

LENT 2019

Church of Saint Gall – Tintah, MN

Church of Saint Olaf – Elbow Lake, MN

Church of Saint Charles – Herman, MN

Reverse Side

Basics for fasting and other guidelines for Lent

ADDITIONAL CONFESSION TIMES:

Father Jeremy will also hear confessions with the evening Stations of the Cross; see weekly bulletin for which parish he is at week to week.

Stations of the Cross

Church of Saint Gall	Wednesdays	9am
Church of Saint Charles	Wednesdays	6:30pm
Church of Saint Olaf	Wednesdays	7:30pm

Confessions

Church of Saint Olaf	Saturdays*	2pm – 2:30pm
Church of Saint Charles	Saturdays*	3pm – 3:30pm
Church of Saint Gall	Saturdays*	4:15pm – 4:45pm

Holy Thursday

Church of Saint Olaf	Thursday, 18 April	5:30pm
Church of Saint Charles	Thursday, 18 April	7:30pm

Good Friday of the Passion

Church of Saint Gall	Friday, 19 April	1pm
Church of Saint Charles	Friday, 19 April	3pm
Church of Saint Olaf	Friday, 19 April	5pm

Easter

Church of Saint Olaf	Saturday, 20 April	8pm
Church of Saint Gall	Sunday, 21 April	9am
Church of Saint Charles	Sunday, 21 April	10:30am

* excludes Holy Saturday, 20 April

BASICS FOR PENANCE DURING LENT

- these are Father Jeremy's guidelines and suggestions for navigating penance during Lent
- please be sure that you attend to these suggestions in a healthy way

Ash Wednesday and all Fridays including Good Friday:

- no meat (abstinence)
- less food generally (fasting)
 - this means eating smaller meals and possibly a smaller number of meals
 - eat less than it would take you to be satisfied
 - avoid both snacks and snacking

Confession:

- an important part of every Christian's Spring, Summer, Fall, AND Winter
- a very important part of every Christian's Lent regimen

Prayer, fasting, and almsgiving:

- Prayer
 - increase the amount of time and number of times you pray each day
 - pray with others – at school, at others' homes, and at your home as well
 - examples: pray before meals at school with others, family Rosary or Chaplet of divine mercy is very possible (it's only fifteen minutes), reading a different Psalm as part of your prayers before you go to sleep
 - challenge yourself: lots of people have little to no time spent in prayer; if that's you, now is the time to change that AND to not talk yourself out of it
- Fasting
 - this is the famous "giving up" stuff for Lent but it's only one of many things that all of us must do all throughout the season of Lent
 - give up several things that will be difficult, not just one thing or easy things
 - examples: give up all use of electronics that is not absolutely essential for work or school (videos, articles, social media, entertainment); most of us will discover that we now have plenty of time for lots and lots of prayer
 - choose to give up things that you will truly miss
- Almsgiving
 - more than spare change, find ways to cut the cost of living so that we discover money that we can give to nuns, Catholic charitable groups, and the poor
 - give even from what you need, not merely from your excess wealth
 - examples: less food could easily translate into more money that could be given away to others; suspending entertainment subscriptions, avoiding restaurants of all kinds, and living simply are all easy ways to discover cash that can be shared with others

Plan your work and work your plan

- lock in plans now, before Ash Wednesday, for all of your Lenten penances
- create a strategy for how to fix things when you're tempted to give up on your penances and how to get back on track if/when you fall from your planned penances