

The Shape of Lent and the Paschal Mystery

2022

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THE PROGRAM of services within the parish over Lent, Holy Week and Easter 2022 has been devised not so much to *add* to what normally takes place in the Church's day to day life by the provision of extra services, but to *enhance* what already happens and to encourage people to take advantage of the opportunities for worship, prayer and individual development which already exist.

However, there are *three* important things which require our attention.

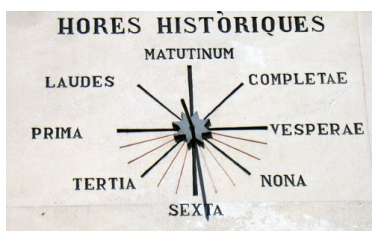
First, **ASH WEDNESDAY**, a solemn day of prayer and fasting which marks the beginning of the season of Lent, is a day when we turn to the Lord in penitence for our sins and seek his mercy and forgiveness. *We should not neglect this day.* It is an opportunity for us to receive the imposition of blessed ashes upon our foreheads – an outward sign to the world of our commitment to Christ and of the inward conversion and renewal we seek in our lives. It is also a day on which we should try to make sacramental Confession to a priest, which is another opportunity for us to deepen and develop the life of the Holy Spirit within us.

Second, the services of the **TRIDUUM SACRUM** (the Three Holy Days) – the Thursday, Friday and Saturday of Holy Week and, in particular, the **EASTER VIGIL** on Holy Saturday night (Easter Eve) are at the heart and center of what it means to be a professing and worshipping Christian. These services demand our attention and, as a manifestation of the worshipping and witnessing Church, are a sign of the vitality of our parochial community.

Third, there are many opportunities to assist us in our observance of Lent with extra liturgical celebrations, such as the Stations of the Cross, as well as time for deeper fellowship and growth as a Christian community here at Prince of Peace. Throughout the season we are encouraged to enhance our discipleship by exploring new opportunities for worship, reflection, discussion, fellowship and charitable giving. All regular worshippers and visitors are invited to share in all that is offered during this holy time, and to incorporate one or more of these disciplines into a Lenten rule.

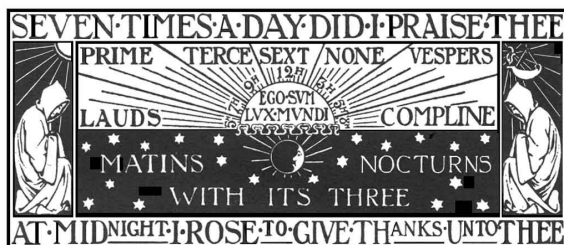
COMPLINE

From the earliest centuries of the Church, Christians gathered at the end of the Lord's Day to sing psalms, hymns and spiritual canticles. The official public night prayer of the Church's Liturgy of the Hours is Compline. Compline comes from the Latin word, *completorium*, as Compline is the completion of the working day.



At Compline, we examine our consciences; we sing psalms with their proper antiphons; and we listen to the Word of God. The highlight of the service is the Anthem to Our Lady, in which we process to the Lady Altar, the Faithful are sprinkled with Holy Water, and the antiphon is sung.

Sundays 6p

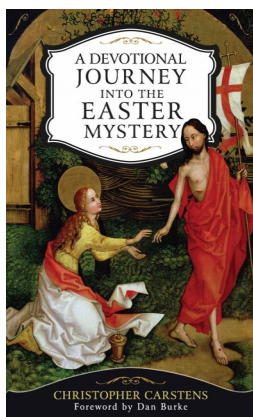


KEEPING A HOLY LENT AT PRINCE OF PEACE

SOCIAL MEDIA FAST

Between 2 March –16 April, Fr Smith has invited everyone to disengage completely from all social media except what is strictly necessary for work. This Lenten Social Media Detox extends to the parish's social media presence as well: we will only post livestreams, bulletins, newsletters, death notices, and necessary school news.

LENTEN RECOMMENDED READING FROM FR SMITH



A Devotional Journey into the Easter Mystery

How prayerful Participation, in the Paschal Mystery Brings Life, Joy, and Happiness

By Christopher Carstens

Christopher Carsten is a bright young lay theologian who teaches at the Liturgical Institute at Mundelein Seminary in Chicago. He has written a tremendously beautiful and theologically rich devotional meditation on the Paschal Mystery. Every year the Church during Lent, Holy Week and Easter commemorates those events of salvation history which brought about our salvation. But are these merely historical remembrances, or is there more going on?

The liturgical worship of the Church renders those events and the spiritual realities they signify real to us even now. Carstens can guide our Lenten journey this 2022 to a deeper appreciation of how these events come alive for us in the Sacred Liturgy.

You can order this book from Sophia Institute Press at their website: www.sophiainstitute.com.



The Stations of the Cross or the Way of the Cross, also known as Way of Sorrows or *Via Crucis*, refers to a series of images depicting Jesus Christ on the day of his crucifixion and accompanying prayers. The stations grew out of imitations of the *Via Dolorosa* in Jerusalem, which is believed to be the actual path Jesus walked to Mount Calvary.

The object of the Stations is to help the Christian faithful to make a spiritual pilgrimage through contemplation of the Passion of Christ. Beginning the **First Friday of Lent at 7p**, we will pray the

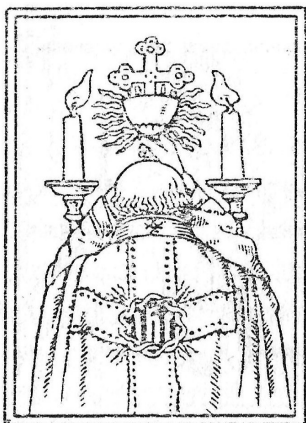
Stations together in the Church, followed by Benediction of the Most Blessed Sacrament.

