



The Season of Lent

“You are God: we praise you!” The beginning of the Te Deum lifts our voices, our minds, our hearts, and our very being to God, the source of all goodness, truth, and beauty. From our limited point of view, we may effortlessly recognize goodness, truth, and beauty in our life and yet fail to give thanks to God for these blessings. This myopic perspective though can subtly keep ourselves at the center of our lives.

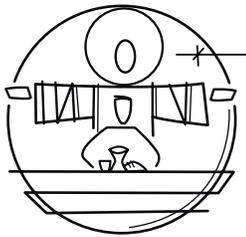
In the Gospel a few weeks ago, Jesus goes beyond any expectation laid upon the people of God by Moses and prophets. He challenges us, “Be perfect as your heavenly Father is perfect.” Simple... right?



In Lent we may be tempted, in our desire to achieve holiness, to use our Lenten discipling including prayer, fasting, and almsgiving, to achieve perfection. Yet, in the Sermon on the Mount, Jesus does not tell the disciples to achieve perfection by their own efforts or merit, but by relying on “Our Father” (the center of the Sermon is this deep prayer of trust in the Lord).

This Lent, let us help one another with placing God rightly at the center of our personal lives, of our families, of our communities, of our parish, of our Church, and of our world. May the Lord bless our efforts, giving us the grace to love deeper, as **we love the God of Blessing more than the blessings of God.**

PRAYER



Daily Mass

“In the Eucharist is all the power that created the universe and all the love that redeemed it!” Join us for daily Mass and receive the Lord’s power & love to help you meet the challenges of each day.

OLPH Lenten Reflections

This Lenten Season the OLPH Parish Staff has prepared a compilation of daily reflections based on the Mass reading for that particular day. In writing these reflections the aim was to encourage you to put your faith and trust in Jesus and share that gift with others. This year these reflections are enriched by the beauty of the Psalms and *Te Deum prayer*. To learn more about the *Te Deum Prayer* and obtain these reflections, please visit OLPH’s Lent web page at: www.olphparish.org/lent-2020

Sacrament of Reconciliation

The sacrament of Reconciliation is about the mercy of Jesus Christ. The mercy of the love of Jesus, through this sacrament, breaks the power of shame and hurt of sin and restores our relationship with God. Come, experience the power of the Father’s love waiting for you in the Sacrament of Reconciliation.

See the last page for the many opportunities we have to celebrate the Sacrament of Reconciliation this Lent.

Eucharistic Adoration

The Church adores the real presence of Jesus in Eucharistic Adoration, when the consecrated host is visible in the monstrance for prayer and worship. Eucharistic Adoration takes place every Wednesday beginning at 9:00am through Saturday at 8:00am. This Lent, spend some quiet time in the presence of the Lord’s peace, healing and spiritual refreshment at our Parish Chapel. Oh, Come Let us Adore Him!



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FASTING

Lenten Norms for Fasting 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 norms.

Fasting is the voluntary giving up of food, drink, and other material things that expresses our desire to bring a healthy balance back to our relationship with God, ourselves, and others. Poor choices in daily life can lead us to become enslaved to certain material things such as food, drink, television, etc. In fasting, we admit that we are not as free as we would like to be. In fasting, we exercise the gift of our free will to say ‘no’ to certain things (which are not necessarily bad in themselves) in order to allow us to say ‘yes’ to the Lord and to others.

There are a number of benefits to fasting:

- Fasting awakens the heart to the intimate presence of God in one’s soul.
- Fasting encourages more serious reflection about the priorities in our lives.
- Fasting strengthens our sense of dependence upon God.
- Fasting sharpens our sensitivity to the spiritual dimension of life.
- Fasting strengthens our ability to say ‘yes’ to God and ‘no’ to sin.
- Fasting develops greater appreciation for the gifts of God, especially food and drink.
- Fasting purifies us, spiritually as well as physically.

Ways to fast:

- Meatless meals on the Fridays of Lent should be simple, sacrificial, and lead us to reach out in generosity to those who are less fortunate through some act of charity.
- The classic form of fasting involves giving up of food or drink. As we choose to give up something that distracts from valuable use of time, we create room for good habits and we gain control over our lives – the same control that is needed to say “yes” to God. In place of that which you gave up, take action to spend time in prayer with God or in acts of service to others.



A Special Call to Prayer and Fasting for an End to Abortion

This Lent, our parish is again joining a nationwide, ecumenical prayer event to help bring an end to abortion. 40 Days for Life is a peaceful, Christ-like prayer vigil with participants committing to prayer for one hour per week. Prayer can take place outside of the Hillcrest Clinic on Rt. 40, or at home or in church. For more information on how you can participate please visit www.40daysforlife.com.

