

Lent

We prepare for the Resurrection and Easter with a period of self-examination involving prayer, fasting, and almsgiving.

Prayer

- Bible Study - Mon. 6:30 pm, lower level; Tues. 9:30 am, Choir Room; Wed. 6 am, office round table
- Cenacle of the Divine Will - Tuesdays 9:30 am, Room 2
- Christian Experience Weekend (CEW) retreat for Women, March 16-18
- Eucharistic Adoration - Tue, Wed. & Thu. 4 am - 11 pm, chapel
- Encounters with Mary - Mon. Feb. 26 & Mon. Mar. 26 @ 7 pm, church
- First Friday Eucharistic Adoration - March 2 @ 9:30 am, church
- Formed.org - Follow the link at paxchristchurch.org for this FREE parish resource
- Life in the Spirit seminars - Sundays Feb. 4 to March 25, 1:30-3:30 pm @ Holy Spirit Catholic Church
- Lumen Christi - Tuesdays 6:30 pm, church
- Prayer Line - contact the office (282-8542) to pray for others or to receive prayers
- Rosary led by the Knights of Columbus - Sat. March 3 @ 8:30 am, chapel
- Stations of the Cross - Led by various people or groups, Fridays 5:30 pm, church

Feb. 16 - Fr. Jonathan Fasnacht

March 2 - Fr. Will Thompson

March 16 - Social Justice

Feb. 23 - Choir

March 9 - Encounters with Mary

March 23 - Children



Fasting and Abstinence from Meat

When we deprive ourselves, we take our attachment away from the world and focus instead on Christ's sacrifice on the cross. Catholics have traditionally chosen additional penitential practices not regulated by the Church, but by individual conscience. Often times something is "given up" or a virtue or Work of Mercy is practiced.

- **Fasting** - Obligatory for those from age 18-59. You may eat one full meal, as well as two smaller meals that together are not equal to a full meal. Those who are excused include the physically or mentally ill, those suffering from chronic illnesses such as diabetes, and pregnant or nursing women. In all cases, common sense should prevail. Ill persons should not further jeopardize their health by fasting. We fast on Ash Wednesday and Good Friday.
- **Abstinence from Meat** - On Ash Wednesday and all Fridays during Lent, those 14 and older are obliged to abstain from meat.

Almsgiving The biblical norm of tithing is 10%. During Lent we are asked to give in a more sacrificial way.

Collections during Lent

February 14: Ash Wednesday - Church in Central and Eastern Europe

March 11: Catholic Relief Services

March 29: Holy Thursday - Channel One (bring a nonperishable food item)

March 30: Good Friday - Holy Land

Throughout Lent: Catholic Relief Services Rice Bowls

Parish Service Project - collect items for Mission 21, a local non-profit committed to the complete restoration of child victims of sex trafficking. They are in need of Hy-Vee gift cards, gas cards, and cash donations. More resources will be in the Gathering Area beginning Feb. 17.

Reconciliation Saturdays, 4-5 pm & Thursdays 5-6 pm

Communal Reconciliation Wednesday, March 21, 6:30 pm at Holy Spirit Catholic Church

City-Wide 24 Hours of Reconciliation 4 pm Friday, March 9 to 4 pm Saturday, March 10 at St. John's Catholic Church, Rochester

According to the Church's command, "after having attained the age of discretion, each of the faithful is bound by an obligation faithfully to confess serious sins at least once a year." *Catechism of the Catholic Church # 1457*

Lent Adult Studies at Pax Christi

There is no cost or need to RSVP. Join us!

Prayer 101

Sundays

12:15-1:15 pm

Feb. 18 - Fr. Will

Mar. 4 - Fr. Will

Mar. 18 - Fr. Jonathan
church

The first session will include preparing a time for prayer and saying your prayers. The second and third session will include (but may not be limited to) these topics: Lectio Divina, communal prayer, intercessory prayer, and Ignatian Meditation.

Forgiven:

The Transforming Power
of Confession



Video and Discussion Topic	Monday 9:30 am	Thursday 7 pm
1- Where Are You?	Feb. 19	Feb. 22
2 - An Encounter with Mercy	Feb. 26	Mar. 1
3- Embraced in Mercy: The Rite Explained	Mar. 5	Mar. 8
4 - Biblical Foundations: Sin, Mercy and the Sacrament of Confession	Mar. 12	Mar. 15
5 – Answering Common Questions about Confession	Mar. 19	Mar. 22

McCauley Hall

Come to any or all of the sessions that interest you.

Sunday Speaker Series

Sundays

4 pm

Feb. 11 - Prayer Texts and Hymns of Lent in the Roman Rite presented by Fr. Michael Joncas

Mar. 11 - Msgr. Tom Cook (topic TBD)

McCauley Hall

Alpha

Alpha is a series of sessions exploring the Christian faith. Each talk looks at a different question and is designed to create conversation. Sessions are held in parishioners' homes.

This is our pilot year.

More groups will begin in the fall.

Questions?

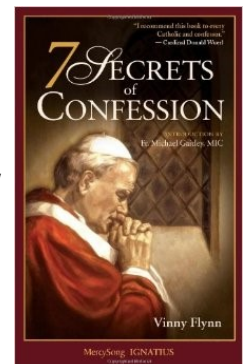
Joyce Lehman 507-282-8542 ext. 108

joyce.lehman@paxchristichurch.org

Our Lenten Gift to You

7 Secrets of Confession By Vinny Flynn

The understanding that many Catholics have of the Sacrament of Confession is so limited and narrow in its focus that it keeps them from discovering the real beauty and value of this Sacrament. For too many Catholics, Confession is just a means to an end: cleaning us up from sin so we can receive Communion. But, as Pope Francis tells us, Confession is much more than "going to the dry cleaner." It's "an encounter with Jesus, who waits for us as we are." **Pick up your copy in the Gathering Area.**



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Pax Christi Catholic Church