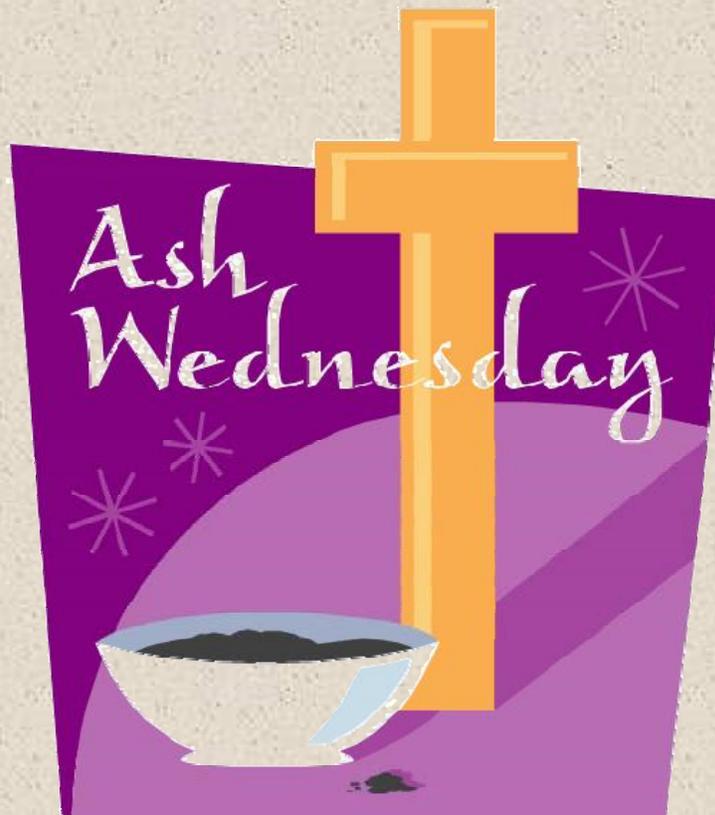


March 5, 2014



Masses: 8:00 a.m., 5:00 p.m., 7:00 p.m.

LENTEN REGULATIONS

Ash Wednesday (March 5, 2014) and Good Friday (April 18, 2014) are days of abstinence from meat and also days of fast, that is, only one full meal is allowed; no solid food between meals. Two other meatless meals, sufficient to maintain strength, may be taken according to one's needs but they together should not equal another full meal.

2. The other Fridays of Lent are days of abstinence from meat.
3. The obligation to abstain from meat commences at fourteen years of age.
4. The obligation to fast commences at eighteen years of age and ends at fifty-nine years of age.
5. Although the faithful enjoy freedom in conscience to excuse themselves for a just cause from these mitigated laws of fast and abstinence, the obligation to do penance is a serious one and no Catholic should lightly excuse himself/herself from this obligation in the Lenten season.

Practices of Lenten penances and acts of mortification, increased devotion and prayer, and acts of mercy and charity are worthy elements of our Lenten tradition.

Holy Spirit Wings Lent 2014

Ash Wednesday is March 5 this year. Lenten opportunities for spiritual growth are described below; an 'At-a-Glance' listing follows. Lent and Easter fall late this year: Easter Sunday is April 20---almost as late as it can be! Do you know how the date of Easter is calculated?

Stations of the Cross and Fish Fries

The first five Fridays of Lent anticipate the first five Sundays of Lent. On those five Fridays, we will have Stations of the Cross at 5:30 p.m. Also on those five Fridays, there will be a Fish Fry from 5:30-7:00 p.m. All day on Fridays, the church will be open and Stations booklets available for individual prayer. Quiet music will provide a reflective background. Mark your calendars now for those five dates: March 7, March 14, March 21, March 28, and April 4.

Sundays in Lent

The First Sunday in Lent is March 9. On the first five Sundays of Lent, we focus on key Lenten scripture phrases. We hear them spoken aloud before Mass begins, and feature them on our bulletin covers. This year our scriptures are from Cycle A in the Lectionary. They include three very important gospels on the Third, Fourth, and Fifth Sundays of Lent. Palm Sunday is April 13. Each Mass begins with a Palm Procession; during Mass we read Christ's Passion.