8 April will be *Solemn Stations* with veneration and benediction of the relic of True Cross..

LENTEN FRIDAYS AT POP

This Lent, please join the parish Knights of Columbus Council 9184 for Meatless Pizza Knights on Fridays, 18 March and 1 April, before Stations of the Cross. The evening will feature non-meat combination pizzas, hand tossed and fresh out of the oven. Pizza will be sold by the slice or multiple slices at a discount (final price tbd). Come build community with your fellow parishioners and enjoy some pizza, beverages, and dessert. Proceeds will go to support our Faith in Action Initiatives. Event will be held in the Parish Activity Center. Doors open at 5p

THE HOLY SACRIFICE OF THE MASS



The Holy Sacrifice of the Mass continues to be offered to the glory of God each day at Prince of Peace. You are encouraged, during the Lenten season, to attend an additional Mass to assist you in deepening your faith and drawing you closer to Jesus Christ, whose passion, death and resurrection we commemorate and celebrate at every offering of the Mass.

Monday

7a English Mass

12n Latin Mass

Tuesday

7a English Mass

12n Latin Mass

Wednesday

8.30a English Mass

12n Latin Mass

Thursday

7a English Mass

12n Latin Mass

Friday

7a English Mass

12n Latin Mass

Saturday

8a Latin Mass

CONFESSION

There are many opportunities for Confession during the Lenten Season.

It is especially fitting during Lent that our prayer lead us to deeper conversion, and that we take advantage of the penitential nature of this time and wash out the leaven of sin in our lives.



Tuesday 6-7p

*Confessions on Tuesday 15 March will be for First
Communicants and Confirmands Only*

Wednesday 5-6p

Thursday 6-7p

Saturday 3.30-4.30p

LENTEN JOURNEY

This Lent we invite you to journey with Dr. Tim Gray by signing up for FORMED Daily Lenten Reflections at formed.org/lent. Each day you will receive in your inbox a short video which features Dr. Gray commenting on the daily Mass readings, explaining the Scriptures and providing you with concrete ideas on how to apply them to your Christian life. Sign up today for free by visiting formed.org/lent!



And behold, angels came and ministered to Him.



is a great and holy season, given to us as a time of renewal at the heart of the Church's life.

During these days we prepare for the celebration of the paschal mystery of the death,

resurrection and glorification of Jesus Christ. It is a

time of austerity, simply so that we can focus on the things that matter in our common and individual lives. In these forty days Mother Church vests herself simply in violet. Her churches are bare, the *Alleluia* and *Gloria* are suppressed until Easter, and much of her gracious music is muted. Flowers at her altars and shrines are set aside, and, at the end of the season, the lamps will be extinguished and her altars will be stripped.

But this is her true springtime, when her children grow in grace, in ways often imperceptible, subtle and varied. Lent thus reminds us that the great graces are given by God, not when our senses perceive them or when our hearts are full of consolations, but in the silence and the stillness of the night.

Lent is above all a time of *conversion*.

We usually think of Lent as a time of fasting and self-denial, but we should also approach it as a chance to renew those things which form us as believers and strengthen our faith.

When we become Christians, we assume a variety of spiritual disciplines so that we will better follow Jesus—we attend Mass, pray, study scripture and other spiritual classics, make a regular confession, and devote ourselves to good works.

During Lent, we should re-dedicate ourselves to these disciplines and make them a bit more stringent as a means to restore vibrancy, life, and passion in our relationship with God. In short, we are hoping to make our hearts and souls bigger, to create more space for God in our lives.

In Lent we also follow Jesus into the wilderness where he was tempted, and we also attempt through spiritual discipline to resist temptation in our own lives. We pray and proceed with Christ on his procession to Jerusalem and ultimately to Calvary on Good Friday.

Throughout Lent we focus also on our own wilderness of temptation, yet we ever keep an eye toward the Resurrection.

Our souls, like our bodies, get run down. Lent is a time for spiritual training—for raising ideals, and practicing exercises and virtues in the hope that they may have permanent effect, and for doing penance for our sins. But we must be practical, not vague. It is better to choose one penance and stick to it, rather than aiming to do too much and failing in fact to do anything.

Let us set out to keep a Holy Lent with the Collect for Ash Wednesday:



ALMIGHTY AND EVERLASTING GOD, who hatest nothing that thou hast made, and dost forgive the sins of all them that are penitent: Create and make in us new and contrite hearts, that we worthily lamenting our sins, and acknowledging our wretchedness, may obtain of thee, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord. Amen.

WEEKLY FASTS & ABSTINENCE

Fasting and abstinence are tied to repentance throughout the Scriptures. When we fast we are reminded spiritually and even physically of our weakness, our finitude, and our need for God.

Ash Wednesday and Good Friday are *obligatory* days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence.

For members of the Latin Church, the norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards.

Any additional discipline or weekly fast added to the minimal observance of Lent is both encouraged and laudable, but we urge everyone at Prince of Peace to enter into their observance of Lent through both prayer and wisdom.

We should use the season of Lent to grow in knowledge of ourselves and in our own spiritual hunger for Christ, but this begins with knowing that practices which are prudent for one person may not be for another.

