ST. LOUIS CHURCH
CLARKSVILLE–MARYLAND

LENT 2014

God himself will set me free from the hunter's snare. From those who would entrap me with lying words, and from the hunter's snare. Glory to the Father and to the Son and to the Holy Spirit. God himself will set me free from the hunter's snare.

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Each day in Lent, the whole Church prays this as part of Morning Prayer.

St. John of the Cross, pondering the stuff that weighs us down, observed that a bird is kept from flight by a single strand of silk as surely as a heavy chain. What keeps you from soaring in the freedom of God's beloved child? Whose lying words trap you? Sure, the devil is called the "Father of Lies" but we deceive ourselves don't we? This Lent, use the gift of Prayer, Fasting and Almsgiving to confront the chains and the threads that hold you down. Face up to the lies we tell ourselves. On our own we can't, but God will, if we just ask.

O God, be merciful to me, a sinner

NEW Catholic Book Club

Our first book will be *Rediscover Catholicism* by Matthew Kelly...a great tool to deepen our faith during this holy season. Read it during Lent, then join us Tuesday April 15 from 7:00—8:30 pm. Share your thoughts during a discussion of the book facilitated by Mary Dan. Please contact Mary at 410-530-5838 or email at handydan5@comcast.net so we can have the books ready for you at the beginning of Lent. Cost of book: $4.00.

YOU SHALL WORSHIP THE LORD, YOUR GOD, AND HIM ALONE SHALL YOU SERVE.

PRAYER

Prayer

is nothing else than an intimate sharing between friends; it means taking time frequently to be alone with Him who we know loves us.

Teresa of Avila

DAILY MASS

The best way to incorporate more prayer into our lives during Lent is by sharing in the celebration of daily Mass. The Mass is the most powerful prayer there is because we join with Jesus in his life, death, and resurrection and offer ourselves with him to the Father.

The Scriptures chosen for the Lenten season, joined together with the nourishment we receive from the Eucharist, can become for us a small daily retreat before work or the rush of the day begins. "Come, have Breakfast" with Jesus.

Please see the last page of this Lenten insert for a complete listing of daily Masses here and at neighboring parishes.

LECTIO DIVINA

Lectio Divina is a very ancient art, practiced at one time by all Christians. It is a slow, contemplative praying of the Scriptures, which enables the Bible to become a means of union with God.

Sound intimidating? It's not. Just take any reading for the upcoming Sunday: the Gospel, psalm, or one of the other passages from Scripture. Pay attention to phrases that catch your attention. There's a reason for that! Ask the Holy Spirit for the grace to receive whatever it is that God wants to give you. Then LISTEN. It's that easy.

EUCHARISTIC ADORATION

While we receive his Body and Blood at Mass, we also honor the presence of the Risen Lord in silent prayer, worship, and adoration.

This powerful form of prayer, called ***Eucharistic Adoration***, takes place at St. Louis ***every Sunday*** in the Cemetery Chapel beginning at 8:00 am and continues until 3:00 pm. We also offer a Eucharistic Holy Hour in the style of Taizé Chant. Join us in the Church from 7:00 - 8:00 pm on March 12 and April 2.

In addition, the Shrine of St. Anthony offers Adoration each Thursday following Mass at noon and concluding with Holy Hour beginning at 4:30 pm.

LOVE AND THE SEVEN DEADLY SINS

The Friars invite you to join Br. Lawrence Wednesdays during Lent (3/5 - 4/16) from 7:00 - 8:00 pm to learn about the Seven Deadly Sins and how they relate to the Virtue of Love. For further information, on this and other events at the Shrine, please contact them at 410-531-2800.

THE LITTLE PURPLE BOOK FOR CHILDREN

The children of the parish can pray this Lent by using the *Little Purple Book*. *Little Purple Books* are given out through the school and Religious Education, and are available in the narthex for those not enrolled in either program. The theme of this year's book is "Walking with God."

THE LITTLE BLACK BOOK FOR YOUTH & ADULTS

We're happy to offer the *Little Black Book* to assist your Lenten prayer. This booklet offers daily reflections on the Passion according to Matthew. Find just **6 minutes** of quiet time each day from Ash Wednesday to Easter Sunday, praying through the book one page at a time. People all over the world pray with the Little Black Book each Lent.

SACRAMENT OF RECONCILIATION

Hear the call of Jesus to reform our lives, to repent and believe in the Gospel: experience God's infinite mercy.

