



# The Season of Lent | March 2 - April 14

[www.olphparish.org/lent-2022](http://www.olphparish.org/lent-2022)

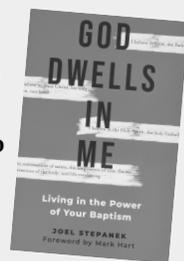


*"I baptize you, in the name of  
the Father, and of the Son,  
and of the Holy Spirit!"*

These simple words said at every person's baptism are immensely powerful. Still, sometimes we forget this. Or, more specifically, we don't fully appreciate the power of sacramental grace we received at our baptism: the same grace that delivers spiritual energy and power right here at OLPH, the grace that grants us admission into the body of Christ, our forever, spiritual family, and the very same grace that transforms each of us into temples of the Holy Spirit. So we may be inspired and encouraged to live according to God's ways by his constant indwelling in us! We recall this extraordinary gift of baptism every time we enter the Mass or in prayer and when we make the Sign of the Cross, reciting those simple words (out loud or in our hearts).

Did you know Lent was initially the period of intense preparation for those preparing for baptism at Easter? As the Church seasons developed, the annual season of Lent was instituted to remember the graces of our baptism, preparing ourselves to renew the baptismal promises at Easter. All the more reason for you to join me this Lent as we better appreciate the grace of baptism at work in the life of our parish, uniting us in the life of Christ and calling us to share in his ministry of intercession, prophetic word, and service.

**That is why this Lent 2022, I invite all of you to read along with me the book; *God Dwells in Me: Living in the Power of Your Baptism* by Joel Stepanek. As a gift from the parish to you, copies will be available for pick up after Mass starting the weekend of Feb 26 & 27 at no cost.**



Together, each week, we'll focus on an aspect of baptism that connects the sacramental rite to our daily Christian lives. Also, be sure to join Deacon Roch when he deep dives into this book during this Lent on Monday evenings 3/21 & 4/2—details on the pages to follow in the Lenten packet.

Our first "homework assignment" is a fun one to those efforts. Take some time and research your baptisms. Dust off a photo album, or locate the digital pics or video of your very first Sacrament. Do you have your christening gown or baptismal garment? Pull it out from storage along with your baptismal candle and give them a place of honor in your home, so these remembrances can center your prayer this Lent or serve as a visual reminder. Consider taking time with your loved ones, family members, or Godparents, and share baptism stories. Or maybe even create a social media post as an appreciation to God for your baptism and an invitation to the world to connect with the God who loves them so much (if you do, be sure to tag OLPH Church). Remember, Pope John XXIII consistently shared that the most important day in his life was his baptism, even more than his ordination or his election as pope.

**In parallel, with this group reading as a parish family, we will, of course, embrace the disciplines of prayer, fasting, and almsgiving in our cooperation with God's grace in the process of ongoing conversion. Our Parish staff has worked very hard to design programs to enhance these Lenten practices, including OLPH's Lenten Friday night lineup, which begins with Simple Soup Suppers at 6 pm, moves to Stations of the Cross at 7 pm, and then closes with a special event at 7:30 pm. Please hang onto the OLPH Lenten Packet or visit the OLPH Lenten landing page at [www.OLPHParish.org/lent-2022](http://www.OLPHParish.org/lent-2022) to take advantage of all happening on campus this Lent!**

Finally, during these next few weeks, before Ash Wednesday, March 2, take some quiet time and ask God how He is asking you to grow personally and in your relationships during the forty days of Lent. Recommit to your life at the parish and celebrate Mass with renewed enthusiasm and passion, sharing in the journey into the power of our baptism, and setting aside Friday evening as a time for Christian fellowship, prayer, and God's grace healing at work among us. I pray that we may enter the season of Lent as brothers and sisters and encourage each other to live in the fullness of God's life.

In the Lord,

Fr. Mike Triplet

# PRAYER

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## Daily Mass

Monday – Saturday 8:15 am (Church & Livestream)

“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 and love to help you meet the challenges of each day.

## Ash Wednesday

3/2, 6:30 am, 8:15 am\* and 7:00 pm\*, Church

Mass with the blessing and distribution of ashes

\*livestreamed

## Stations of the Cross

Each Friday in Lent - 7:00 pm

Join us for this beautiful Lenten devotional that commemorates Jesus’ last day on earth as we walk with Him on the path to Calvary.\*livestreamed

## Solemnity of the Annunciation of the Lord Mass

Friday, 3/25, 7:30pm, Church

Join us for Mass as we celebrate the feast of the Annunciation, the visit of the angel Gabriel to the Virgin Mary, during which he told her that she would be the mother of Jesus Christ, the Son of God.

