

2019 - The Journey of Lent at Mater Dei Catholic Parish
(Please refer to your bulletin and / or announcements for any changes.)

Lenten Regulations on Fasting:

1. **Ash Wednesday and Good Friday** - days of fast and abstinence – all the faithful between the ages of 18 and 59, who are otherwise in good health, should eat only one full meal on Ash Wednesday and Good Friday. Two lighter meals are also permitted. In addition, the law of abstinence requires that all those who are 14 years of age or older are to abstain from eating meat on Ash Wednesday and on Good Friday.
2. **Fridays of Lent** - days of abstinence. For those 14 years of age and older, no meat is to be eaten.
3. **Prayer, Fasting, Almsgiving, and Mortification** - Each individual Catholic should resolve to engage in other activities of prayer, fasting, almsgiving, and mortification during the 40 days of Lent. The celebration of Mass, sacramental reconciliation, generous assistance to the poor, religious, and charitable causes should be part of everyone's Lenten journey.

Sacrament of Penance: All are encouraged to participate in the Sacrament of Reconciliation during Lent.

Parish Penance Services:

- Sunday, March 17, 2019 @ 2:00 pm: Sacred Heart Parish
Sunday, March 24, 2019 @ 2:00 pm: Mater Dei Parish (at Immaculate Conception Church)
Sunday, March 31, 2019 @ 2:00 pm: Holy Cross Parish (at Blessed Sacrament)
Tuesday, April 2, 2019 @ 7:00 pm: Cathedral Parish

Weekend reconciliation times:

- Saturdays: 2:30 – 3:30 pm at Nativity Church
3:30 – 4:30 pm at Immaculate Conception Church
Sundays: 6:00 – 6:30 pm at Immaculate Conception Church

During Lent, additional reconciliation times: (in the confessional)

- Mondays: 4:30 – 5:30 pm beginning March 11 at Nativity Church
Wednesdays: 5:00 – 6:00 pm beginning March 13 at Nativity Church
“Leave the Light On” – Tuesday, March 19 from 5:00 to 7:00 pm at both Immaculate Conception Church and Nativity Church
Good Friday (April 19) after the noon Good Friday Service at Immaculate Conception Church and after the 3:00 pm Good Friday Service at Nativity Church.

Almsgiving: Traditionally, almsgiving took the form of giving money to the poor and to other worldly causes. The term has been expanded to include any outreach of time, talent, money, or service on behalf of those in any need. Please note special collection envelopes for the following:

- 1st Sunday of Lent (March 10, 2019): Latin America / African / Eastern Europe
4th Sunday of Lent (March 31, 2019): Catholic Relief Services
Good Friday (April 19, 2019): Holy Land
Easter Sunday (April 21, 2019): Retired and Infirm Priests

Stations of the Cross:

- Mondays: 6:00 pm at Nativity Church March 11 through April 15 (following the usually 5:30 pm Mass)
Tuesdays: 2:30 pm at Immaculate Conception Church (school) March 12 through April 2
Wednesdays: 6:30 pm at Immaculate Conception Church and Nativity Church from March 13 through April 17
11:00 am on April 17 at Immaculate Conception Church (school) – Passion Play
Fridays: Noon at Immaculate Conception Church from March 8 through April 12

Little Black Books: The Little Black Books for Lent are available at all the entrances of Immaculate Conception Church and Nativity Church. These books offer six-minute meditations on the Sunday gospels of Lent. A small donation of \$1.00 would be appreciated to help cover the costs – please place donation in the white envelope found in each book and place in the collection basket or drop off at the Parish Offices.

Sacrament of the Anointing of the Sick: The Sacrament of the Anointing of the Sick will be held on April 2 at Immaculate Conception Church during the 5:30 pm Mass. Anyone advanced in years or in need of God's healing is invited to receive this Sacrament.

(over)

Mater Dei Parish Mass Times: (Please check your weekly bulletin for any changes.)

Daily Mass Times:

Mondays: 5:30 pm at Nativity Church
Tuesdays: *8:00 am at Nativity Church
5:30 pm at Immaculate Conception Church
Wednesdays: 8:00 am at both Nativity Church and Immaculate Conception Church
Thursdays: 8:00 am at Immaculate Conception Church
8:30 am at Nativity Church (school)
Fridays: 8:00 am at Nativity Church
9:00 am at Immaculate Conception Church (school)

(*Note that the 3rd Tuesday of the month at Nativity Church is the Confraternity of Christian Mothers with daily Mass time being at 9:00 am – dates would be March 19 and April 16)

Weekend Mass Times:

Saturdays: 4:00 pm at Nativity Church
5:00 pm at Immaculate Conception Church
Sundays: 8:00 am at Immaculate Conception Church
9:00 am at Nativity Church
10:00 am at Immaculate Conception Church
11:00 am at Nativity Church
7:00 pm at Immaculate Conception Church (all city Mass)

Morning Bible Study: On Thursday mornings during Lent, there will be a Bible Study at the Immaculate Conception Church Parish Center beginning at 9:00 am with the theme “*Living the Beatitudes in Everyday Life.*” For more information or to register, contact Midge Jensen at 402-632-4628 or 712-212-6633 or email midge.jensen@nntc.net

Evening Bible Study: On Tuesday evenings during Lent, there will be a Bible Study Group at the Nativity Parish Library beginning at 7:00 pm with the theme “*A Biblical Walk Through Christ’s Passion.*” For more information or to register, please contact Joni Morrison at 712-899-1805.

Evening Bible Study: Deacon Dennis Brockhaus will be having a Bible Study Group on Monday evenings during Lent at the Immaculate Conception Parish Center beginning at 7:00 pm from March 11 through April 15. For more information, please contact Deacon Dennis at dbrockhaus@me.com or call 712-253-1786.

Mater Dei Parish Small Groups – Developing deep rooted relationships with God and with each other:

For information, please contact Sid Shoemaker at scshoes@aol.com or call Sid at 712-253-0956.

Lenten Soup Supper: Lenten Soup Suppers will take place in the Immaculate Conception Parish Center on Tuesdays during Lent beginning on March 19 through April 16 after the 5:30 pm Mass. All are welcome!

Lenten Fish Fry: The Mater Dei Men’s Club will host their “World Renowned” Fish Fries on Fridays during Lent from March 8 through April 19 beginning at 5:00 pm at the Nativity School Gym.

Hands For God Lenten Service Project: Hands for God will be meeting on Wednesday mornings from 8:45 to 10:00 am in the Immaculate Conception Parish Center during Lent from March 13 through April 10. Projects include clothing and blankets for babies and children, afghans, prayer shawls, hats, etc. You may also participate in this service project at home. Call Lori Helland at the Parish Offices for details.

Prayers for Personal Intentions: During Lent, the weekend Mass Prayers of the Faithful will include a general prayer for all personal intentions. Feel free to write down your personal intentions and place them in the large stone jar by the votive prayer candles near the tabernacle at Immaculate Conception Church - paper is provided by the jar.

“To fast this Lent?”

***Fast from hurting words and say kind words. Fast from sadness and be filled with gratitude.
Fast from anger and be filled with patience. Fast from pessimism and be filled with hope.
Fast from worries and have trust in God. Fast from complaints and contemplate simplicity.
Fast from pressures and be prayerful. Fast from bitterness and fill your hearts with joy.
Fast from selfishness and be compassionate to others. Fast from grudges and be reconciled.
Fast from words and be silent so you can listen.”*** Pope Francis