

40 DAYS OF LENT

LENT BEGINS ON ASH WEDNESDAY, MARCH 5TH

Return to Me with your Whole Heart

“Even now, says the LORD, return to me with your whole heart, with fasting, and weeping, and mourning; Rend your hearts, not your garments, and return to the LORD, your God. For he is gracious and merciful, slow to anger and abounding in steadfast love.”

JOEL 2:12-13

Devotional Opportunities

NIGHT PRAYER WITH THE BURIAL OF THE ALLELUIA | MARCH 4

- Join us at 7 P.M. in the church as we bury the alleluia before Lent begins

ASH WEDNESDAY | MARCH 5

- Masses at 8 A.M. and 7 P.M. with distribution of ashes
- Distribution of ashes in the narthex from 12 - 1 P.M. (Enter Door 11 or 12)
- Distribution of ashes in the narthex from 5 - 6:30 P.M. (Enter Door 11 or 12)

EUCCHARISTIC ADORATION | BEGINNING MARCH 7

- First Friday Holy Hour, March 7 and April 4 following 8 A.M. Daily Mass
- Holy Hour with Night Prayer at 7 P.M. on Thursdays, March 13, 20, April 3 and 10

FRIDAY STATIONS OF THE CROSS | BEGINNING MARCH 7

- Stations led by our school students at 2 P.M. on March 7, (no 14) 21, 28, April (no 4) and 11
- Stations at 7 P.M. on March 7, 14, (no 21) 28, April 4 and 11

SACRAMENT OF RECONCILIATION | SATURDAYS & SUNDAYS

- Saturdays, 3 - 3:45 P.M. on March 8, 15, 22, 29, April 5 and 12
- Sundays, 10 - 10:45 A.M. on March 9, 16, 23, 30, April 6 and 13

AREA WIDE DAYS OF RECONCILIATION | APRIL 4 & 11

- April 4: Divine Mercy Parish in Lombard from 9 A.M. - 9 P.M.
- April 11: St. Mark Parish in Wheaton from 9 A.M. - 9 P.M.

MASS OF THANKSGIVING | THURSDAY, MARCH 27 AT 7 P.M.

- Celebration of Fr. Keith's 10th Anniversary of Ordination to the Diaconate



Faith Formation Opportunities

33 DAYS TO EUCHARISTIC GLORY | BEGINNING FEBRUARY 27

- Weekly Adult Faith Formation on Thursdays at 8:30 A.M. or 5:45 P.M.
- You may still sign-up online at <https://stjamesge.org/adult-faith-formation/>

LENTEN PRAYER BOOKLETS | BEGINNING FEBRUARY 22/23

- A limited supply of prayer booklets for Lent are available in the narthex near the St. James Statue. Freewill offerings may be placed in the basket on the table.

Lenten Regulations

FASTING AND ABSTINENCE DURING LENT

1. Everyone 14 years of age or over is bound to abstain from meat on Ash Wednesday and all Fridays of Lent.
2. Everyone 18 years of age and under 59 years of age is bound to fast on Ash Wednesday and Good Friday.
3. On these two days of fast and abstinence, only one full meatless meal is allowed. Two other meatless meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted on these two days, but liquids, including milk and fruit juices are allowed.
4. To disregard completely the law of fast and abstinence is seriously sinful.
5. Lent is the principal season of penance in the Christian year. All of the faithful are strongly urged to develop and follow a program of voluntary self-denial (in addition to following the Lenten regulations), serious prayer and a performance of works of charity and mercy.
6. As always, the obligation for fasting and abstinence from meat does not apply to those medically dispensed, for example for the pregnant, diabetic, or elderly.

A Prayer for Lent

God of goodness and mercy, Hear my prayer as I begin this Lenten journey with you. Let me be honest with myself as I look into my heart and soul, noticing the times I turn away from you. Guide me as I humbly seek to repent and return to your love. May humility guide my efforts to be reconciled with you and live forever in your abundant grace. Transform me this Lent, heavenly Father. Give me the strength to make myself available to you every day as I prepare for Easter. Amen.