As always, the goal of any spiritual discipline is *quality* over *quantity*. Rather than heaping up additional devotions, it would be far more beneficial for the soul to simplify our lives and pursue a deeper knowledge of God.

To that end, there are many traditional ways to keep a transformative, Holy Lent, and we again invite everyone to participate in the many rich opportunities outlined in this booklet right here in your spiritual home.

Join your parish family for as many of the practices and programs as you are able. From spiritual reading and corporate Stations of the Cross to simple acts of sacrifice and reflection, we commit ourselves to the joyful work of growing closer to Christ as we follow him on these 40 days.

This Lent we will contemplate in particular God's wondrous design for his people and for creation through daily readings (p 14-29). We will begin with Creation itself and our fall away from fellowship with God, and we will meditate upon his gift of the Law to restore us to fellowship. There are provided suggested but optional fasts each week meant to correlate to our prayerful journey through Lent.

We will rejoice in God's action to re-create the world in Christ, to reveal himself through Christ, and to fulfil and supersede the Law in Christ and thereby to transform his people. Finally, we will consider the great and final fulfilment when God will be "all and all." (I Corinthians 15:28)



RANT TO THY FAITHFUL, O Lord, that they may both undertake the venerable solemnities of fasting with piety and carry them through with unwavering devotion. Through our Lord Jesus Christ, Thy Son, Who liveth and reigneth with Thee in the unity of the Holy Ghost, God, world without end. Amen.

DAILY READINGS

During Lent we will read together a common set of Scripture lessons and pray the same weekly prayers.

You will need this booklet and a Bible.

If possible, it is helpful to read, to pray, and to meditate in the same place and at the same time each day.

Prepare by finding the daily lesson and Psalm from Scripture in your Bible and the Collects for the day and week in your booklet. Begin with the Psalm, using the daily Antiphon—a phrase read before and after the Psalm. Then read and meditate upon the scripture passage given for the day. Continue with the Collects. You may wish to conclude with the Our Father.

The readings will follow this pattern:

- ✠ Creation and Fall
- ✠ Re-creation in Christ
- ✠ The Giving of the Law
- ✠ The Fulfilling of the Law
- ✠ Transformation in Christ
- ✠ The Revelation of God by Christ
- ✠ The Fulfillment of All Things in Christ



OUR JOURNEY

ASH WEDNESDAY

2 March

Obligatory Fast on Ash Wednesday

Creation and Fall

3 - 5 March

WEEK ONE ☩ 7 - 12 March

Re-Creation in Christ

Fast: Sweets & Treats

WEEK TWO ☩ 14 - 19 March

The Giving of the Law

Fast: Unnecessary Spending

WEEK THREE ☩ 21 - 26 March

The Fulfilling of the Law

Fast: Careless Talk & Profanity

WEEK FOUR ☩ 28 March - 12 April

The Revelation of God in Christ

Fast: Alcohol or Coffee

WEEK FIVE ☩ 4 - 9 April

Transformation in Christ

Fast: Entertainment & Technology

HOLY WEEK ☩ 11- 16 April

The Fulfillment of All Things in Christ

Fast: Food or Meals

COLLECTS FOR LENTEN READING

THE DAILY COLLECT

For Use Each Day Throughout Lent

O GOD, WHO BEFORE the Passion of thine only-begotten Son didst reveal his Glory upon the Holy Mount: Grant unto us that we, beholding by faith the Light of his Countenance, may be changed into his likeness from glory to glory: through the same Jesus Christ our Lord, who liveth and reigneth with Thee and the Holy Spirit, ever one God, world without end. *Amen.*

ASH WEDNESDAY

And Weekdays Following

ALMIGHTY AND EVERLASTING GOD, who hatest nothing that thou hast made, and dost forgive the sins of all them that are penitent: Create and make in us new and contrite hearts, that we worthily lamenting our sins, and acknowledging our wretchedness, may obtain of thee, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord. *Amen.*

FIRST SUNDAY IN LENT

O LORD, WHO FOR OUR SAKE didst fast forty days and forty nights; Give us grace to use such abstinence, that, our flesh being subdued to the Spirit, we may ever obey thy godly motions in righteousness, and true holiness, to thy honor and glory, who livest and reignest with the Father and the Holy Ghost, ever one God, world without end. *Amen.*



SECOND SUNDAY IN LENT

ALmighty GOD, WHO SEEST that we have no power of ourselves to help ourselves; Keep us both outwardly in our bodies, and inwardly in our souls; that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord. *Amen.*

THIRD SUNDAY IN LENT

WE BESEECH THEE, Almighty God, look upon the hearty desires of thy humble servants, and stretch forth the right hand of thy Majesty, to be our defense against all our enemies; through Jesus Christ our Lord. *Amen.*

FOURTH SUNDAY IN LENT

GRANT, WE BESEECH THEE, Almighty God, that we, who for our evil deeds do worthily deserve to be punished, by the comfort of thy grace may mercifully be relieved; through our Lord and Savior Jesus Christ. *Amen*

FIFTH SUNDAY IN LENT

WE BESEECH THEE, Almighty God, mercifully to look upon thy people; that by thy great goodness they may be governed and preserved evermore, both in body and soul; through Jesus Christ our Lord. *Amen.*