ALMSGIVING

Almsgiving is not only an offering of money to those in need but an attitude of generosity and a willingness to share in the burdens of others. Almsgiving is closely tied to fasting – whatever we save (money or time) should be offered to the needy. For a comprehensive list of ways to serve, visit www.olphparish.org/our-parish-life/how-can-i-serve
Here’s other ways to give alms this Lent:

SALT

Just as salt is a necessary part of life, so is the Christian called to be a necessary part of the world! SALT, an OLPH outreach ministry, is a hands-on ministry in service to the poor and needy of Baltimore City. There are many expressions of SALT and one that fits you! To learn more about SALT and find your perfect place of service in Him, visit www.olphparish.org/salt.

Lenten Poor Box Collections

Help support those in need by contributing to our Poor Box during Lent. The parish receives numerous requests each day for help. Your donations support the great works of OLPH St. Vincent in meeting the needs of our brothers and sisters. Thank you for your continued generosity!

Casseroles for Our Daily Bread



Catholic Charities Our Daily Bread is Maryland’s largest hot meal program, serving more than 250,000 meals to the hungry of Baltimore City each year. Casserole pans and recipes can be picked up inside the church anytime and may be returned during Lent on the weekends of February 29/ March 1 and April 4/5 to the freezer of the Parish Center kitchen prior to Mass.



Lenten Events & Offerings

Fridays in Lent

8:15am	Daily Mass
9:00am	Eucharistic Adoration <i>(Through the day/night until 8:00am Saturday)</i>
2:30pm	Stations of the Cross <i>(exception: April 3rd @ 11:00am Living Stations)</i>
4:30-6:00pm	Confessions
6:00pm	Lenten Soup Supper
7:00pm	Stations of the Cross <i>(Feb 28: Stations with Meditations March 27: Living Stations)</i>
7:45pm	Te Deum -The Prayer of Praise <i>(March 13 & March 20) Festival of Praise (March 6 & April 3)</i>

TE DEUM – The Prayer of Praise

Join us Fridays, March 13th & 20th from 7:45pm to 9:00pm in the Church as we are led in a two-part series: Te Deum - Bringing the Prayer of Praise into our Daily Lives.

On the first evening (3/13), we will unveil the richness and story behind Te Deum, or hymn of praise. As with the Jewish people in his day, Jesus learned the psalms, teaching him how to relate to the Lord and at the same time with one another. On this night, we will dive in to how we are called to live out this prayer of praise, which expresses our belief and places God at the center of creation.



The second evening (3/20) will seek to learn from the lives of the saints and how trials and tribulations often challenge them to love the Lord, not for any blessings, yet for God as a blessing. St. John of the Cross and St. Teresa of Calcutta went through difficult times in their life where they did not feel God's presence – and yet they both see these times as filled with grace. If we no longer were to feel God's warmth, see God's light, and hear God's voice, would we too still love the Lord?

Lenten Festival of Praise

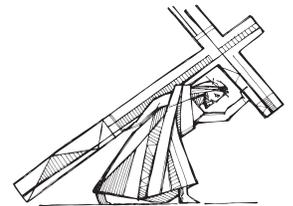
Join us on **March 6th and April 3rd** as we move from Stations of the Cross into our monthly Festival of Praise beginning at **7:45pm**. In the presence of the Lord in the Eucharist, our musicians will help lead us in prayer and worship, especially around the mystery of the Lord's Passion and Cross. All are welcome to this time of powerful prayer and worship!.

Lenten Soup Suppers

A variety of our fellow parishioners will prepare a homemade soup for us every Friday evening of Lent from 6:00-6:50pm (with the exception of Good Friday) in the Parish Center! No RSVP is necessary, simply join fellow parishioners as we share in a simple Lenten Soup Supper. These humble meals are a good way to build some fasting into Lent and give you a chance to join with other families.

Stations of the Cross

Early in the life of the Church it became common for pilgrims to walk in the footsteps of Jesus to Calvary, remembering His passion and death. When it became too dangerous for pilgrims to travel to the Holy Land, the Stations of the Cross became an alternative prayer in commemoration of Jesus' journey to Calvary. Join us for this beautiful Lenten devotion every Friday at 2:30pm and 7:00pm, with some special exceptions as follows:



- **Extended Stations of the Cross with Meditations**
offered through the voices of our young people on Friday, February 28th beginning at 7:00pm.
- **Mary's Way of the Cross – A Women's Ministry**
offering for women on Wednesday, March 25th at 7:00pm.
- **Living Stations of the Cross - Lead by the 7th Grade class of OLPH School**
and open to all on Friday, March 27th at 7:00pm and Friday, April 3 at 11:00am.

The Season of Lent

The Sacred Triduum

(Latin for “three days”) is the 72 hour period at the end of Holy Week marking the Passion, Death, burial and Resurrection of Jesus.

The three days are counted as the Hebrews counted their days, from dusk to dusk. Therefore, the three days of the Easter Triduum are from dusk on Holy Thursday to dusk on Good Friday (day one), dusk on Good Friday to dusk on Holy Saturday (day two), and dusk on Holy Saturday to dusk on Easter Sunday (day three). Each of those days celebrates and commemorates the final days of Jesus as he offered himself for our salvation.