Celebrate the Sacrament at St. Louis each Saturday afternoon (except Holy Saturday, April 19) between 3:00 pm and 3:55 pm, and 5:00 pm and 5:25 pm. Also **The Light is on for You on** Wednesdays 3/26, 4/2 and 4/9 between 7:00 pm and 8:00 pm and Friday April 11 between 3:00 pm and 8:00 pm.

The friars at the Shrine of St. Anthony in Ellicott City offer the Sacrament before the noon Mass Monday through Saturday, each Wednesday afternoon between 4:00 pm and 5:00 pm, and Thursdays 3/6 to 4/10 between 6:30 and 7:30 pm.

There are also two opportunities to join with other Catholics in Howard County for Communal Penance Services. Both begin at 7:00 pm: Monday, March 31at Our Lady of Perpetual Help (Ellicott City) and Tuesday April 1 at St. John the Evangelist (Wilde Lake). Haven't been to confession in a while? Don't worry: grab one of the guides we have in the narthex.

DON'T BE AFRAID

40 DAYS FOR LIFE

Become the PROPHET God calls you to be!

Join a nationwide ministry to end the culture of death and celebrate LIFE through "40 Days for Life." Spend just one hour in prayer and fasting in an organized pro-life vigil at the Hillcrest abortion facility in Catonsville. Hillcrest is sadly one of the longest-operating and busiest in the area.

