

Lent



2018

Lent- What a wonderful time of the year to step back and take stock of our lives. Some people do this on New Year's Day and make resolutions that usually last only a few weeks and they are rarely spiritual in nature. As Catholics the practice of Lent has been a part of our lives, for most of us, since childhood. It is in our bones, it is part of our identity. There is an age-old question associated with Lent: "What are you giving up for Lent?" Perhaps we can put a more positive spin on Lent this year and think of it in terms of "What are you doing for Lent?"

Lent is a time of grace when we strive to deepen our relationship to Christ and to grow in holiness, drawing closer to God by our thoughts, words and actions.

What positive steps are you going to take during Lent to improve your relationship with God, with others and yourself? Consider doing something positive each day and at the end of each day take a few minutes to reflect. You might even consider keeping a spiritual diary to keep track of your own spiritual growth throughout Lent. Simply writing down each night a positive thing you did that made the day more sacred?

What will the next 40 days of Lent bring? Will it be a time of grace, a time of spiritual growth? 40 days from now, what will you be celebrating on Easter?

This brochure offers a number of opportunities for you to consider as you walk step by step along your journey from Ash Wednesday to Easter Sunday. Here are also a few other positive steps you might consider doing throughout Lent:

- † Spend quality time: with a friend without the distractions of screens
with your family- plan a special event together
call someone you have not talked to in awhile
with God- go on a retreat, spend a few minutes each day
in prayer, reflection, reading scripture
find balance in your daily life between work and play
- † Take care of your physical well being: eat food that is good for you
exercise
limit alcohol consumption
get 7- 8 hours of sleep per night
- † Make the world a better place: take the time to compliment someone
instead of criticizing, make positive comments
about someone
forgive someone, forgive yourself
each day be grateful for something or someone
donate your time, talent and/or treasure



Fasting: "Fasting makes sense if it really chips away at our security and, as a consequence, benefits someone else, if it helps us cultivate the style of the good Samaritan, who bent down to his brother in need and took care of him. Fasting should "exercise the heart" in order to recognize what is absolutely essential and to teach one how to share with others. It is a sign of becoming aware of and taking responsibility for injustice and oppression, especially of the poor and the least, and is a sign of the trust we place in God and his providence. Fasting must never become superficial." *Pope Francis*
"No act of virtue can be great if it is not followed by advantage for others. So, no matter how much time you spend fasting, if you do no good to others, you do nothing great." *John Chryostom* (early Christian mystic)

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 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: "In the face of so many wounds that hurt us and could lead to a hardness of heart, we are called to dive into the sea of prayer, which is the sea of the boundless love of God, in order to experience his tenderness." *Pope Francis*

Sacramental Opportunities

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

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

The Light Is On: Wed., March 21st: 4pm-7pm

Deanery Penance Services:

Wednesday, March 7th @ 7pm @ St. Clement Parish;
Sun., March 11th @ 3pm @ Corpus Christi Univ. Parish

† **Adoration of the Blessed Sacrament:** Tuesdays, 7-8 pm and Fridays, 12:30-4pm (except
March 2nd, 6th or 9th due to spring break and Good Friday) 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:** "Day Breaks" and "The Word Among Us" are free booklets 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
9-6 pm) Booklets are available on the tables in the Gathering Space.

† **Chaplet of Divine Mercy:** The Chaplet of Mercy is recited using ordinary rosary beads of five
decades. The Chaplet is preceded by two opening prayers from the Diary of Saint Faustina
and followed by a closing prayer. 3pm in the Daily Chapel during the Fridays of Lent
(except March 2nd, 9th and Good Friday).

† **Lenten Mid Day Musters:** Join in a discussion over lunch, following noon Mass, of the Scripture
readings for the following Sunday on Wed., Feb., 21, 28, March 7, 15, 21. Open to all
parishioners. Pre-reg. for lunch to Kim Williams, our parish secretary, by the Monday
before the discussion. (kwilliams@ccup.org or 419-531-4992)

† **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., March 28 @ 7:30 pm at Holy Rosary Cathedral.