## OLPH Lenten Daily Reflections 40 Days to Grace and Glory

This Lent, we invite you to journey with Dr. Tim Gray by signing up for Daily Lenten Reflections. Each day you will receive in your inbox a short video which features Dr. Gray commenting on the daily Mass readings, explaining the Scriptures, and providing you with concrete ideas on how to apply them to your Christian life. Available for free on FORMED. Sign up <https://formed.org/lent>

## Eucharistic Adoration Chapel

Oh, Come, Let us Adore Him!

Spend some quiet time in the presence of the Lord. The chapel is open daily from 7:00 am to 8:00 pm for all visitors. Exposition of the Blessed Sacrament in the monstrance (Adoration) from Wed. at 9 am through Sat. at 8 am. **After-hours access is available upon request at [www.olphparish.org/access](http://www.olphparish.org/access)**

# RECONCILIATION

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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. Lent is a wonderful time to celebrate the reconciling love and the healing graces our Lord offers us. In addition to our regular weekly offerings, our priests have added additional opportunities for this sacrament of mercy, including an OLPH Lenten Penance Service.

## Reconciliation - Weekly during Lent

- Wednesdays: 11 am - 12-Noon ( in church confessionals)
- Wednesdays: 6 pm - 7 pm (outside - backlot)
- Fridays: 4 pm- 6 pm ( In church confessionals)

## How to Prepare for Reconciliation

Whether it is been a week or a while, our priests will guide you every step of the way, If you would like to prepare before arriving, here is a good website to get you started:

<https://olphparish.org/our-parish-life/sacraments/reconciliation/#guide>

## Reconciliation - Extended Hours - In Church Confessionals

- Mon., March 28, 4-6 pm
- Tues., March 29, 4-6 pm
- Sat., April 2, 1-3 pm,
- Mon., April 4, 4-7 pm
- Tues., April 5, 4-7 pm
- Tues., April 12, 4-6 pm



**Lenten Penance Service (church)  
Wed., April 6, 7 pm**

## 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 fast on Ash Wednesday and Good Friday. Fasting is observed by eating only one full meal and two lighter meals that day and refraining from eating between meals. Pregnant, nursing or ill individuals are excused.

### WAYS TO FAST

Fasting is the voluntary giving up of food, drink, and other material comforts with the intent to restore a healthy balance with our relationship with God, ourselves, and others. In fasting, we admit we are not as free as we would like to be and exercise the gift of free will to say 'no' to certain things (which are not necessarily bad in themselves) to allow us to say 'yes' to the Lord and others.

- Meatless meals on the Fridays of Lent should be simple, sacrificial, and in generosity, lead us to serve the less fortunate through acts of charity.
- Fasting classically involves giving up food or drink to make room for spending more time in prayer or acts of service. When we choose to give up something that distracts from the practical use of our time, we learn to cultivate good habits and realize agency over our lives – the same control that is needed to say "yes" to God.



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

Knowing that "with God, all things are possible," people of faith and conscience unite in 40 days of prayer and fasting. 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. For more information, visit [www.40daysforlife.com](http://www.40daysforlife.com).

## ALMSGIVING

Almsgiving is not just giving money to the needy but living with an attitude of generosity with a willingness to share in the burdens of others. Almsgiving and fasting are closely tied practices – this Lent, when we save money or time, we should offer the resulting abundance to those in need.

### WAYS TO GIVE

#### 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](http://www.olphparish.org/salt).

#### OLPH's St Vincent - Our Daily Bread Casseroles

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 the weekend of March 27 and may be returned during Lent on the weekend of April 3rd to the freezer of the Parish Center kitchen prior to Mass.

#### 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!

#### Give at OLPH Friday Night, Soup Suppers

OLPH will host a series of simple Soup Suppers on Fridays in Lent in solidarity with our friends living below the margins. The intention is for guests to enjoy a modest meal while donating what would have been the cost for a traditional Friday meal out — such as pizza or burgers at a restaurant — to the Poor Box. We will have a special menu reserved for children.

**Looking for a Great Spiritual Book?**  
**Check out OLPH's Lenten Suggested Reading List**  
**from Fellow OLPH Friends**

Each week in Lent, look forward to Book Reviews offered from these suggestions

**Visit [OLPHParish.org/books](http://OLPHParish.org/books)**

# The Season of Lent | March 2 - April 14 | Special Offerings

## Each Friday in Lent

8:15 am - Daily Mass

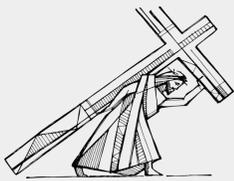
9:00 am - Eucharistic Adoration

4:00-6:00 pm - Confessions (Good Shepherd Room)

## Special Friday Night Offerings At - A - Glance

### Simple Soup Suppers | 6 pm

Fridays in the Parish Center Gym, with the exception of March 25th.