HOLY WEEK

ALmighty AND EVERLASTING GOD, who of thy tender love towards mankind, hast sent thy Son, our Savior Jesus Christ, to take upon him our flesh, and to suffer death upon the cross, that all mankind should follow the example of his great humility; Mercifully grant, that we may both follow the example of his patience, and also be made partakers of his resurrection; through the same Jesus Christ our Lord. *Amen.*

WEEKDAYS FOLLOWING ASH WEDNESDAY

3 - 5 March

Creation and Fall

Fast: Ash Wednesday

ANTIPHON: *Turn us again, O Lord God of hosts; Show the light of thy countenance, and we shall be whole.*

Psalm of the Week: Psalm 19

Readings:

Thursday: Genesis 1:1-19

Friday: Genesis 1:26-2:3

Saturday: Genesis 3:1-24

The Daily Collect: (p 16)

The Weekly Collect: *Collect for Ash Wednesday* (p 16)

READINGS: CREATION AND FALL

When God acts according to the book of Genesis, he first creates the light. This light dispels the void of emptiness and formlessness and brings creation into being. He later creates two great sources of light which organize time and the seasons and make human life possible. This light will be fulfilled in the light of Christ which transforms, enhances, and restores human life.

God creates man and woman in his image and he places them in a garden where they will have fellowship with him and all they need.

Man and woman, however, are tempted and succumb to temptation and disobey God's one command. By disobedience they alienate themselves from God and by that alienation are expelled from the garden into the world where toil, frustration, and mortality will be their lot.

FAST: ASH WEDNESDAY

The Church calls us to mark the beginning of Lent with a day of fasting and abstinence. Likewise, this Friday is the first of the Lenten days of obligatory abstinence from meat. These rules exist to help us remember in our very bodies the gift of life which is ours in Christ Jesus, and to afford us the chance to offer penance for those places in our lives where we have through sin fallen short of our high calling as the People of God. Meditate on the gift of this holy season, and spend time cultivating an awareness of God's presence. Embrace the freedom in Christ to "go, and sin no more." As you pray and are lead to deeper repentance, remember the many opportunities for Confession during Lent here at Prince of Peace.

WEEK ONE

7 - 12 March

Re-Creation in Christ

Fast: Sweets & Treats

Antiphon:

Turn us again, O Lord God of hosts; Show the light of thy countenance, and we shall be whole.

Psalm of the Week: Psalm 33:1-11

Readings:

Monday: John 1:1-9

Tuesday: Isaiah 65:17-25

Wednesday: Ezekiel 36:25-28

Thursday: II Corinthians 5:17-19

Friday: Galatians 6:14-16

Saturday: Revelation 21:1-6

The Daily Collect: (p 16)

The Weekly Collect: *First Sunday of Lent* (p 16)

READINGS: RE-CREATION IN CHRIST

The opening line of St. John's Gospel-"In the beginning"-is a deliberate reference to the opening line of the Book of Genesis. St. John is telling us that in Christ God is re-creating the world. Christ, the Word of God, is the One through whom the world was made in the beginning, and Christ is the new beginning of that world remade by God. Disobedience and sin have destroyed the order of the world and alienated man from God.

God acts in his Word, his Son, Jesus the Christ to re-order the world and bring man back to himself.

The Hebrew prophets and those who announce the New Covenant proclaim God as the One who does new things and makes old things new.

FAST: SWEETS & TREATS

This week, resolve to deny yourself any type of sweets or dessert. This could mean a latte in the morning or chocolate in the evening. As you do so, notice what happens inside when you are denied something you've become accustomed to or something you really want-even something as inconsequential as dessert or candy.

WEEK TWO

14 - 19 March

The Giving of the Law

Fast: Unnecessary Spending

ANTIPHON: *Turn us again, O Lord God of hosts; Show the light of thy countenance, and we shall be whole.*

Psalm of the Week: Psalm 119:25 - 40

Readings:

Monday: Exodus 20:1-20

Tuesday: Exodus 34:24-35

Wednesday: Sirach 24:19-24

Thursday: Deuteronomy 4:1-8

Friday: Nehemiah 9:6-15

Saturday: Isaiah 2:1-5

The Daily Collect: (p 16)

The Weekly Collect: *Second Sunday of Lent* (p 17)

READINGS: THE GIVING OF THE LAW

The Law is given by God to undo the disobedience which alienated humanity from him. It is given first to the Hebrew people, whom God delivered from slavery, by Moses, and it constitutes a covenant between God and his people. It is given at the top of a mountain in fearful majesty and causes Moses face to shine with the radiance of God's glory, so much so that the people cannot bear it, and Moses must veil his face.

The Law embodies God's wisdom and makes his people distinct. Isaiah predicts that all the nations of the world will come to seek and obey God's Law. As we shall see, his prophecy will be fulfilled in the one who will be "a light to lighten the Gentiles" and "the glory of thy people Israel." (Luke 2:32)

FAST: UNNECESSARY SPENDING

This week, resolve to spend nothing on yourself except what is absolutely necessary. Buy no new clothes or gadgets, books or music. Resist the impulse-buying which is so easy and instant on the internet. Eat cheaply and save money. Practice living simply and consider giving away the money you save.