Be a living witness to the sanctity of life and joy-filled options for those with challenging pregnancies.

~~~ YOU can help make a difference ~~~

This Lent from Ash Wednesday, March 5, to Palm Sunday, April 13, St. Louis will join with members of Resurrection Parish of Ellicott City to fill the time slots allotted to us at the Hillcrest "Clinic."

Our mission is to pray there on Fridays and Saturdays between the hours of 7 am and 1 pm. This peaceful witness is licensed by Baltimore County. Sign up for one hour: just once or offer the gift of yourself for one hour each week during Lent. Curious? Want to sign-up? Contact ***Grace Kissane (***gkissane@verizon.net), 410-730-0421 or ***Kevin McCarthy*** 202-253-3076.

THE RITE OF CHRISTIAN INITIATION OF ADULTS (RCIA)

Lent is a special period for those in the RCIA process. Listen to the Scripture readings proclaimed each Sunday during Lent and think of how they strike the Catechumens and Candidates who are longing for the Easter Sacraments. As those already baptized and confirmed, we have the opportunity during Lent to walk with those seeking full initiation into the Catholic community. Just as those in the RCIA process deepen their relationship with JESUS, so, too, are we invited to examine all aspects of our Christian living as we pray with and for them. Some important events:

1st Sunday of Lent: ***Rite of Sending,*** at the 5:30 pm Mass. We pray with and for the Catechumens and Candidates who will be presented to the Archbishop at the Cathedral. He will celebrate the ***Rite of Election*** for those who will be baptized, and the ***Call to Continuing Conversion*** for those to be confirmed and become members of the Catholic Church.

Triduum. The Elect and the Candidates are prepared to join us through the Sacraments of Initiation at the Easter Vigil. If you've never been to the Easter Vigil Celebration, consider coming this year. It is AWESOME!

STATIONS OF THE CROSS

Join us **every Friday evening of Lent in the Church at 7:00 pm** as we pray the *Stations of the Cross*. (Good Friday at 7:30 pm.)

Early in the life of the church it became popular for pilgrims to the Holy Land to walk in the footsteps of Jesus to Calvary, remembering his passion and crucifixion. When it became too dangerous to travel to the Holy Land, the Stations of the Cross became a popular devotion because people could pray them in their own parishes.

The Stations, drawn from Scripture and imagination, commemorate Jesus' journey to Calvary where he died. Originally prayed outdoors, the Stations of the Cross gradually moved inside. Eventually fixed at the number fourteen, the Stations soon became a familiar feature in all Catholic churches. Some add a final Station, *the Resurrection,* so the devotion culminates at the Altar.

Make a family evening by sharing a meal first in the Social Hall, sponsored by the parish Knights of Columbus and the Catholic Daughters of the Americas. See the calendar on page 6 for details.
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This rather, is the fasting that I wish:

- *releasing those bound unjustly,*
- *untying the thongs of the yoke,*
- *sharing your bread with the hungry,*
- *sheltering the oppressed and the homeless,*
- *clothing the naked when you see them,*
- *and not turning your back on your own.*

Isaiah 58:6-7

Fasting symbolizes our hunger for God; the love which motivates Christian fasting comes to life in our works of mercy and charity.

ONE DOES NOT LIVE BY BREAD ALONE …

FASTING

Lenten Guidelines for Fast and Abstinence

Catholics, age 14 and over, are to **abstain from meat** on Ash Wednesday, Good Friday, and all Fridays during the season of Lent. Adult Catholics, ages 18 through 59, are to **fast** on Ash Wednesday and Good Friday. Fasting is observed by eating only one full meal and two lighter meals that day and by refraining from eating between meals. Individuals who are pregnant, nursing or ill are excused from these guidelines.

Fasting is the voluntary offering up of food, drink and other material things as a physical way of expressing our desire to restore balance to our relationships with God, self, and others. In fasting, we exercise the gift of our freedom to say "no" to certain things (which are not necessarily bad in themselves) in order to allow us to say "yes" to JESUS and to others. Fasting can be a painful admission that we are not as free as we want to be, that we can become enslaved to certain material things such as food, drink, television, and the like.

WAYS TO FAST

- The season of Lent already comes with some "built-in" fasting: *Ash Wednesday* and *Good Friday* are days of fasting and abstinence while each Friday of Lent we abstain from eating meat. Remember, though, that meatless Fridays don't mean we choose lobster. Simple meatless meals on the Fridays of Lent should lead us to reach out in generosity to those who are less fortunate through some act of charity.
- The "classic" form of fasting involves the giving up of a favorite food or drink. As children we may have given up candy during Lent – but don't be fooled, this classic approach is as valuable for adults as for children. Any time we exercise our free will in a deliberate way over and above our desires and emotions, we gain control over our lives – the same control that is needed to say "yes" to God and "no" to sin.
