



CATHOLIC FAMILY
GUIDE
FOR
A HOLY LENT &
YEAR OF
ST. JOSEPH

THE SPECIAL SEASON OF LENT

Lent (the word "Lent" comes from the Old English "lencten," meaning "springtime") lasts from Ash Wednesday to the Vespers of Holy Saturday -- forty days + six Sundays which don't count as "Lent" liturgically. The Latin name for Lent, Quadragesima, means forty and refers to the forty days Christ spent in the desert which is the origin of the Season. The last two weeks of Lent are known as "Passiontide," made up of Passion Week and Holy Week. The last three days of Holy Week -- Maundy Thursday, Good Friday, and Holy Saturday -- are known as the "Sacred Triduum."

The focus of this Season is the Cross and penance, penance, penance as we imitate Christ's forty days of fasting, like Moses and Elias before Him, and await the triumph of Easter. We fast, abstain, mortify the flesh, give alms, and think more of charitable works. Awakening each morning with the thought, "How might I make amends for my sins? How can I serve God in a reparative way? How can I serve others today?" is the attitude to have.

We meditate on "The Four Last Things": Death, Judgment, Heaven, and Hell, and we also practice mortifications by "giving up something" that would be a sacrifice to do without. The sacrifice could be anything from desserts to television or your favorite hobby, and it can entail, too, taking on something unpleasant that we'd normally avoid, for example, going out of one's way to do another's chores, performing "random acts of kindness," etc. A practice that might help some, especially small children, to think sacrificially is to make use of "Sacrifice Beads" in the same way that St. Thérèse of Lisieux did as a child.

Because of the focus on penance and reparation, it is traditional to make sure we go to Confession at least once during this Season to fulfill the precept of the Church that we go to Confession at least once a year, and receive the Eucharist at least once a year during Eastertide. A beautiful old custom associated with Lenten Confession is to, before going to see the priest, bow before each member of your household and to any you've sinned against, and say, "In the Name of Christ, forgive me if I've offended you." One responds with "God will forgive you." Done with an extensive examination of conscience and a sincere heart, this practice can be quite healing (also note that confessing sins to a priest is a Sacrament which remits mortal and venial sins; confessing sins to those you've offended is a sacramental which, like all sacramentals one piously takes advantage of, remits venial sins. Both are quite good for the soul!)

In addition to mortification and charity, seeing and living Lent as a forty day spiritual retreat is a good thing to do. Spiritual reading should be engaged in over and above the usual amount one should do daily.

GUIDELINES ON FASTING & ABSTINENCE FROM MEAT ON FRIDAYS IN LENT

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence.

Fasting: For members of the Roman Catholic Church, the norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal.

Abstinence: The law of abstinence requires a Catholic 14 years of age until death to abstain from eating meat on Fridays in honor of the Passion of Jesus on Good Friday. Meat is considered to be the flesh and organs of mammals and fowl. Salt and freshwater species of fish, amphibians, reptiles and shellfish are permitted, as are animal-derived products such as gelatin, butter, cheese and eggs, which do not have any meat taste.

If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus, and to prepare ourselves to share more fully and to celebrate more readily his Resurrection.

Please note that fasting guidelines do not apply if one has a medical necessity.



LENT IS COMING



LENT IS THE SEASON of prayer and penance set apart by the Church to prepare us for the solemn feast of Easter. To make this preparation bear fruit, She has us traverse the way of Our Lord, that is, by fasting and doing penance in the desert for forty days (cf. Matt 4:1-11, Luke 4:1-13). Lent is a time to learn to love our souls more than our bodies. Thus, every Christian should make a special effort to practice mortification and strive for holiness during these forty days. These can be fittingly accomplished through voluntary amendment of life, acts of penance, and works of charity.

Do not let this time to Grow in Holiness Pass You By!!

*Consider the following categories on what we should
do for Lent this year.*



1. VOLUNTARY AMENDMENT OF LIFE: Give up those things that need to go sooner or later, namely bad habits. Our goal here is to learn to love our souls more than our bodies... to break a bad habit forever and Lent is a good time to do it. Examples: Gossiping, surfing the web without real need, watching T.V., overeating, eating between meals, eating and drinking junk foods (e.g., soda), bad drinking habits, complaining, saying vulgar words, not getting up on time, using a snooze alarm, wasting time playing video games, going to movies, listening to base music, useless chattering on facebook, blogs, and the like, etc.