We look at the Easter Triduum as one single celebration that lasts for three days. We cannot separate the death of Jesus from his resurrection. Please join us for these special celebrations!

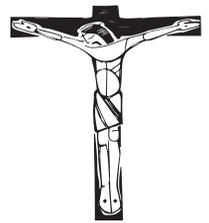
Holy Thursday



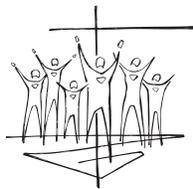
On this evening we remember and enter into what Jesus did with his disciples the night before he died: He gave them the new commandment of love (“Love one another as I have loved you.” John 13:34), symbolized in his washing of the disciple’s feet, he instituted the Eucharist (“Do this in memory of me.” Luke 22:19) and prayed for strength in the garden of Gethsemane (“Let your will be done, not mine.” Luke 22:42). The Church celebrates these same events, washing the feet of parishioners, celebrating the Eucharist, and then ending the evening in prayerful vigil before Jesus present in the Blessed Sacrament.

Good Friday

The Friday prior to Easter is one of the most solemn days in the Church’s year when we recall the death of Jesus on the cross. This is the only day of the year the Church does not celebrate the Mass. Instead, the ritual is in three parts: the Liturgy of the Word (when we read the account of his passion and death), veneration of the cross, and Communion (consecrated on Holy Thursday evening). This service does not stand alone; it is a continuation of what began on Holy Thursday. The veneration of the cross is a practice unique to Good Friday. It is our opportunity to humble ourselves before the awesome saving action of Christ.



Easter Vigil



This is the holiest night of the Church’s year as we recall Christ’s Resurrection from the dead. Beginning in darkness with the light of candles, we enter into the celebration of his Resurrection singing the Gloria and Alleluia for the first time since the beginning of Lent. It is on this night that we welcome men and women into the new life of Christ and His Church by celebrating the sacraments of Baptism, Confirmation and Eucharist for those becoming Catholic.

The Rite of Sending and the Scrutinies Special Prayers for Those Becoming Catholic

Throughout Lent the Church offers special prayers for those preparing to become Catholic at the Easter Vigil. During **Sunday, March 1st** Mass be on the lookout as we celebrate the Rite of Sending, a special prayer in which our RCIA candidates are sent out to the Cathedral where the Archbishop formally “elects” (chooses) them to enter into the life of the Church at Easter. This is followed by the Scrutinies on the last three Sundays of Lent when the Church offers special prayers asking God to deliver them from the power of sin, to protect them against temptation and give them new strength in Christ. Each of these prayers is based on who Christ revealed himself to be the Living Water, the Light of the World, and the Resurrection and the Life.



Lent and Easter 2020 - Important Dates

ASH WEDNESDAY – February 26

Mass with the blessing and distribution of ashes at 6:30am, 8:15am, 9:30am, 5:00pm and 7:00pm

WEEKDAY MASS – Area Parishes

8:15am Mon, Tues, Wed, Fri, Sat and 9:30am (School Mass) Thurs at OLPH

7:00am Monday, Wednesday, Friday ~ St. Augustine, Elkridge

8:00am Monday-Saturday ~ St. Paul, Ellicott City

9:00am Monday-Saturday, 6:30am Tuesday and Friday ~ Resurrection, Ellicott City

SACRAMENT OF RECONCILIATION

- Wednesday evenings at OLPH: 6:00pm – 7:00pm
- Friday afternoons at OLPH: 4:30pm - 6:00pm
- Saturday afternoons at OLPH: 3:00pm – 4:15pm
- Monday, March 30, 7:00pm – Regional Lenten Penance Service hosted at OLPH, Ellicott City
- Tuesday, March 31, 7:00pm – Regional Penance Service hosted at St. Louis, Clarksville

PALM SUNDAY – April 5

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

HOLY THURSDAY – April 9

8:15am – Morning Prayer

7:00pm – Mass of the Lord's Supper, followed by quiet prayer before the Blessed Sacrament until Midnight (in Parish Center)

GOOD FRIDAY – April 10

(No 8:15am Mass, No 4:30pm Confessions)

8:15am – Morning Prayer

3:00pm – Liturgy of the Lord's Passion, including Veneration of the Cross and Holy Communion

HOLY SATURDAY – April 11

(No 8:15am or 4:30 pm Masses, No 3:00pm Confessions)

8:15am – Morning Prayer

9:00am – Blessing of Easter Foods after Mass in the Church

THE EASTER VIGIL – April 11

8:15pm – Easter Vigil Mass

EASTER SUNDAY – April 12

Easter Masses celebrated at:

7:30am; 9:00am (Church and Parish Center); 11:00am (Church and Parish Center)

Please Note: There is no 5:00pm Mass on Easter Sunday!