WEEK THREE

21 - 26 March

The Fulfilling of the Law

Fast: Careless Talk & Profanity

ANTIPHON: *Turn us again, O Lord God of hosts; Show the light of thy countenance, and we shall be whole.*

Psalm of the Week: Psalm 130

Readings:

Monday: Matthew 5:17-20

Tuesday: Luke 24:44-53

Wednesday: Romans 2:12-24

Thursday: John 1:14-18

Friday: Galatians 2:15-21

Saturday: Galatians 2:15-21

The Daily Collect: (p 16)

The Weekly Collect: *Third Sunday of Lent* (p 17)

READINGS: THE FULFILLING OF THE LAW

St. Paul tells us that the Law is given because of transgressions,* and it must be fulfilled precisely because it is God's unchanging Law for his people. And yet, because sin has such deep roots within humanity, man is unable to fulfill it and fails miserably to do what God requires. The Law was a gift and a remedy, but has become a curse.

Jesus, by his obedient and sacrificial life fulfills the Law for all mankind and brings grace and truth once again into the world. Risen from the dead, he shares his new life with those who have faith in him.

* (Galatians 3:19)

FAST: CARELESS TALK & PROFANITY

St. James tells us, "If anyone thinks he is religious, and does not bridle his tongue but deceives his heart, this man's religion is vain" (James 1:26). This week abstain from carelessness in your speech. How easy it is to repeat gossip, to delight in malicious talk, to speak out in anger and wound others with our words, to take the Lord's name-even the name of Jesus-in vain. Try to become aware of how habitual this kind of talk can become and resolve to curb it

WEEK FOUR

28 March - 12 April

Transformation in Christ

Fast: Alcohol or Coffee

ANTIPHON: Turn us again, O Lord God of hosts; Show the light of thy countenance, and we shall be whole.

Psalm of the Week: Psalm 24

Readings:

Monday: Exodus 33:18-23

Tuesday: Luke 9:28-36

Wednesday: II Peter 1:16-19

Thursday: I John 3:1-3

Friday: II Corinthians 3:7-18

Saturday: II Peter 1:1-9

The Daily Collect: (p 16)

The Weekly Collect: *Fourth Sunday of Lent* (p 17)

READINGS: TRANSFORMATION IN CHRIST

Before he turns toward Jerusalem to face betrayal and death, Jesus is transfigured in the sight of three of his disciples. Light streams from him, and they see him as he really is and as he shall be after his rising from the dead.

Beside him are Moses and Elijah, signifying that he is the fulfillment of both the Law and the Prophets.

Most of us are familiar with the icons which are part of the worship and devotion of the Christian East. They portray the saints and, in particular, important events in the life of the Savior. They also present the implications of what they portray. For instance, in the icon of the Transfiguration, about which we will read this week, the light which streams from Jesus illumines the landscape around him. Jesus' transfiguration prefigures the transfiguration of all things.

This is true of those who follow Jesus and by faith acknowledge him as Lord. They too are transfigured. Beholding his glory, they are "changed into his likeness from one degree of glory to another." More even than that, they are made to be "partakers of the divine nature." As St. Irenaeus teaches, God "became what we are that we might become what he is himself." *(Against Heresies, Book IV, chapter 38)

FAST: ALCOHOL OR COFFEE

Choose either coffee or alcohol (or both) and refrain from drinking it this week. If neither is something you regularly enjoy, choose another "staple" in your diet. Pay attention to what happens when you thirst for something you routinely enjoy. Try to pray when you have the desire for the thing from which you are abstaining.

WEEK FIVE

4 - 9 April

The Giving of the Law

Fast: Entertainment & Technology

ANTIPHON: Turn us again, O Lord God of hosts; Show the light of thy countenance, and we shall be whole.

Psalm of the Week: Psalm 27:1 - 9

Readings:

Monday: Exodus 33:18-23

Tuesday: John 1:1-18

Wednesday: Hebrews 1:1-4

Thursday: Luke 10:21-23

Friday: Matthew 16:13-17

Saturday: Ephesians 1:15-23

The Daily Collect: (p 16)

The Weekly Collect: *Fifth Sunday of Lent* (p 17)

READINGS: THE GIVING OF THE LAW

In the Old Testament God reveals by words and deeds, but he cannot be seen. To see him is to *die*. In the New Testament, the Word has become flesh and is seen, heard, and touched by those around him.* To See him is to *live*. God now speaks to his people and makes himself known through his Son. The Son reveals the Father, and the Father makes possible the revelation of the Son, who makes known to the Church God's plan for human salvation.

* (I John 1:1)

FAST: ENTERTAINMENT & TECHNOLOGY

This week, forego your usual television and entertainments. Turn off the TV, drive without the radio, leave your iPod at home. If you haven't joined our Social Media Fast, log off all your accounts. Do your best to check and respond only to necessary work emails.

What does it feel like to increase the silence in your life? Ask yourself what silence does for you, and spend the time listening for God's voice.

HOLY WEEK

11– 16 April

The Fulfillment of All Things in Christ

Fast: Food or Meals

ANTIPHON: Turn us again, O Lord God of hosts; Show the light of thy countenance, and we shall be whole.

Psalm of the Week: Psalm 2

Readings:

Monday: Colossians 1:15-17

Tuesday: Ephesians 1:1-10

Wednesday: Ephesians 1:1-10

Maundy Thursday: Ephesians 1:1-10

Good Friday: I Corinthians 15:20-28

Holy Saturday: Revelation 21:1-7

The Daily Collect: (p 16)

The Weekly Collect: *Collect for Holy Week* (p 17)

READINGS: THE FULFILLMENT OF ALL THINGS IN CHRIST

One possible derivation of the word "mystery" is a Greek word which means to cover one's mouth. One instinctively covers one's mouth in astonishment and wonder when one confronts a mystery. A mystery is not then something unknown, but rather something known which is so filled with wonder that it is not completely understood. Such is the promise of God's Salvation in Christ: the mystery that in the end all things will be completed and fulfilled by God in Christ. Heaven and earth will be joined, and God will be "all in all," or "everything to everyone."