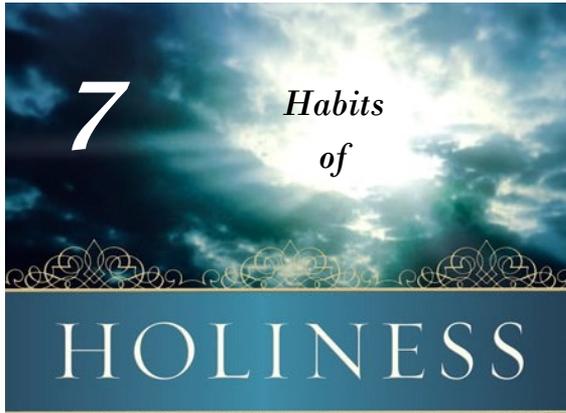
In this category I am going to give up _____

2. ACTS OF PENANCE: Perform some kind of penance. Our goal here is to train ourselves to say "no" in little things so that we can say "NO" to big temptations later. We can resume doing the things given up here once Lent is over. Examples: Avoid eating or drinking something that we enjoy, such as desserts. Give up eating out, taking completely warm showers, drinking alcoholic beverages, etc...

In this category I am going to give up _____

3. WORKS OF CHARITY: Perform some good and holy action(s). Our goal here is to strengthen our relationship with Christ and His Church. Ideally, what we start here would continue in some way even after Lent is over. Love God more than yourself! Examples: Pray the Rosary everyday, attend daily Mass as much as possible, read the Sacred Scriptures _____ minutes a day, spend _____ additional time everyday with my family, read a life of a saint or saints, increase spiritual reading in place of electronic media, make a daily visit to the Most Blessed Sacrament or shrine of Our Lady.

In this category I am going to _____



1. Say the Morning Offering first thing after you get up, dedicate the day to the glory of God.
2. Fifteen minutes of quiet prayer, preferably before the Blessed Sacrament, but this can be done at home or outside. Join Mary (Lk 10:38) and just sit at the feet of Jesus and *listen*.
3. Fifteen minutes of spiritual reading. This could be a systematic reading of the New Testament or the lives of the Saints.
4. Attend Holy Mass and receive Holy Communion in the state of grace. (Of course, this presumes a frequent trip to the confessional.)
5. Pray the *Angelus* at 12 Noon or the *Regina Coeli* during the Easter Season.
6. Pray the Rosary “sitting at the school of Mary and contemplating her Son.”
7. Make a brief examination of conscience each night before going to bed. Review the day...make an act of gratitude for the good done and act of contrition for the areas in which you failed.

CONFESSION

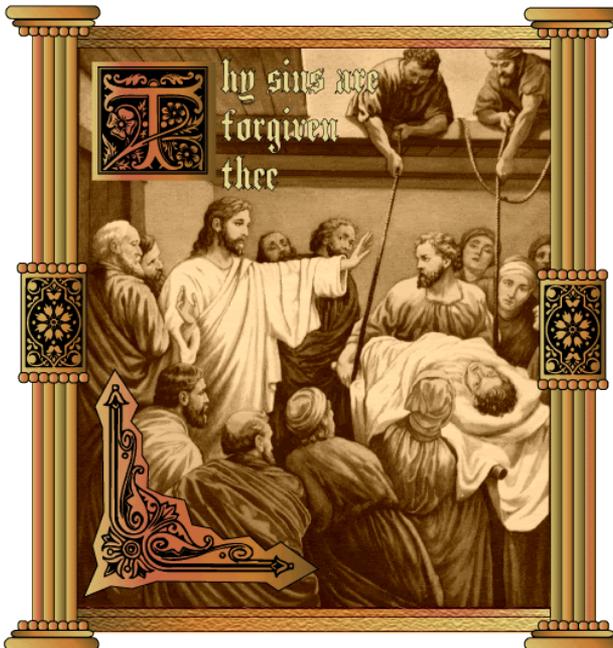
Going to Confession is always a way to increase in holiness and grace. Consult the bulletin & website for expanded confession times during Lent. An Examination of Conscience is provided to help you prepare for your confession.

Just as an animal becomes a stronger beast of burden and more beautiful to behold the more often and better it is fed, so too confession - the more often it is used and the more carefully it is made as to both lesser and greater sins - conveys the soul increasingly forward and is so pleasing to God that it leads the soul to God's very heart.

--Revelations of St. Bridget

Confession heals, confession justifies, confession grants pardon of sin, all hope consists in confession; in confession there is a chance for mercy.

--St. Isidore of Seville



Remember you are dust and to dust you shall return.