† **Bible Study:** The Permanent Community is invited to join Dr. Peter Feldmeier for a weekly Lenten
study on the Gospel of Mark. Wednesdays, Feb. 21-March 21, 7:30-8:30 pm in the Conf. Rm.

Online Opportunities

BEST LENT EVER

**DON'T GIVE UP
chocolate
FOR LENT**

This year, do something different. Join
our parish for BEST LENT EVER, a free
email program from Dynamic Catholic that
will help you have a life-changing Lent.
Each day, you'll receive an email with . . .

- Inspirational Videos
- Practical Tips
- Encouraging Stories

SIGN UP AT
DynamicCatholic.com/40Days

Dynamic Catholic

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Corpus Christi University Parish Has a Gift for You!
Enjoy a free subscription to formed.org- an incredible
Online gateway to the best Catholic content, all in
one place!

With FORMED you can:

- * Prepare for Sunday Mass by watching insightful 5 minute
video by renowned Catholic teachers
- * Enjoy a movie that is both nourishing and entertaining
- * Enrich your marriage with the award winning video series
Beloved: Finding Happiness in Marriage
- * Help your children grow in their in character and
embrace the beauty and wonder of the Faith

FORMED is free and easy to register:

- Visit formed.org with a web browser
- Click on to register (lower right page)
- Enter Parish access code (AWAR2V) Must be in caps!
- Enter email and create a password (you will need this
each time you log in)
- Go to Study and watch FORGIVEN episode 1 to
experience FORMED

Upcoming Student Retreats

We invite you to one of the following retreats to relax, reflect, and rest with the Lord this semester.

To register, see the links below or fill out a form in the Gathering Space.

 **Women's Retreat**

Fri., Feb. 16th - Sun., Feb. 18th

Register at: <http://bit.ly/ccupwomensretreat18>

 **Men's Retreat**

Fri., Feb. 16th - Sun., Feb. 18th

Register at: <http://bit.ly/mensretreat2018>

 **Graduate Student Retreat**

Sat., February 24th

Register at: <http://bit.ly/GradRetreat2018>

 **Busy Person's Retreat**

select days March 12th - 16th

Register at: <http://bit.ly/busyperson18>

Contact Kim Myers with any questions (kmyers@ccup.org)



Lenten Evening of Reflection for our Permanent Community

Thursday, March 15th
6:30 - 8:30 pm in the Church
Please contact Fr. Jeremy
no later than
Monday, March 12th
if you would like to attend.

Almsgiving: "Almsgiving is a practice that should be common among all Christians, but especially during Lent. Christians give concrete help and attention to those in need, asking nothing in return, as they recognize how much God has given them even though that they were not deserving. Almsgiving also helps free people from the obsession of possession, from the fear of losing what they have and from the sadness of not sharing their well-being with others." Pope Francis

† **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, March 25th. Volunteers are also needed to help deliver the bags on March 26th.

† **Claver House:** Collect an aluminum pan @ 11am Mass on March 25th, fill it with a casserole and bring it back frozen on Sunday, April 1st (Easter Sunday) to be donated to Claver House.

† **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. Thurs., Feb. 22nd @ 8pm; Wednesday, March 14 @ 7pm; Tues., March 20 @ 6pm. Permanent Community members and students are invited to attend.

† **Act of Charity Days:** Thursday, Feb. 22nd and Thursday, March 22nd. See bulletin for details.

Holy Week Schedule:

Palm Sunday (March 24/25): Sat.: 4:30; Sun.: 11am & 6pm
Holy Thursday: (March 29) Mass of the Lord's Supper @ 7:30 pm
Eucharistic Adoration until Midnight
Good Friday: (March 30) Passion Liturgy @ 12 noon
Seven Last Words @ 7:30 pm
Holy Saturday: (March 31) Easter Vigil @ 8:30 pm
Easter Sunday (April 1) @ 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