At the Easter Vigil, an ancient hymn, the Exsultet proclaims this ultimate and mysterious implication of Jesus' resurrection:

This is the truly blessed night when things of heaven are wed to those of earth and the divine to the human!

FAST: FOOD OR MEALS

Pick a type of food (like meat or carbs or even all "solids") and fast from it for the week, or pick a meal to skip entirely on a daily basis. If you skip meals, spend the time you would have spent preparing and eating food to pray, read the bible or some spiritual classic, or serve others.

Remember, **Good Friday** is a particularly solemn day of penance, so it is especially fitting that we consider some act of sacrifice in addition to the fasting and abstinence the Church requires of her faithful children on the Fridays of Lent.

LENTEN CALENDAR THIS YEAR

ASH WEDNESDAY

2 March

LENT begins on this day of solemn fasting and abstinence with the imposition of blessed ashes on the heads of the faithful as a sign of conversion, penance, fasting, mortality, and deep sorrow for the ways in which sin disfigures the world and its people. Ash Wednesday not only prefigures the mourning of the death of Jesus, but also places us in a position to realise the consequences of sin. This is a sombre day of reflection on what needs to change in our lives if we are fully to follow Christ. *We should make every effort to attend Mass today.*



SCHEDULE

7a Low Mass & Distribution of Ashes

8.30a School Mass & Distribution of Ashes

12n Latin Low Mass & Distribution of Ashes

7p Solemn Mass & Distribution of Ashes

5-6p Confessions

The Congregation for Divine Worship released a note last year laying out the procedures priests around the world are to follow for the distribution of ashes at the start of Lent. It is basically the old Roman custom for the clergy used for all the faithful.

After blessing the ashes and sprinkling them with holy water in silence, the priest addresses those present, reciting once the formula found in the Roman Missal: "Repent, and believe in the Gospel" or Remember that you are dust, and to dust you shall return."

He then sprinkles the ashes on each person's head "without saying anything."



Remember, man, that thou art dust and to dust shalt thou return.

We interrupt the austerities of Lent to celebrate the Solemnity of St. Joseph, spouse of Our Lady. Joseph was an ordinary manual labourer, descended from the royal house of David. In the designs of Providence he was destined to become the spouse of the Mother of God. His high praise is expressed in a single phrase, "Foster-father of Jesus." About this Sacred Scripture has little more to say than that he was a just man – an expression which indicates how faithfully he fulfilled his high trust of protecting and guarding God's greatest treasure upon earth, Jesus and Mary.



Join us in celebrating St Joseph's Feast Day! We will have Mass followed by a procession to the Parish Activity Center.

5p Mass followed by Procession and Dinner

Please bring a dessert



THE ANNUNCIATION OF OUR LORD

Friday 25 March

The Annunciation of our Lord is the celebration of the announcement by the Angel Gabriel to the Virgin Mary that she would conceive and become the Mother of Jesus, the Son of God, marking his Incarnation. The Angel Gabriel told Mary to name her son Yehoshua meaning “YHWY is salvation”.



LAETARE SUNDAY

27 March



On Lætare Sunday rose-colored vestments are worn and the rule restricting flowers is relaxed somewhat as we anticipate with joy the coming celebration of Easter. The name of this day comes from the Introit at Mass which proclaims ‘Lætare, Jerusalem’ (‘Rejoice ye with Jerusalem’).

**10a Blessing of Expectant Mothers at the
Solemn English Mass**



PASSION SUNDAY marks the beginning of PASSIONTIDE. The Church now enters the period of mourning over her divine Bridegroom as she puts on her widow's weeds. Passiontide marks the third stage in our preparation for Easter. If Septuagesima (Pre-Lent) was only an introduction and the past four weeks a time of conversion and spiritual renewal, Passiontide in a special way commemorates Christ's suffering. From this day all images, statues and pictures are veiled until the Easter Vigil so that we might focus our attention on the coming celebration of the passion, death and resurrection of Jesus Christ. The last days of his life are celebrated by the Church so that we can enter into the mystery and receive the fruits of our redemption. The Stations of the Cross alone are left unveiled and all other crucifixes and crosses are veiled until after the Solemn Liturgy on Good Friday.

During the coming two weeks let us draw close to Christ in his bitter suffering, to Jesus the Man of Sorrows. Let us weep and sympathise with him; but let us likewise regard him as the conqueror upon the battlefield of Golgotha, with whom we too will be victorious. Let us see in him the King who rules while suffering upon the throne of the Cross, with whom we too may rule by rising above the troubles and misfortunes of life. In spirit let us follow the High Priest as he passes into the Holy of Holies to sacrifice himself for us; he is inviting us to share in his priesthood by offering ourselves as victims.

PALM SUNDAY

ushers in the most important week in the Church's year, which enables us to recall and relive the truth that Jesus loves us with a love

stronger than death; a love that turned a gallows into an altar. On this day we celebrate Christ's triumphant entry into Jerusalem, marking the end of his public ministry and the beginning of that conflict which nailed him to the cross. Palms are carried in procession to acclaim Jesus our King; a re-enactment originating in 4th Century Jerusalem when local Christians processed down the Mount of Olives into what is now the Church of the Resurrection for the liturgy. Although we offer Christ the kingship he would not own, the events of Holy Week show us the kingship he *did* accept, namely that of the Cross.



