

# Parent & Student Pages

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## Dates to Remember

<b>Confirmation Retreat</b>	<b>March 5th</b>
<b>ASH WEDNESDAY NO CLASSES</b>	<b>March 9th</b>
<b>Classes Resume</b>	<b>March 16th</b>
<b>10th grade Confirmation Student and Sponsor night (in Gym)</b>	<b>March 16th</b>
Confessions in Gym 7:00-8:10 for 1/2 the student body	<b>March 23</b>
Confessions for In Gym 7-8:10 for the second 1/2 of the student body	<b>March 30</b>
Stations of the Cross for students	<b>April 6th</b>
9th and 10th Grade students turn in your completed folders BY March 30th	<b>DUE March 30th</b>

## Lent begins March 9th

**Ash Wednesday** marks the start of Lent, the liturgical season which marks forty days of preparation for the celebration of the greatest Christian mystery, the Death and Resurrection of Jesus Christ. This 40 day period is the primary penitential season in the Church's liturgical year and reflects the forty days Jesus spent in the desert in fasting and prayer.

Lent is a time when we work at purifying ourselves of sin and selfishness through self-denial, prayer, fasting, abstinence and almsgiving. These acts help to create in us a desire to do God's will and enter more fully into a deeper love and understanding of the Paschal Mystery during the Easter Triduum.

"May Lent be for every Christian a renewed experience of God's love given to us in Christ, a love that each day we, in turn, must 're-give' to our neighbor, especially to the one who suffers most and is in need." - *Pope Benedict XVI*

**Fasting and abstinence:** Ash Wednesday and all of the Fridays during Lent are days of abstinence in which NO meat can be eaten. This applies to all Catholics 14 and older.

The **DAYS OF FAST** are Ash Wednesday and Good Friday for Catholic between age 18-59. Only one full meal is permitted on these two days along with two smaller meals, that should not equal a second full meal. Drinking coffee, tea and water between meals is allowed. No snacks between meals are allowed. The discipline of these 40 days of preparation of our hearts in love for our Lord.

**ATTEND ASH WEDNESDAY MASSES:**

**IMMACULATE CONCEPTION:  
8:00AM AND 7:00PM**

**ST. NICHOLAS:  
8:00AM AND 7:00PM**

## What are you doing for Lent this year?

Ask Catholics what they're doing for Lent this year, and they'll probably tell you that they are giving up a favorite food, a favorite pas-time or anything else they really love but isn't really essential in their lives. Giving up something for Lent fosters self-discipline and tempers our desires.

It is a form of fasting and a form of penance. It promotes spiritual growth.

If you're giving up something for Lent, that's great, but really challenge yourself to

focus on gaining self discipline or to rid yourself of a vice that is burdening, giving it up to fill that time with God. Think also about the possibility of doing something positive to bolster your spiritual life and make the world a better place. Look for ways that you can increase your knowledge of your faith, strengthen your spiritual life or perform special acts of mercy and kindness at home, at work in your parish or in your community.

# Ways to boost your spiritual life during Lent

- ✓ Begin each morning with the prayer: "Lord, I offer you this day, and all that I think, and do, and say."
- ✓ Attend Daily Mass as often as possible.
- ✓ Pray the Sorrowful Mysteries of the Rosary.
- ✓ Make the Stations of the Cross at home or in a parish celebration.
- ✓ Read Scripture for 10 minutes every day.
- ✓ Pray the Seven Penitential Psalms (Psalm 6, 31, 50, 101, 129 and 142).

- ✓ Spend some time in quiet prayer before the Blessed Sacrament.
- ✓ Abstain from meat for an extra day or two each week.
- ✓ Listen to spiritual music or a spiritual speaker.
- ✓ Keep a Lenten journal with your spiritual insights, special intentions, people you want to pray for, hurts and disappointments that you want to offer up, and progress reports on your Lenten resolutions.



- ✓ Tune out. Turn off the television and spend quality time talking with family members or friends
- ✓ Be Kind. Go out of your way to do something nice for someone else every day.
- ✓ Prayerfully prepare and go to Confession

## Attend Stations of the Cross

Telling the story of the suffering, death and resurrection of Jesus was an important part of the early Christian's experience. In the late fourth century, people began making pilgrimages to the Holy Land, where they would follow the path that Jesus took to Calvary. During the Middle Ages, when outbreaks of war made it impossible for people to travel to the Holy Land, people created a Via Dolorosa, or "Sorrowful Way," in their towns and villages. They erected paintings or sculptures depicting the Passion of Christ along a processional route or inside a church. By the mid-18th century, the number of stations was fixed at 14 and the devotion known as the Stations of the Cross, also called the Way of the Cross, became widespread. *(Article by Our Sunday Visitor)*

**Immaculate Conception  
Stations of the Cross  
Friday nights 7:00pm**

**St. Nicholas  
Stations of the Cross  
Friday Nights 7:00pm  
Soup Suppers at 5:30pm in  
Church basement before  
stations begin**

### ST NICHOLAS PARISH MISSION

**All are Welcome to Attend!**  
**The Mission event is led by the**  
**Franciscan Friars of the Renewal**  
**& Carmelite Sisters of the Most Sacred Heart of L.A.**  
**Mission begins Ash Wednesday. Retreat talks on Thursday, March 10 at 7:00pm and continues through Sunday.**  
**Check out the schedule of events at:**

<http://www.churchofstnicholas.com/bulletins/pdf/MissionFlyer.pdf>

## Did you know.....

Pretzels originated in Europe during the Middle Ages. A monk was making unleavened bread for Lent with flour and water because eggs, milk and lard were not consumed as part of the Lenten fast. He twisted some of the dough into the shape of people praying with both arms folded across their chests. He decided it would be a perfect treat for children learning to say their prayers. He called the treats pretiola, the Latin word for "little reward."