat, are interested in having one on one spiritual help, and/or are looking to better spiritually prepare for Easter. It will run from March 27-March 31, with meeting times determined by each student and their spiritual director.

#### † Permanent Community Retreat:

Our students are offering a retreat for our Permanent Community on Saturday, March 25th beginning at 10 am and concluding with the 4:30 pm Mass. Theme: "Reviving the Spirit". Lunch will be provided. Cost: \$ 5. Pre-registration required by March 20th. Forms are available on the table in the Gathering Space.

#### † Graduate Student Retreat:

Join other graduate students from the University of Toledo for an afternoon of prayer and reflection led by Fr. Phil Smith. This Lenten retreat will take place on Saturday, March 18th from 3:30pm-9pm. Register at <http://bit.ly/GradRetreat17>



BEST LENT EVER

DON'T GIVE UP  
*chocolate*  
FOR LENT

**W**e all know the things that make us happy, but we don't always do them. Lent is an opportunity to change that. This year we invite you to do something different.

Join Dynamic Catholic for Best Lent Ever, a free, video-based email program featuring internationally acclaimed speaker and *New York Times* bestselling author Matthew Kelly. From Ash Wednesday to Easter, Matthew will help you identify what stands between you and happiness . . . and what to do about it. Are you ready for your best Lent ever?

TO SIGN UP, VISIT [BestLentEver.com](http://BestLentEver.com)

**Dynamic Catholic**  
Be Bold. Be Catholic.

**Almsgiving:** The corporal and spiritual works of mercy awaken our conscience and allow us to enter more deeply into the heart of the Gospel, where the poor have a special experience of God's mercy. Jesus introduces us to these works of mercy so we can know whether or not we are living as disciples. So, let us rediscover these corporal works of mercy: to feed the hungry, give drink to the thirsty, cloth the naked, welcome the stranger, heal the sick, visit the imprisoned and bury the dead. And let us not forget the spiritual works of mercy: to counsel the doubtful, instruct the ignorant, admonish sinners, comfort the afflicted, forgive offenses, bear patiently those who do us ill and pray for the living and the dead. - *Pope Francis* **Which works of mercy can I do for someone today? How can I show my love in simple deeds for those around me?**

- † **Lenten Care Bags:** Help support local food pantries and shelters by collecting non-perishable food items and toiletries in a bag and bring it to the DeBenedetti Rm. no later than Palm Sunday, April 9th. Volunteers are also needed to help deliver the bags on April 10th.
- † **Claver House:** Collect an aluminum pan @ 11am Mass on March 26th, fill it with a casserole and bring it back frozen on Sunday, April 5th to be donated to Claver House.
- † **Campus H.E.A.T.:** Donate your time, talent and/or treasure to help make 1000 pizzas for local food shelters on Thursday, March 23 @ 6pm in the S.U. Auditorium. It will only take 20 min.!
- † **Christian Service Program:** If you would like to spend more time in service this Lent, please visit the following links: <http://www.toledotogether.org/> or <http://www.ccup.org/programing/students/christian-service-program/> You can also contact Kim Myers for service suggestions.
- † **Nights of Theological Reflection:** Take time to pause and reflect on how we encounter God through our service experiences. Tuesday, March 14 (8:30-9:30 pm); Wednesday, March 29 (8- 9pm). Permanent Community members and students are invited to attend.

## Holy Week Schedule:

Palm Sunday ( April 8/9): Sat.: 4:30; Sun.: 11am & 6pm  
 Holy Thursday (April 13) Mass of the Lord's Supper @ 7:30 pm  
 Eucharistic Adoration until Midnight  
 Good Friday: (April 14) Passion of the Lord @ noon  
 Vespers @ 7:30 pm  
 Holy Saturday: (April 15) Easter Vigil @ 8:30 pm  
 Easter Sunday (April 16) @ 11am

*Jesus, teach me to see  
with your eyes,  
to live as you lived,  
to understand life as  
you understood it.  
Give me a new  
perception of others,  
close and far, seen  
always as brothers and  
sisters in you to be  
respected and loved.  
Amen.*

- Pope Francis