### Stations of the Cross | 7 pm Church

Join us for this beautiful Lenten devotion every Friday in Lent.

**Mar 4 - Festival of Praise - 7:30 pm**

**Mar 11 - Family Holy Hour - 5 pm**

**Jesus Through the Eyes of Luke - 7:30 pm**

**Mar 18 - A Journey to Wholeness - 7:30 pm**

**Mar 25 - Solemnity of the Annunciation of the Lord  
Mass - 7:30 pm**

**April 1 - Festival of Praise - 7:30 pm**

**April 8 - Taize Prayer Night - 7:30 pm**

Friday Events are Livestreamed at  
[OLPHParish.org/broadcast](http://OLPHParish.org/broadcast) & Facebook

## Special Lenten Offerings

### Festival of Praise Evenings

Friday, 3/4, 7:30 pm, Church

Friday, 4/1, 7:30 pm, Church

Join us as we move from Stations of the Cross into our monthly Festival of Praise, where we pray, praise, and worship our Lord in the Blessed Sacrament. The evening ends with the opportunity to receive prayer from a prayer team.

### Family Holy Hour

Friday, 3/11, 5:00 pm, Church

Bring the children for an early Holy Hour in the Church and enjoy a time of rest and quiet reflection. The Holy Hour will include music, Scripture, thoughts to ponder and quiet reflection. Stay for as long as you are able. Event will be livestreamed.

### Jesus Through the Eyes of Luke (Presented by Fr. Mike) Friday, 3/11, 7:30 pm, Church

St. Luke paints a powerful portrait of Jesus as divine healer and God's most powerful messenger of God's forgiveness, mercy, and restoration. Come dive into the Gospel of Luke with a few powerful passages. Event will be livestreamed.

### A Journey to Wholeness (Special Guest Speaker) Friday, 3/18, 7:30 pm, Church

Join our special guest speaker, Ruth Popp, a mother of five, a veteran homeschooler, and an author who shares how to survive and move toward thriving (with God at your side) when navigating difficult, disorienting times. Event will be livestreamed.

### God Dwells in Us - Book Reflection

& Discussion with Deacon Roch Kallmyer  
Mondays, 3/21 and 4/4, 7:00 pm, Church

Join us for two "check-in" nights during Lent, where Deacon Roch will share his reflections on God Dwells in Us and lead an open discussion where you can share your takeaways and insights found during your reading of the book.

Appreciating  
the Grace  
of Baptism

### OLPH Lenten Penance Service

Wednesday, 4/6, 7:00 pm, Church

Visiting priests will join Fr. Mike and Fr. Anthony for a Lenten short prayer service followed by the last opportunity for reconciliation before the Triduum. Outdoor Reconciliation will still be offered this evening from 6-7pm in the parking lot behind the Church.

### Taize Prayer Night

Friday, 4/8, 7:30 pm, Church

Join us for an evening of meditative prayer and song led by music director Ben-David Warner and a small guest choir of students from the Catholic University of America. The service consists of meditative Taize songs, a scripture reading, silent prayer time, and intercessory prayers.

### Mary's Way of the Cross (Womens Ministry)

Monday, 4/11, 7:00 pm, Church **NEW DATE!!!**

A Special Event for Women - Praying the Stations of the Cross through the eyes of Mary unites our sufferings, falls, hurts, and resurrection with the way of Jesus. Mary's Way of the Cross invites us to accompany Mary as she walks with Jesus to Calvary.

# Lenten Suggested Reading List

## from Fellow OLPH Friends

Each week in Lent, look forward to Book Reviews offered from these suggestions

— **Visit [OLPHParish.org/books](http://OLPHParish.org/books) for these book reviews.** —

We begin each Lent with the same goal, to strengthen our relationship with our Savior, Jesus Christ. Prayer, fasting, and almsgiving are vehicles ordained from the Church to help our efforts. Did you also know that she encourages us to increase our love for Christ and His Church through spiritual reading? When we reserve a few minutes each day to read a worthy spiritual text, we increase our understanding and knowledge of God, and our Lenten journey becomes less arduous and more inspired. Fellow OLPH friends have compiled a list of some of their favorite religious and spiritual books to assist your Lenten walk. Our prayer is that before Easter arrives, perhaps one or several of the books shared are now among your favorites as well.

