



L E N T

and

HOLY WEEK

2012

"Lent is like a long 'retreat' during which we can turn back into ourselves and listen to the voice of God, in order to defeat the temptations of the Evil One. It is a period of spiritual 'combat' which we must experience alongside Jesus, not with pride and presumption, but using the arms of faith: prayer, listening to the word of God and penance. In this way we will be able to celebrate Easter in truth, ready to renew the promises of our Baptism."~ Pope Benedict XVI

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LENTEN ACTIVITIES

Sacrament of Reconciliation

Lenten Confession Campaign: February 28 to April 3

Tuesday evenings from 7:00 PM to 9:00 PM

Saturday from 3:00 PM to 3:45 PM

Fifteen minutes prior to each weekday and Sunday Mass

Stations of the Cross

Friday afternoons at 1:00 PM and Friday evenings at 7:00 PM

Living Stations of the Cross, Friday, March 30, at 6:00 PM

Note: St. Ann School will sponsor a fund-raising "Fish Fry" following the Living Stations.

Children's Masses

Sunday, March 13 at 9:30 AM.

Sunday, April 1 at 9:30 AM

Parish Mission John Pridmore

JOHN PRIDMORE.com
Author and International speaker

March 10 and 11 – John will speak at all Masses

Sunday, March 11 – 3:00 PM

Monday, March 12 and Tuesday, March 13 at 10:00 AM and again at 7:00 PM



In John's own words...

I was born in the east end of London. At the age of 10, my parents got divorced and I made an unconscious decision not to love any more. At the age of 13 I had started stealing. By 15 I was put in a detention centre (youth prison). When I left home after having been released, my only qualification was stealing, so that's what I did. At 19 I was in prison again and because the way I dealt with my pain was with anger, I was always fighting. They put me on 23 hour solitary confinement and I came out of there even more angry and bitter.

I started bouncing round the east end and west end of London. I liked fighting so I thought I might as well get paid for it! I met some guys who seemed to have everything and I started to work for them. Before long I wasn't working for them, I was working with them. These were the guys who ran most of the organised crime in London. To my shame I was involved in massive drug deals, protection rackets and vicious crime of all sorts.

I had what I thought was everything. Money, power, girls, drugs the lot. But yet there was something missing... This struck me more than ever, when I thought I had killed someone outside of a nightclub I was working at. After nearly taking that man's life, something incredible happened and my life began to change.

I began working with at risk youth showing them there is another path than the violent one I took. Within a few years I was full time speaking in parishes, schools and prisons around the U.K. and Ireland to tens of thousands of people each year. In 2008 I spoke at World Youth Day in Sydney to over 400,000 young people and ever since my ministry has become more and more international. I have led retreats, conferences and seminars throughout the U.K., Ireland, U.S.A., Switzerland, Germany, Holland, Cayman Islands, France, Italy, Hong Kong, Australia, Tasmania, New Zealand, Mexico, Liberia, Bosnia Herzegovina and Croatia.

Come and be enlightened on the "other" path...

Lent: What do I Need to Know?

What is Lent?

Lent is the annual preparation for Easter calling us to reform our lives and to open our hearts to the spiritual blessings God has promised to bestow on us. Lent begins on Ash Wednesday and ends on Palm Sunday.

What Must I Do?

FASTING: Catholics who are between 18 & 59 are obligated to fast on Ash Wednesday and Good Friday. As explained by the U. S. bishops, fasting is partaking of only one full meal. Small amounts of food (not equaling a meal) are permitted in the morning and afternoon.

ABSTINENCE: Catholics who are 14 and older are obligated to abstain from eating meat on Ash Wednesday, the Fridays of Lent, and Good Friday. Abstinence does not include refraining from eating meat juices or liquids made from meat.

What Should I Do?

During Lent we should practice the three main disciplines of prayer, fasting, and almsgiving. These practices offer us all opportunities to grow in faith and in love for God.

Why Prayer, Fasting, and Alms?

Lent calls us back to the basics of our faith. Prayer, fasting, and almsgiving are key personal responsibilities of our faith; the minimum expected of us to show our appreciation for God's gift of divine life which we want to grow in us. From Scripture, there's never a question that Christ's followers are to pray, fast, and give alms – only how and in what spirit they are to do them. At Saint Ann, we are asking that each family practice almsgiving through our Lenten Food Drive. Details are on the next page.

