

# LENT 2023 at St. Joseph - St. Lawrence Parish

## ASH WEDNESDAY

February 22

### MASSES/SERVICES

*ST. JOSEPH-ST. LAWRENCE PARISH*

**6:45am Mass with Ashes (SL)**

**5:00pm Mass with Ashes (SJ)**

ASH WEDNESDAY, February 22nd, is a penitential day for fasting\* and abstinence.\*\*

★ **FASTING:** Those who are 18 but not yet 60 are allowed one full meal that day. Two smaller meals are allowed as needed, but eating solid food between meals is not permitted.

★★ **ABSTINENCE:** Those who are 14 years or older should abstain from meat on Ash Wednesday, Good Friday, and all the Fridays of Lent.

### ASH WEDNESDAY MASSES/ SERVICES AT AREA CHURCHES:

- **Immaculate Conception-St. Joseph:** 8:30 am Mass with Ashes (IC). 12 Noon Service with Ashes (SJ). 7:00 pm Service with Ashes (IC) • **Sacred Heart-St. Casimir** 12 Noon Service with Ashes (SH). 6pm Mass with Ashes (SC). • **Pioneer Chapel (Fort Leavenworth):** 12 Noon Mass with Ashes. • **Annunciation Chapel (University of Saint Mary):** with Fr. Bill 11am Mass with Ashes. • **St. Francis de Sales:** 8:30am Mass with Ashes. 6:30pm Mass with Ashes. • **Holy Angels (Basehor):** 12 Noon Mass with Ashes. 7pm Mass with Ashes. • **St. Benedict's Parish (Atchison):** 8:15am Mass with Ashes, 10am Mass with Ashes, and 7pm Mass with Ashes. • **St. Joseph (Nortonville):** 7:30am Mass with Ashes. • **Immaculate Conception (Valley Falls):** 7pm Mass with Ashes. • **Corpus Christi (Mooney Creek):** 5pm Mass with Ashes.

## FRIDAYS ARE SPECIAL DAYS DURING LENT

**6:45am Mass Fridays at**

**St. Lawrence Church**

*(Takes approximately 20 minutes)*

**7:00pm Stations of the Cross**

**at St. Joseph of the Valley Church**

## DO YOUR HOMEWORK

Do your own spiritual reading during Lent, such as the daily meditation from *The Word Among Us*. The reflections are thoughtful and practical, and you will surely gain helpful insights for your life.

There are many other options for daily devotional reading to enrich your spiritual life and prepare you as we approach Holy Week and Easter.

## SPECIAL LENTEN SERIES

**THE PASSION OF THE CHRIST** is a motion picture, an intense portrayal of Jesus' last hours on Holy Thursday and Good Friday, with inserts flashbacks to earlier events in His life. A 3-part viewing and discussion of the film will be held as a Lenten series at St. Lawrence Parish Hall in Easton, Ks from **7:00-8:30pm on Wednesday March 8th, 22nd, and April 5th.** There is no charge, and all are welcome. This film will serve as a springboard to better understand and appreciate all that Jesus underwent for our salvation. Vince Eimer and Marie Baranko will lead the discussion.

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## MAKE PLANS NOW

### Lenten Confessions:

**SATURDAY 4:30pm at  
St. Joseph of the Valley**

**SUNDAY: 9:30am at St. Lawrence**

**WEDNESDAY: 6:00pm at St. Lawrence**

To help prepare to make a good confession, here is an examination of conscience based on the Ten Commandment:

**I am the Lord your God: you shall not have strange Gods before me.** Have I treated people, events, or things as more important than God?

**You shall not take the name of the Lord your God in vain.** Have my words, actively or passively, put down God, the Church, or people?

**Remember to keep holy the Lord's Day.** Do I go to Mass every Sunday (or Saturday Vigil) and on Holy Days of Obligation. Do I avoid, when possible, work that impedes worship to God, joy for the Lord's Day, and proper relaxation of mind and body? Do I look for ways to spend time with family or in service on Sunday?

**Honor your father and your mother.** Do I show my parents due respect and patience? Do I seek to maintain good communication with my parents where possible? Do I criticize them for lacking skills I think they should have?

**You shall not kill.** Have I harmed another through physical, verbal, or emotional means, including gossip or manipulation of any kind?

**You shall not commit adultery.** Have I respected the physical and sexual dignity of others and of myself?

**You shall not steal.** Have I taken or wasted time or resources that belonged to another?

**You shall not bear false witness against your neighbor.** Have I gossiped, told lies, or embellished stories at the expense of another?

**You shall not covet your neighbor's spouse.** Have I honored my spouse with my full affection and exclusive love?

**You shall not covet your neighbor's goods.** Am I content with my own means and needs, or do I compare myself to others unnecessarily?

## ALSO COME TO MASS ON TUESDAY OR THURSDAY

There's no better way to give praise and thanks to God than by coming to church at **6:00pm Tuesday at St. Lawrence or Thursday at St. Joseph of the Valley** to join in the celebration of the Holy Sacrifice of the Mass.

## *The three pillars of Lent:* PRAY, FAST, and GIVE ALMS

**PRAYER** should unite our minds and hearts to God's holy will. While we should pray every day all year around, Lent is a special time to add to and deepen our personal prayer life.

**FASTING** should have positive effects on our spiritual life, strengthen us to overcome sin, uniting us with Christ who Himself fasted, and to sensitize us to the needs of the hungry and the poor.

**ALMSGIVING** means simply *to give*. While we should always be charitable and generous to the Church and to the poor, Lent is a time for us to give even more as an act of meaningful sacrificial love for God and His own children.