- We can also fast from an entire meal – lunch on the Fridays of Lent for example. The money normally spent on that meal could be placed in the Poor Box at church that weekend.
- We can also try fasting from television, radio or the Internet. While certainly not bad in themselves, these forms of entertainment can so fill our lives that we have trouble really hearing God. In place of television or the computer we can spend time with those we love, in service to others, or in quiet prayer. Try reading from one of the Gospels, or praying with the Sunday Mass readings.
- Try fasting from a movie on the weekend and instead use those two hours to serve at a soup kitchen or help at a local shelter.
- What about fasting from impulse shopping? Remember that fasting is supposed to help us regain control over our own will – we begin to regain that control when we can honestly ask ourselves, "Do I really need that?" Remember that there is a difference between "needs" and "wants." Again, the money we save can be used for charitable purposes and we can also do all of this in solidarity with the many people who are suffering because of these difficult economic times.
- Talk with family members about ways to "fast" as a family. Learn to make room in your life for God.

… HE WAS HUNGRY…

ALMSGIVING

Almsgiving is the act of giving financial or material aid to a needy individual or organization. Driven by Christian charity and justice, almsgiving is destined to relieve the needs of the unfortunate. Inspired by JESUS' sacrifice on Calvary, many Christians unite the act of fasting with almsgiving. The money saved by not eating a particular meal is given to the poor.

POOR BOX

Lenten Poor Box Collections benefit our ***Parish Family Fund.*** We have been able to help many of our parishioners through hard times with support from their Parish Family.

PREGNANCY CENTER

The Pregnancy Center of Howard County helps pregnant women with housing, financial assistance, maternity and infant clothing. As a practical demonstration of our respect for life, we want to encourage young women to make the choice for life by supporting them each step of the way.

MONTHLY FOOD COLLECTIONS

On the 1st weekend each month, bring non-perishable food and grocery store gift cards to Mass to help fill the pantries and tummies of our neighbors who need help. These are sent to **FISH,** and other local organizations who are most grateful for these gifts. A food bag contains: cereal, dry milk, pasta or rice, spaghetti sauce, peanut butter, macaroni and cheese, baked beans, canned goods, fruit, a green vegetable, soup and tuna. Another way the people of St. Louis feed the hungry is to bake chicken for ***Our Daily Bread.*** Just prepare chicken the way you do for your own family and on the 2nd Monday of each month, take it to Mary Agnes Lewis' home on Ten Oaks Rd. for delivery to Our Daily Bread. Check the bulletin for more details on both of these loving ways to help those less fortunate than ourselves.

Whatever *you did for one of these least of mine,*

You did it for me.

Matthew 25:40

SPONSOR A CYM RETREATANT

St. Louis CYM has a comprehensive retreat program to help young people grow in faith and service. Families who have a difficult time financially may not be able to have their young person(s) participate without assistance. If you are able to sponsor $50, a young person can attend a day-long retreat; $75 is an overnight and $100 or more would be a weekend. Please contact Pat Sprankle in the CYM office for more details. Checks can be made payable to St. Louis

ARCHBISHOP'S ANNUAL APPEAL

Be Protectors of God's Gifts is the theme of the 2014 Archbishop's Annual Appeal. The Appeal touches many lives by supporting the outreach, ministry, and education programs in the Archdiocese of Baltimore. Remember, the more we raise the more our partners in the Western Maryland parishes, at Baltimore's St. Ambrose, Sisters Academy of Baltimore, ChristLife, Little Sisters of the Poor and Our Lady of Mount Carmel High School will benefit, as well as our own Parish Family Fund and the St. Louis School Tuition Assistance program.

ST. LOUIS PARISH EVENTS

Turn away from sin and be faithful to the Gospel

Each Friday, Stations of the Cross: 7:00 pm

Friday, 3/7 5:00 – 6:45 pm Fish Dinner (Social Hall) sponsored by Knights of Columbus (K of C) (tickets at the door: $7 for adults, $4 for children 4 - 12 years old, and children under 4 free..)

Friday, 3/14 5:30 pm (Social Hall) A "Simple Meal" of soup, sandwich and fellowship, sponsored by the Catholic Daughters of the Americas (CDA); free will offering.

Thursday to Sunday, 3/27-30 Off-site Women's ACTS Retreat. Reservations needed.

Friday, 3/21 5:00 – 6:45pm Fish Dinner (Social Hall) (K of C, tickets at the door)

Wednesday, 3/26 ***The Light is on for You*** — Sacrament of Reconciliation 7:00—8:00 pm

Friday, 3/28 5:30 pm (Social Hall) A "Simple Meal" of soup, sandwich, and fellowship (CDA)

Monday, 3/31 7:00 pm Regional Communal Penance Service, Our Lady of Perpetual Help, E. C.

Tuesday, 4/1 7:00 pm Regional Communal Penance Service at St John, Columbia (Wilde Lake)

Wednesday, 4/2 7:00—8:00 pm ***The Light is on for You*** — Sacrament of Reconciliation

Friday, 4/4 5:00 – 6:45 pm Fish Dinner (Social Hall) (K of C, tickets at the door)

Wednesday, 4/9 7:00—8:00 pm ***The Light is on for You*** — Sacrament of Reconciliation

Friday, 4/11 3:00-8:00 pm ***The Light is on for You*** — Sacrament of Reconciliation