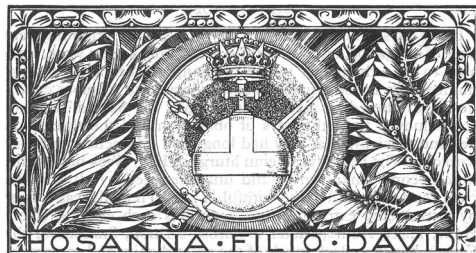
8a Low English Mass

10a Blessing of Palms in the Narthex and Procession

Solemn English Mass

12.30n Blessing of Palms in Parish House and Procession

Solemn Latin Mass



HOLY MONDAY

11 April

7a English Mass

HOLY TUESDAY

12 April

7a English Mass

Chrism Mass in Charleston

SPY WEDNESDAY

13 April

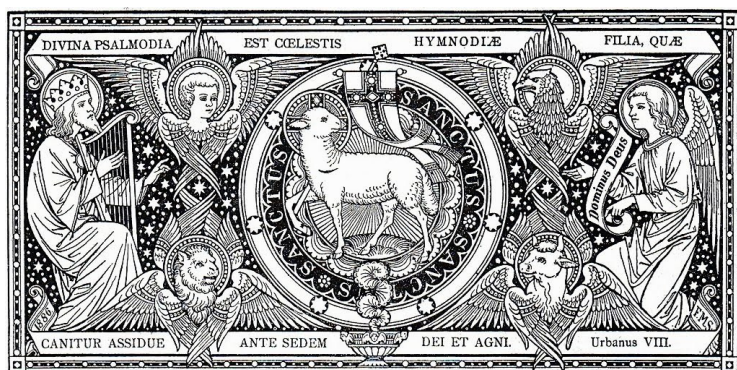
8.30a English Mass

12n Latin Mass

Adoration Chapel Closes at 12n

6p Tenebrae

7p Confessions



CRIDUUM

LENT ends on the evening of *Maundy Thursday* and is followed by the three holy days known as the **PASCHAL TRIDUUM**.

These three days, from the beginning of the Solemn Mass of the Last Supper on

Maundy Thursday to sunset on Easter Sunday inclusive, are the climax of the whole Christian year – the celebration of the Paschal mystery. In Anglo-Saxon times these days were known as the ‘still days’ and the sense of quiet stillness still pervades their atmosphere and their liturgies. The ancient Passover of the whole people of God passing over from slavery in Egypt to freedom in the promised land prefigured and anticipated our Passover from the darkness and slavery of sin to the light of new life in Christ. These three days make up one single celebration of our one Passover from death to life.

There will be no homebound ministry during the Triduum.



ALL GLORY, PRAISE AND THANKS be to thee, eternal God, that out of the darkness which enfolds thee has appeared a light, and out of the silence in which thou dwellest has sounded a voice, so that thou art no longer all unknown to us thy creatures. The face of Jesus is thy light, and the cross of Jesus is thy voice. Grant that we may so meditate upon his life, and so enter into the fellowship of his sacrifice, that we may know thee as thou truly art, holy and compassionate, righteous and loving unto sinners, and knowing thee in thy Son may give thee the offering which thou desirest, even ourselves to be thy servants. Amen.



TONIGHT we celebrate the three gifts Our Lord imparted to his beloved Bride the Church: the Priesthood, the Eucharist, and a Love that is stronger than death. In the liturgical events of this evening the Church enters the *Cena Domini*, the Supper of the Lord. He, the Lord and Master of all, kneels humbly to wash the feet of those whom he has called to serve. At the table with his closest disciples, the Lord brings together all the sacrifices of the Old Law as he takes bread and wine and makes himself the one Sacrifice of a new dispensation, the Sacrifice of his Church. Then together they go forth into the night, to the Mount of Olives, to the Garden of Gethsemane, and the drama of his Passion begins.

SCHEDULE

8a Office of Readings and Morning Prayer (read in English)

6p Evening Prayer (read in English)

7p English Sung Mass of the Lord's Supper and

Procession of the Most Blessed Sacrament

8.30p Night Prayer (read in English)

Adoration until Midnight in the Chapel





WE CALL GOOD THIS DAY when Our Lord loved us and gave himself up for us, redeeming us from sin and death, and opening up to us the way to life eternal with God the Father. Thus, while the liturgical rites of the day are austere, they are marked by the triumphant sign of Christ's Cross. The crowds who gather for the Good Friday liturgy are not only assistants at the Passion, expressing the human emotion of grief and mourning, but Christian men and women whose gift of faith in the one Redeemer and Saviour gives them confidence and hope. The death of the Lord Jesus breaks open the Mystery of the Trinity; the God who is Love is revealed in the language and terms of a fallen world, that is, through rejection, pain and suffering, but at the heart of the Passion is the divine paradox: death itself is put to death on this day which we call 'good.'

SCHEDULE

8a Office of Readings and Morning Prayer (read in English)

12n Stations of the Cross and Divine Mercy Chaplet

3p Celebration of the Lord's Passion

5.30p Vespers (Evening Prayer)



The Church now waits at the tomb of the crucified Lord Jesus Christ. On this day of prayer and fasting, the austerity of Lent and Passiontide reaches the point of emptiness and desolation. Mary's heart and soul are pierced and full of sorrow, for her Son, our Lord and hers, has descended to the dead and now harrows Hell, preaching to the departed who waited in hope for the coming of their promised Messiah. As we now wait in

hope for his Resurrection, Holy Saturday remains simple and expresses a mood of preparation and anticipation.