### From the Shelf of Bette McKown

- *Wondrous Encounters: Scripture for Lent*, by Fr. Richard Rohr
- *He Leadeth Me*, by Fr. Walter J. Cizek
- *Bread and Wine: Readings for Lent and Easter* by C.S. Lewis

### From the Shelf of Joe Skora

- *He Leadeth Me* by Fr. Walter Cizek.
- *Unbound* by Neal Lozano
- *Searching for and Maintaining Peace* by Fr. Jacques Philippe
- *Thirsting for Prayer* by Fr. Jacques Philippe
- *Interior Freedom* by Fr. Jacques Philippe

### From the Shelf of Christopher Russell

- *Searching for and Maintaining Peace* by Fr. Jacques Philippe
- *Jesus Calling* by Sarah Young

### From the Shelf of Zack Robinson

- *Searching for and Maintaining Peace* by Fr. Jacques Philippe
- *Time for God* by Fr. Jacques Philippe
- *Imitation of Christ* by Thomas a Kempis
- *Interior Freedom* by Fr. Jacques Philippe
- *In the School of the Holy Spirit* by Fr. Jacques Philippe
- *He Leadeth Me* by Walter Cizek
- *Unbound* by Neal Lozano
- *Fides et Ratio* by John Paul II
- *The Spirit of the Liturgy* by Romano Guardini
- *The Abolition of Man* by C.S. Lewis
- *Mere Christianity* by C.S. Lewis
- *Orthodoxy* by G.K. Chesterton

### From the Shelf of Mary Brown

- *The Practice and Presence of God* by Brother Lawrence
- *The Long Loneliness* by Dorothy Day
- *Let Us Dream* by Pope Francis

### From the Shelf of Jennifer Schuberth

- *Spiritual Freedom God's Life-Changing Gift* by Father Dave Pivonka.
- *Love Like a Saint Cultivating Virtue with Holy Women* by Elizabeth M. Kelly
- *The Power of the Sacraments* by Sister Briege McKenna
- *To Be Like Jesus Inspiration from the Gospel of Luke* by Sister Ann Shields
- *What Does God Want?* by Father Michael Scanlan
- *Into the Deep, Finding Peace Through Prayer* by Dan Burke
- *Journey to God* by Dan Burke and Fr. John Bartunek

### From the Shelf of Jack Baronas

- *The Power of Silence: Against the Dictatorship of Noise* by Cardinal Robert Sarah
- *Searching for and Maintaining Peace* by Fr. Jacques Philippe

### From the Shelf of Lisa Sliker

- *When God and Cancer Meet* by Lynn Eib
- *Time for God* by Fr. Jacques Philippe
- *Becoming a Vessel God Can Use* by Donna Partow

# The Season of Lent | March 2 - April 14 | Dates to Remember

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## Holy Week

### **PALM SUNDAY – April 10**

Palms will be blessed and distributed by Ministers of Hospitality at all weekend Masses

### **The Sacred Triduum**

#### **Holy Thursday, Good Friday, Holy Saturday**

(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 for three days. We cannot separate the death of Jesus from his resurrection. Please join us for these special celebrations!

#### **HOLY THURSDAY – April 14**

8:15 am – Morning Prayer

7:00 pm – Mass of the Lord’s Supper, followed by a procession to the Altar of Repose in the Parish Center for quiet prayer before the Blessed Sacrament until Midnight.

#### **GOOD FRIDAY – April 15**

(No 8:15 am Mass, No 4:00 pm Confessions)

8:15 am – Morning Prayer

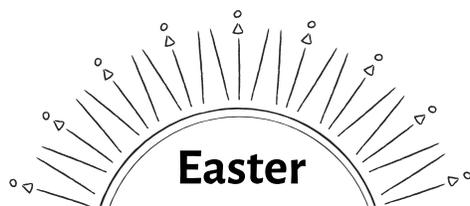
3:00 pm & 7:00 pm – Liturgy of the Lord’s Passion, including Veneration of the Cross and Holy Communion

#### **HOLY SATURDAY – April 16**

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

8:15 am – Morning Prayer

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



#### **THE EASTER VIGIL – April 16/17**

8:30 pm – Easter Vigil Mass (Church)

There is no 4:30pm Vigil Mass on 4/16

#### **EASTER SUNDAY – April 17**

7:30 am; 9:00 am (Church)

11:00 am (Church and Outdoors)

There is no 5:00pm Mass on Easter Sunday.