5:30 pm (Social Hall) A "Simple Meal" of soup, sandwich, and fellowship (CDA)

Friday, 4/18 (Good Friday) 7:30 pm Tableau Stations of the Cross and Veneration of the Cross.

Catholic Youth Ministry Lenten Events

(mostly) MIDDLE & HIGH SCHOOL CYM (GRADES 6-12)

3/5 7:30-9pm High School 5 Week Series "Lost In Lent" with Wayne Hipley in the Youth Room

Italian Dinner: Prep & during dinner — Call Pat or Susan 410-531-6668 to help!

3/7-9 Dinner Preparations and the Dinner itself on Sunday 3/9 from 12:30-6:30pm

3/16 6:30pm HS CYM *Foster the Faith* Youth Group

3/23 9:30am Youth Mass
7:30-8:30pm Praise & Worship, Rm 301 Pastoral Center (**College & Young Adult**)

3/29 Middle School Mock Lock-in

3/30 6:30pm HS CYM *Foster the Faith* Youth Group

4/4-6 CYM Summit Lake Retreat Open to Grades 9-12

4/13 6:30pm HS CYM *Foster the Faith* Youth Group

CYM SERVICE OPPORTUNITY

Lunches to the Homeless

Every other month, the St. Louis CYM provides lunches to homeless people on the streets of Baltimore. Donations will be accepted at any time of the year.
We can use:

- Large jars of jelly & peanut butter
- Bags of apples, oranges
- Sandwich bags & brown lunch bags
- Miniature candy bars
- Snack bags of chips/pretzels

Personal hygiene items like: Soap, shampoo, Kleenex, deodorant, toothpaste, toothbrushes

Give alms...

Pray to your Father...

Fast without a gloomy face...

Matthew 6:1-18

ST. LOUIS SCHOOL

FASTING & ALMSGIVING

Through our sacrificial giving, we remember those who are in need as we participate in Operation Rice Bowl, a program coordinated by Catholic Relief Services. Our coins will help to feed the hungry and will bring hope to the poorest of the poor.

PRAYER

The school community joins in prayer by celebrating the Mass together. We also gather to remember Jesus' journey to Calvary by praying the Stations of the Cross.

Special prayer services help us to focus on the three pillars of Lent: prayer, fasting, and almsgiving. Students in Grades 2 through 8 will renew their relationship with the Lord by celebrating the Sacrament of Reconciliation.

ELEMENTARY RELIGIOUS EDUCATION

We teach our children that Lent is a time for remembering, praying, fasting, making changes in our lives and giving to others. We give praise and thanks to God for the gift of Jesus' life and death. We give our lives once more to Jesus and promise to follow his lead. We give ourselves in love and service to others.

PRAYER

- All students in Grades 2 through 5 are asked to pray the "Act of Contrition" each night before bed.
- Reconciliation Celebrations: during Saturday class time:
  3rd grade March 22, 4th grade March 29, 5h grade April 5

FASTING

- All Saturday morning elementary religious education classes will abstain from any special class treats or snacks during all Saturday morning classes over the next 40 days.
- All students are asked to watch AT LEAST one less television show per week and spend that time being helpful to their family.

ALMSGIVING

- Make an EXTRA EFFORT to contribute at least one non-perishable food or toiletry item each week during Lent to our on-going collection for FISH of Howard County.
- Drop their coins in the "Poor Box" to help other people at St Louis each week as they leave Mass.

LENT & EASTER 2014

ASH WEDNESDAY – March 5

Mass with distribution of ashes at 7:00 am, 9:30 am (with St. Louis School)
Liturgy of the Word and Communion Service with distribution of ashes at 12:00 noon
Mass with distribution of ashes at 5:00 pm and 7:00 pm

WEEKDAY MASS DURING LENT – St. Louis and Area Parishes

7:00 am Mon - Fri; 8:00 am Sat — *St. Louis Church*
9:00 am Mon - Fri — *St. Francis of Assisi, Fulton*
6:30 am Mon - Wed, Fri; 9:00 am Mon - Sat; 7:00 pm Thurs — *Church of the Resurrection, Ellicott City*
12:00 noon Mon - Fri — *St. John the Evangelist, Wilde Lake Interfaith Center, Columbia*
8:15 am Mon - Sat; Thurs 9:30 am — *Our Lady of Perpetual Help, Ellicott City*
12:00 noon Mon - Sat — *St. Anthony Shrine, Ellicott City*

STATIONS OF THE CROSS (with Benediction)

Fridays during Lent at 7:00 pm in the Church (See below for Good Friday)

SACRAMENT OF RECONCILIATION

ST. LOUIS Sat. 3:00 - 3:55 pm; 5:00 - 5:25 pm Wed. 3/26, 4/2, 4/9 7:00-8:00 pm & Fri. 4/11 3:00-8:00 pm
SHRINE OF ST. ANTHONY Mon-Sat 11:30-11:55 am, Wed 4—5 pm, Thurs 3/6—4/10 6:30-7:30 pm

REGIONAL RECONCILIATION SERVICES

7:00 pm March 31— Our Lady of Perpetual Help & April 1, St. John the Evangelist, Columbia (Wilde Lake)

PALM SUNDAY – April 13

Palms will be blessed and distributed at all of the regularly-scheduled weekend Masses

— *THE TRIDUUM* —

HOLY THURSDAY – April 17

(No morning Mass is celebrated this day)
8:00 am – Morning Prayer
7:30 pm – ***MASS OF THE LORD'S SUPPER***, followed by
Adoration of the Blessed Sacrament until midnight

GOOD FRIDAY – April 18

(No Mass is celebrated this day)
8:00 am – Morning Prayer
3:00 pm – ***LITURGY OF THE LORD'S PASSION,*** Veneration of the Cross, and Holy Communion
7:30 pm – Stations of the Cross in Tableau Form, followed by Veneration of the Cross

HOLY SATURDAY – April 19

(No 8:00 am, 4:00 pm, or 5:30 pm Masses & no afternoon confessions)
8:00 am – Morning Prayer with RCIA
1:00 pm – Blessing of Easter Foods

7:30 pm – *THE EASTER VIGIL*

EASTER SUNDAY – April 20 *(No Eucharistic Adoration)*

6:30 am 8:00 am 9:30 am 11:15 am 12:45 pm
Additional Mass at 11:15 am in the Auditorium (Children's Mass)