Weekdays in Lent

Daily Mass is Monday, Wednesday, & Friday mornings at 8:00 a.m. Tuesday & Thursday evenings, Mass is at 6:00 p.m. All weekday Masses are in the chapel. The Adult Faith Formation Committee will be forming small groups to read and reflect on Pope Francis' exhortation *Joy of the Gospel*. Our Lenten Reconciliation Service is Monday evening, April 7, at 7:00 p.m. *Little Black Books* for daily spiritual preparation will be available at Masses the weekend of March 1 & 2.

Palm Sunday and Holy Week

Palm Sunday (April 13) begins Holy Week, the peak of our church's liturgical year. Preparations for Holy Week begin the previous Friday evening, April 11, when the church and the parish hall (gym) are prepared for Palm Blessings/Processions and for the reading of Christ's Passion at Masses. We keep this week free from meetings and other gatherings, focusing on the final days of Lent and on the Easter Triduum: sundown Holy Thursday, through Good Friday, Holy Saturday's Easter Vigil and Easter Sunday morning. Triduum ends at sundown Easter Sunday.



March 2	Little Black Books available for Lent at all Masses
March 5 (Wed.)	Ash Wednesday Masses: 8 a.m., 5 p.m., 7 p.m.
March 7 (Fri.)	Stations of the Cross 5:30 p.m.; Fish Fry 5:30-7 p.m.
March 9 (Sun.)	First Sunday of Lent
March 14 (Fri.)	Stations of the Cross 5:30 p.m.; Fish Fry 5:30-7 p.m.
March 16 (Sun.)	Second Sunday of Lent
March 21 (Fri.)	Stations of the Cross 5:30 p.m.; Fish Fry 5:30-7 p.m.
March 23 (Sun.)	Third Sunday of Lent
March 28 (Fri.)	'Stations With Mary' 5:30 p.m.; Fish Fry 5:30-7 p.m.
March 30 (Sun.)	Fourth Sunday of Lent
April 4 (Fri.)	Stations of the Cross 5:30 p.m.; final Fish Fry 5:30-7 p.m.
April 6 (Sun.)	Fifth Sunday of Lent
April 7 (Mon.)	Lenten Reconciliation Service, 7 p.m.
April 13 (Sun.)	Palm Sunday Masses and Processions; <i>Holy Week begins</i>

April 17 Holy Thursday

Mass of the Lord's Supper, 7:30 p.m.

April 18 Good Friday

Stations 3:00 p.m.; Veneration of the Cross 7:30 p.m.

April 19 Holy Saturday

Easter Vigil, 7:30 p.m.

April 20 Easter Sunday

Masses at 8:30 a.m. & 10:30 a.m.



Holy Spirit Catholic Church

1800 S.W. 150 Highway, Lee's Summit, Missouri 64082

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Lent and the Initiation Sacraments

Lent, in its earliest history, was the season of preparation for the sacraments, particular for Baptism. This tradition carries over to today's Church practices. For instance, unless a special circumstance exists, adults and children over the age of seven are to be baptized at the Easter Vigil and not at any other time of the year.

At Holy Spirit, we follow the prescribed rituals for initiation. For example, on the First Sunday of Lent, our catechumens and candidates (those previously baptized) are sent to the Cathedral for the Rite of Election, which marks their spiritual discernment to receive the Sacraments of Initiation: Baptism, Confirmation and Eucharist. On the Third, Fourth and Fifth Sundays of Lent, the parish celebrates special Scrutiny Rites with the catechumens. These Scrutinies are meant to purify their hearts and souls in preparation for the reception of the initiation sacraments. Finally, at the Easter Vigil, after months of preparation, we will welcome our catechumens and candidates into the fullness of the Catholic faith.

Our children, too, take part in the Lenten custom of preparation. Holy Spirit has 61 children who are preparing to receive Our Lord in Holy Communion during the Easter Season. You'll see them wearing their special name badges at Mass. Please take a moment to greet and congratulate them on their faith journey. Lent is a time of solemn preparation for all of us. Let's especially pray for all those seeking initiation into our Church family.