ASH WEDNESDAY

17 FEBRUARY 2021

MASS & IMPOSITION OF ASHES

9:00 AM

LITURGY OF THE WORD & IMPOSITION OF ASHES

12:00 PM & 6:30 PM

Ash Wednesday is the day for being reminded of and contemplating our mortality, of which Ecclesiasticus 1 reminds us:

What profit hath a man of all his labour which he taketh under the sun? One generation passeth away, and another generation cometh...

The things of this world are transient, and Christians must always keep one eye on the world to come.

Recalling this Truth is one of the principles behind the use of ashes on the forehead today: to remind us that we are mortal, subject to the rot and decay our Western culture now desperately tries to euphemize away, and that we are radically dependent on -- solely dependent on -- Jesus Christ to overcome this fate.

From Meditation on Death Chapter 23 of "Imitation of Christ" by Thomas a Kempis:

Act now, dear soul; do all you can; for you know neither the hour of your death, nor your state after death. While you have time, gather the riches of everlasting life. (Luke 12:33; Galatians 6:8) Think only of your salvation, and care only for the things of God. Make friends now, by honouring the Saints of God and by following their example, that when this life is over, they may welcome you to your eternal home. (Luke 16:9)

Keep yourself a stranger and pilgrim upon earth, (1 Peter 2:11), to whom the affairs of this world are of no concern. Keep your heart free and lifted up to God, for here you have no abiding city. (Hebrews 13:14) Daily direct your prayers and longings to Heaven, that at your death your soul may merit to pass joyfully into the presence of God.

FEASTS & SOLEMNITIES DURING LENT

FEAST OF ST. PATRICK—17 MARCH

St. Patrick (ca. A.D. 385-461) was born -- in Scotland! He was the son of a high-ranking Roman family, but was carried off into slavery by Irish marauders when he was 16 and forced into shepherding. While in captivity in Ireland, though, he learned Celtic and the ways of Druidism, as his master was a Druid High Priest, two bits of knowledge that would help him later in evangelizing Irish pagans. He escaped his master, travelled about a bit -- but desired to return to Ireland to evangelize, a task he was entrusted with by Pope Celestine I, and a task he was most successful at (legend says that he even drove the snakes from that land with a sermon).

FEAST OF ST. JOSEPH—19 MARCH

Seven days before the Feast of the Annunciation (25 March) which commemorates Gabriel's visit to Mary announcing that she is to give birth to the Messiah, we meet St. Joseph, her spouse.

St. Joseph was born in Bethlehem and worked as a carpenter (Matthew 13:55: "Is not this the carpenter's son?"), an occupation he later passed on to his Son (Mark 6:3: "Is not this the carpenter, the son of Mary, the brother of James, and Joseph, and Jude, and Simon? are not also his sisters here with us?"). He became betrothed to Mary, a consecrated Virgin, in order to serve as her protector. .

FEAST OF THE SEVEN SORROWS OF MARY—23 MARCH

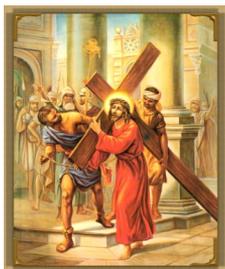
There are two days we commemorate the dry martyrdom of Our Lady -- September 15 and today. The Mass in September is devoted more specifically to her 7 Sorrows; the Mass today focuses on her compassion and what she suffered during the first Passiontide. To that end, the Sequence read after the Epistle, Gradual, and Tract consists of the haunting *Stabat Mater*, the text of which was written by St. Thomas Aquinas.

FEAST OF THE ANNUNCIATION— 25 MARCH

Exactly nine months to the day before the Feast of the Nativity, we celebrate the annunciation that the angel -- the archangel -- Gabriel makes to Mary. It was this day on which Our Lord entered the world, and on this day, thirty-three years later, that He left it. It must be remembered that it was on this day, not Christmas, that Christ came to the world, as a baby inside Mary's womb.

STATIONS OF THE CROSS & BENEDICTION AT CATHEDRAL

Join us as we pray the Stations of the Cross followed by Benediction of the Blessed Sacrament beginning at 6:30 pm on:



- Friday, 26 February
- Friday, 5 March
- Friday, 12 March
- Friday, 19 March
- Friday, 26 March

GOOD FRIDAY PRAYERS

Prayer of the Seven Last Words

O divine Jesus, incarnate Son of god, for our salvation you consented to be born in a stable, to spend you whole life amid poverty, trials, and misery, and to die surrounded by sufferings on the Cross.

At the hour of my death, please tell your Father, Father, forgive them.

Tell your Mother, Behold your child. Tell my soul, This day you shall be with me in paradise.

