

# MAKE THIS **LENT** MATTER

See it as a 40 day closer walk with Jesus and not just something to endure, but an opportunity to begin good habits. Begin the journey with a simple goal in mind—one specific way you hope that God will help you grow in faith, hope, or love. The traditional practices for the 40 days of Lent are Prayer: renewing and deepening one's habit of prayer; Fasting: giving up something - a particular food (or something else, like TikTok or gossip!) - for 40 days as a way to express sorrow for sin & grow in our ability to say no to sin; and Charity: a more intentional approach to helping others. There are many ways to experience faith and fellowship at OLV:

- **February 14 - Ash Wednesday** - Masses at 7 a.m. & 12:05 p.m. & 5:30 p.m.
- **STATIONS of the CROSS** - every Friday 5:30 p.m. beginning Feb. 16 (lasts about 1/2 hour)
- **MEN'S GROUP** meets all year every Wednesday at 6 a.m. in church meeting room.
- **LENTEN LUNCHEONS** - Weekly, begins Wed., Feb. 21, Methodist Church (318 S. Court), Lunch (free or freewill donate) serving begins @11:45, @12:15—Guest speaker, short talk, come/go less than hour. OLV's date to serve lunch is Wed. March 6 — to volunteer call Mary Helen Waller, 662-843-3152.
- **CONFESSIONS** are heard before every weekend Mass. On Wednesday, March 6, 4-6:30 p.m. several priests will be here to hear Confessions.
- **OPERATION RICE BOWL** - For helping the poor, including in our community, through Catholic Relief Services, these are available at the church entrances. You could put in the Bowl what you would have spent on what you gave up for Lent, an excellent way to combine fasting and charity.
- **PERSONAL PRAYER** - Try daily Mass occasionally! And at the church entrances we have the popular "Little Black Book" for daily prayer. Go to the links page of [olvcleveland.com](http://olvcleveland.com) for other resources.
- **HOLY WEEK** - begins with Palm Sunday, March 23-24 (Easter Egg Hunt Mar. 24 during Sunday School)
  - March 28 - Holy Thursday Mass - 6 p.m. - with Washing of Feet & Adoration of Eucharist
  - March 29 - Good Friday - 4 p.m. Live Stations; 6 p.m. Veneration of the Cross & Holy Eucharist
  - March 30 - Easter Vigil Mass - 8 p.m. - Blessing of Fire, Initiation of new Catholics
  - EASTER SUNDAY is March 31 - Masses at 9 a.m. and 11:30 a.m. (Spanish), no 5 p.m.
- **The Practices of Lent:** Ash Wednesday & Good Friday are days of fast & abstinence (no meat). All the Lenten Fridays are days of abstinence. Catholics 14 years & older are bound to abstinence. Fasting (we do this together!) is for Catholics who have celebrated their 18th birthday up to their 59th birthday. Fasting means one main meal (with two smaller ones, if necessary - the smaller meals together not equaling the size of the main meal). Of course, for health reasons anyone is excused from fasting and abstinence.

**REMEMBER - Lent is NOT something WE do!**

It is our invitation for GOD to do what HE wants in our lives to deepen our experience of salvation.