8a Office of Readings and Morning Prayer

9a Blessing of Easter Baskets



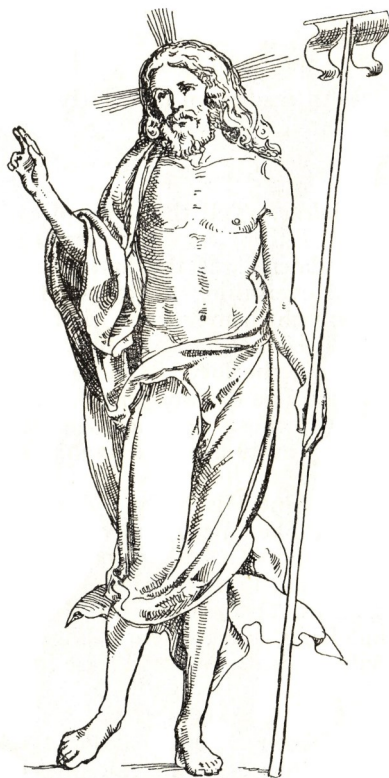
THIS IS THE HIGH POINT of the Christian year, the celebration of the Paschal Mystery in the great Easter Mass, summit and source of the liturgical action and life of God's People. This 'holy night' is the mother of all holy vigils that begins the queen of feasts. The full meaning of the Easter Vigil is a waiting for the Lord. He who took our flesh, now rises in that same human body, glorified and immortal, as befits the new life of Resurrection. With the joyous 'alleluias' of her new Passover, Mother Church celebrates a unique event, at once historical and cosmic. At the broken tomb, the Incarnation reaches its fulfilment, and the ultimate purpose of our Redemption is revealed in the frailty of human flesh – nothing less than a literal sharing in the glory of his bodily Resurrection. For this we were washed by the waters of Baptism; for this we were sealed with the Spirit's fragrant Chrism; for this we feast on the Body and Blood of the One who leads us on into eternal life.

6p Evening Prayer (read in English)

8p English Mass-Blessing of New Fire & Paschal Candle



WE HAVE SCALED THE MOUNTAIN, and the victory is ours! The goal toward which we strove during forty anxious days, the goal already outlined for us at the beginning of Advent, has finally been achieved. Light now triumphs over darkness, and a divine Sun beams its warm, clear light into the kingdom of God's elect. Today the Christian year reaches its supreme moment in the celebration of the Lord Jesus Christ, the Incarnate Word, risen indeed in our human flesh, glorified in that flesh, triumphant over the mortality of that flesh. Again and again, the liturgy resounds with the cry of 'Alleluia!', as the people reborn through the Paschal Mystery wait in joyful hope for the day when they too will share the glory of their risen Lord.





ALMIGHTY GOD, WHO THROUGH thine only
-begotten Son Jesus Christ hast overcome death,
and opened to us the gate of everlasting life: we
humbly beseech thee, that as by thy special grace
preventing us thou dost put into our minds good
desires; so by thy continual help we may bring
the same to good effect. Through the same Jesus Christ our
Lord, who liveth and reigneth with thee in the unity of the
Holy Ghost, ever one God, world without end. Amen.

8a Low English Mass

10a Solemn English Mass

12n Sung Latin Mass





THE FIRST EIGHT DAYS of the Easter Season, from Easter Sunday to Low Sunday (also known as Divine Mercy Sunday) make up the **EASTER OCTAVE** and are celebrated as Solemnities of the Lord.

Easter Monday

No Mass

Easter Tuesday

9a English Mass

Easter Wednesday

9a English Mass

Easter Thursday

9a English Mass

Easter Friday

9a English Mass

Easter Saturday

5p Anticipated Mass

Low Sunday

8a Low English Mass

10a Solemn English Mass

12n Low Latin Mass



EASTERTIDE DEVOTION

REGINA CAELI

*Prayed traditionally morning, noon, and night
from the Easter Vigil until Pentecost.*

REGINA Caeli, Laetare, alleluia
Quia quem merusti potare, alleluia
Resurrexit, sicut dixit, alleluia
Ora pro nobis Deum, alleluia

℣: Gaude et Laetare, Virgo Maria, alleluia.

℟: Quia Surrexit Dominus vere, alleluia.

Oremus.



DEUS, QUI PER RESURRECTIONEM FILII TUI,
Domini nostri Iesu Christi, mundum laetificare
dignatus es: praesta, quaesumus; ut per eius Gen-
etricem Virginem Mariam, perpetuae capiamus
gaudia vitae. Per eundem Christum Dominum
nostrum. Amen.

O QUEEN of Heaven, be joyful, alleluia;
Because he whom so meetly thou barest, alleluia,
Hath risen, as he promised, alleluia:
Pray for us to the Father, alleluia.

℣: Rejoice and be glad, O Virgin Mary, alleluia.

℟: For the Lord is risen indeed, alleluia.

Let us Pray.



**GOD, WHO, BY THE RESURRECTION OF
THY SON** Jesus Christ didst vouchsafe to give
gladness unto the world: grant we beseech thee,
that we, being holpen by the Virgin Mary, his
Mother, may attain unto the joys of everlasting
life; through the same Christ our Lord. Amen.





PRINCE *of* PEACE

Catholic Church & School

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