My God, my God, do not forsake me in that hour.

I thirst, yes, my soul thirsts for You who are the fountain of living waters.

My life passes away like a shadow; in a short while everything will be accomplished.

Therefore, my adored Savior, from this moment and for all eternity, into your hands I commend my spirit.

Lord Jesus, receive my soul.

Prayer of Love to the Crucified Soul

O Jesus, it is not the heavenly reward you have promised which impels me to love You; neither is it the threat of hell that keep me from offending You.

It is You, O Lord, it is the sight of You affixed to the Cross and suffering insults; it is the sight of Your broken body, as well as Your pains and your death. There is nothing You can give me to make me love You.

For even if there were no heaven and no hell I would still love You as I do.

Amen .

The Divine Mercy Novena Begins Good Friday.

LITANY OF OUR LADY OF SEVEN SORROWS

V. Lord, have mercy on us.

R. Christ, have mercy on us.

V. Lord, have mercy on us. Christ, hear us.

R. Christ, graciously hear us.

God, the Father of heaven, have mercy on us.

God the Son, Redeemer of the world, have mercy on us.

God the Holy Spirit, have mercy on us.

Holy Mary, Mother of God, pray for us.

Holy Virgin of virgins, pray for us.

Mother of the Crucified, [etc.]

Sorrowful Mother

Mournful Mother

Sighing Mother

Afflicted Mother

Forsaken Mother

Desolate Mother

Mother most sad

Mother set around with anguish

Mother overwhelmed by grief

Mother transfixed by a sword

Mother crucified in thy heart

Mother bereaved of thy Son

Sighing Dove

Mother of Dolors

Fount of tears

Sea of bitterness

Field of tribulation

Mass of suffering

Mirror of patience

Rock of constancy

Remedy in perplexity

Joy of the afflicted

Ark of the desolate

Refuge of the abandoned

Shield of the oppressed

Conqueror of the incredulous

Solace of the wretched

Medicine of the sick

Help of the faint

Strength of the weak



Protectress of those who fight
Haven of the shipwrecked
Calmer of tempests
Companion of the sorrowful
Retreat of those who groan
Terror of the treacherous
Standard-bearer of the Martyrs
Treasure of the Faithful
Light of Confessors
Pearl of Virgins
Comfort of Widows
Joy of all Saints
Queen of thy Servants
Holy Mary, who alone art unexampled
V. Pray for us, most Sorrowful Virgin,
R. That we may be made worthy of the promises of Christ.

Let us pray.

O God, in whose Passion, according to the prophecy of Simeon, a sword of grief pierced through the most sweet soul of Thy glorious Blessed Virgin Mother Mary: grant that we, who celebrate the memory of her Seven Sorrows, may obtain the happy effect of Thy Passion, Who lives and reigns world without end. Amen.

THE SEVEN SORROWS OF OUR LADY

1. The Prophecy of Simeon
2. The Flight into Egypt
3. The Loss of Jesus in the Temple
4. Mary meets Jesus Carrying the Cross
5. The Crucifixion
6. Mary Receives the Dead Body of Her Son
7. The Burial of Her Son and Closing of the Tomb.



8 December 2020

YEAR OF SAINT JOSEPH

8 December 2021

On 8 December 2020, Pope Francis in his Apostolic Letter [Patris Corde](#) declared a *Year of St. Joseph* that will run from 8 December 2020-8 December 2021.

The Apostolic Penitentiary has proclaimed special plenary indulgences for the year.

In order to obtain a plenary indulgence, the usual conditions are required: performance of said work (of the several listed below), sacramental Confession, reception of Holy Communion, prayer for the intentions of the Holy Father. The soul should be detached of any sin. It is best to receive Communion and pray for the intentions of the Holy Father the day the indulgenced work is done, however, according to the most recent [Church guidelines](#) “it is sufficient that these sacred rites and prayers be carried out within several days (about 20) before or after the indulgenced act.” The Apostolic Penitentiary has also taken into account the worldwide situation regarding the health crisis. The office stated the “gift of the plenary indulgence is particularly extended to the elderly, the sick, the dying and all those who for legitimate reasons are unable to leave the house, who with a soul detached from any sin and with the intention of fulfilling, as soon as possible, the three usual conditions, in their own home or where the impediment holds them, they will recite an act of piety in honor of St. Joseph, trust in God the pains and discomforts of their life.”