Why Does Lent Seem So Negative, So Focused on Sin?

Starting with the somber symbol of ashes, Lent indeed has its negative side, in part because Lenten discipline aims to make us aware of the reality of our own sinfulness and weakness. We won't seek a doctor if we don't know we're sick. But the purpose of Lenten discipline isn't negative. Self-denial helps us empty ourselves so that we can be filled with God. It helps us hunger and thirst for the food and drink our souls need. We freely give up good for the promise of something better. But do not undertake Lenten disciplines as if by themselves they might heal us, make us holy or earn God's favor. Rather, their purpose is to open our hearts so that the Holy Spirit can work in us.

Should I Set Goals for Lent?

Yes, and reflect prayerfully about your Lenten resolutions before making them. Then make a list, but be modest. You may be setting yourself up for disappointment if you set unrealistic goals. Doing a little with love and devotion is spiritually more beneficial than trying to do much but doing it halfheartedly.

What Follows Lent?

Palm Sunday signals the end of Lent and the beginning of Holy Week, which culminates at the Easter Vigil on Holy Saturday. On Palm Sunday, we unite both the royal splendor of Christ with the proclamation of his Passion. We celebrate both Jesus' triumphant entry into Jerusalem and his painful death on the cross. We set aside three very special days, called the Paschal Triduum, to commemorate the great mysteries of our redemption. Triduum begins with the Mass of the Lord's Supper on Holy Thursday and ends with Vespers on Easter Sunday. We remember Christ's death on the cross in the Lord's Passion. We begin Holy Saturday morning by pausing at the Lord's tomb meditating on his passion, death, and descent into Hell. On Holy Saturday, at the Easter Vigil Mass, we celebrate his triumph over death and his resurrection.

“Lent is the time of re-learning how to run towards God, instead of aimlessly wandering.... Lent is a training for love.... Lent is a corridor that leads us to the face of the Father.” ~ Catherine de Hueck Doherty

Practical Almsgiving

As a Lenten project, St. Ann Church would like to provide non-perishable foodstuffs for the Black Rock Food Pantry. The Liturgy Committee has suggested that if each parishioner contributes just one item each week throughout the six weeks of Lent, we can make a substantial contribution to our local pantry.

Items to Be Donated

Week #	Weekend of	Items
1	February 25-26	1 bottle Cooking Oil (16 oz.)
2	March 3-4	5 lbs. Flour
3	March 10-11	1 jar Mayonnaise (8 oz.)
4	March 17-18	1 lb. Sugar
5	March 24-25	1 bottle Ketchup (14 oz.)
6	March 31-April 1	1 bottle Cooking Oil (16 oz.)

Together, with just a small effort, we can make a big difference in our community.

HOLY WEEK ACTIVITIES

Monday, April 2	Daily Mass	8:00 a.m.
Tuesday, April 3	Daily Mass Confessions	8:00 a.m. 7:00-9:00 p.m.
Wednesday, April 4	Daily Mass	8:00 a.m.
Thursday, April 5	Morning Prayer Mass of the Lord's Supper	8:00 a.m. 7:00 p.m.
Friday, April 6	Morning Prayer The Passion of Our Lord Stations of the Cross	8:00 a.m. 3:00 p.m. 7:00 p.m. (Confessions follow)
Saturday, April 7	Morning Prayer Reconciliation Blessing of the Easter Food Church Decorating Solemn Easter Vigil Mass	8:00 a.m. 9:30 a.m. to 10:30 a.m. 1:00 p.m. 1:30 p.m. 8:00 p.m.
Sunday, April 8	Easter Mass Easter Mass Easter Mass	8:00 a.m. 9:30 a.m. 11:00 a.m.

Note for Altar Servers, Extraordinary Ministers, and Lectors:

Rehearsal for Holy Thursday is on Thursday, April 5 at 4:00 p.m.

Rehearsal for Good Friday is on Friday, April 6 at 8:30 a.m.

Rehearsal for Easter Vigil is on Saturday, April 7 at 8:30 a.m.