Indulgenced Works for the Year of St. Joseph include:

- At least 30 minutes of meditation on the Our Father, or, participation in a spiritual retreat of at least one day that includes a meditation on St. Joseph Performing a [spiritual or corporal work of mercy](#)
- Praying the Holy Rosary with your family. An couple preparing for Holy Matrimony may also gain this indulgence by praying the Rosary together.
- Praying daily to entrust all activities and request protection to St. Joseph:
- Pray the [Litany of St. Joseph](#) for the Persecuted Church (both from within and without) and for all persecuted Christians
- Recitation of any approved prayer or act of piety in honor of St. Joseph for example the [“To you, O Blessed Joseph”](#) prayer especially on his feast days of 19 March and 1 May and also on the Feast of the Holy Family, the 19th of each month and Wednesdays – traditionally dedication to St. Joseph

Memorare to St. Joseph

Remember, O most pure spouse of the Blessed Virgin Mary, my great protector, Saint Joseph, that no one ever had recourse to your protection, or implored your aid without obtaining relief. Confiding therefore in your goodness, I come before you. Do not turn down my petitions, foster father of the Redeemer, but graciously receive them. Amen.

Novena Prayer to St. Joseph

Saint Joseph, you are the faithful protector and intercessor of all who love and venerate you. I have special confidence in you. You are powerful with God and will never abandon your faithful servants.

I humbly invoke you and commend myself, with all who are dear to me, to your intercession. By the love you have for Jesus and Mary, do not abandon me during life, and assist me at the hour of my death.

Glorious Saint Joseph, spouse of the immaculate Virgin, Foster-father of Jesus Christ, obtain for me a pure, humble, and charitable mind, and perfect resignation to the Divine Will. Be my guide, my father, and my model through life that I may merit to die as you did in the arms of Jesus and Mary.

Loving Saint Joseph, faithful follower of Jesus Christ, I raise my heart to you to implore your powerful intercession in obtaining from the Heart of Jesus all the graces necessary for my spiritual and temporal welfare, particularly the grace of a happy death, and the special grace I now implore: *(Mention your request)*

Guardian of the Word Incarnate, I am confident that your prayers in my behalf will be graciously heard before the throne of God. Amen.

Prayer to St. Joseph for the Church

Glorious Saint Joseph, powerful protector of the Holy Church, I implore your heavenly aid for the whole Church on earth, especially for the Holy Father and all bishops, priests, and religious.

Comfort the afflicted, console the dying, and convert sinners and heretics. Have pity on the poor souls in purgatory, especially on my own family, relatives, and friends. Obtain for them the speedy remission of their punishment, that with you and all the Saints and Angels they may praise and glorify the Blessed Trinity forever. Amen.

Litany of St. Joseph

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

God our Father in heaven,

God the Son, Redeemer of the world,

God the Holy Spirit,

Holy Trinity, one God,

Holy Mary,

Saint Joseph,

Noble son of the House of David,

Light of patriarchs,

Husband of the Mother of God,

Guardian of the Virgin,

Foster father of the Son of God,

Faithful guardian of Christ,

Head of the Holy Family,

Joseph, chaste and just,

Joseph, prudent and brave,

Joseph, obedient and loyal,

Pattern of patience,

Lover of poverty,

Model of workers,

Example to parents,

Guardian of virgins,

Pillar of family life,

Comfort of the troubled,

Hope of the sick,

Patron of the dying,

Terror of evil spirits,

Protector of the Church,

Lamb of God, you take away the sins of the world, have mercy on us.

Lamb of God, you take away the sins of the world, have mercy on us.

Lamb of God, you take away the sins of the world, have mercy on us.

God made him master of his household, And put him in charge of all that he owned.

Let us pray.

O God, in Your ineffable providence You were pleased to choose Blessed Joseph to be the spouse of Your most holy Mother. Grant, we beg You, that we may be worthy to have him for our intercessor in heaven whom on earth we venerate as our Protector: You Who live and reign forever and ever.

R/. Amen.

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

pray for us.

HOLY WEEK SCHEDULE 2021

Palm Sunday 28 March

Vigil Mass, Saturday 27 March at 5:30 pm

Family Mass 9:00 am

Solemn Mass at 11:15 am with

Procession with Palms

THE SACRED TRIDUUM

Holy Thursday 1 April

Mass of the Lord's Supper 7:00 pm

Church open for prayer before

Altar of Repose until 11 pm

Good Friday 2 April

Liturgy of the Lord's Passion 3:00 pm

Holy Saturday 3 April

The Easter Vigil with

Bishop Guglielmone 8:00 pm

Easter Sunday 4 April

Easter Mass 8:00 am

Solemn Mass with Cathedral Choir 10:00 am

Easter Mass 12:00 pm