

# LENT 2018

*Pray • Serve  
Give • Learn  
Belong*



**Saint Clement Parish**  
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# The Spiritual Practices of Prayer, Fasting, and Almsgiving

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Lent is a sacred time of preparation. Each of us has a personal journey of faith, and the great joy of belonging to a parish community is that we are given the opportunity to journey with one another.

## Prayer—

The practice of listening and opening our hearts. When we pray, we are communicating with the voice of God. Prayer includes public worship in the liturgy and private prayer in meditation and contemplation.

## Fasting—

The Catholic Church's regulations on fasting require those between the ages of 18 and 59 to fast on Ash Wednesday and Good Friday, limiting themselves to one full meal and two smaller meals each day, with no snacking between meals. Catholics age 14 and older abstain from meat on Ash Wednesday, Good Friday, and all the Fridays of Lent. When we fast, we unite ourselves with others who suffer from want. We also sharpen our awareness of our dependence on God for all the gifts in our lives.



## Almsgiving—

We give alms for the poor to make a personal sacrifice and share our resources for the benefit of people in need.

# Pray

## Ash Wednesday: February 14

Begin your Lenten journey with the visible reminder that we were shaped from clay by God's hands, and that we will return to God.

- **7:00 a.m.** Full Mass with ash distribution
- **9:00 a.m.** Full Mass with ash distribution
- **Noon** Prayer service with ash distribution
- **4:00 p.m.** Prayer service with ash distribution
- **5:30 p.m.** Prayer service with ash distribution
- **7:00 p.m.** Full Mass with ash distribution

## Sacrament of Reconciliation

### **Communal Reconciliation Service**

*Tuesday, March 6 at 7:00 p.m. in the Church*

Through the sacrament of reconciliation, we examine our conscience and consider our relationships with ourselves, other people, and God. We seek healing and solidarity in the presence of others. Only then is our community restored to wholeness and holiness as the body of Christ, rededicated to bear Christ's peace in the world. On Tuesday, March 6 at 7:00 p.m. in the church, join other parishioners at our Reconciliation Service, followed by the opportunity for individual confession and absolution.

### **Individual Reconciliation**

Reconciliation is offered every Saturday afternoon from 4:00 p.m. to 4:45 p.m. in the chapel.

## Lenten Tuesdays

*February 20 to March 22*

Mass at 6:30 p.m. followed by Stations of the Cross.

Stations will not take place on March 6.

# Pray

## Taizé Prayer for Lent

*Monday, March 12 at 7:00 p.m. in the Church*

Taizé Prayer (pronounced “tay-zay”) is filled with song, scripture, and silent meditation. It is based on evening prayer and is modeled on the style as practiced in the Taizé community in France. Singing is one of the most essential elements of worship. Short songs, repeated again and again, give it a meditative character. Using just a few words, they express a basic reality of faith quickly grasped by the mind. As the words are sung over many times, this reality gradually penetrates the whole being. This 45 minute liturgy is sure to give you profound peace and tranquility.

## Little Black Books

A resource for personal prayer in everyday life. Daily reflections that help you remember to put God at the center of your life. Praying just six minutes a day in communion with fellow parishioners can change your life. Books are available in the vestibule.

## Prayer Apps: Pray On the Go!

Did you know there are a number of different apps for your phone that can help you pray throughout the day? Here are some apps you might want to explore to boost your prayer life this Lent:

- Lenten Companion App (Magnificat)
- Share Jesus: Daily Video Reflections On Lent (Redeemed Online)
- Lenten Gospel Reflections (Bishop Robert Barron & Word On Fire)
- Best Lent Ever (Matthew Kelly & Dynamic Catholic)
- Give Us This Day: Prayer for Today’s Catholic (Liturgical Press)
- Laudete—#1 Free Catholic App (Aycka Soft)
- Catholic Study Bible App Ignatius-Lighthouse Edition (Ignatius & Lighthouse partnership)
- Re-imagining the Examen (Loyola Press)
- Centering Prayer (Contemplative Outreach Ltd.)
- ClickToPray (Juan Della Torre)
- iRosary: Catholic Rosary (Opicury Software)
- Stations of the Cross Walk with Me (Pauline Books & Media)
- iBreviary TS Plus (Paolo Padrini)

# Pray

## Lenten Prayer for Transformation

Used with permission from Dynamic Catholic

*Loving Father,*

*I invite you into my life today*

*and make myself available to you.*

*Help me to become the best version of myself*

*by seeking your will and becoming a living example*

*of your love in the world.*

*Open my heart to the areas of my life that need to change*

*in order for me to carry out the mission*

*and experience the joy you have imagined for my life.*

*Inspire me to live the Catholic faith*

*in ways that are dynamic and engaging.*

*Show me how to best get involved in the life of my parish.*

*Make our community hungry for best practices and continuous learning.*

*Give me courage when I am afraid,*

*hope when I am discouraged,*

*and clarity in times of decision.*

*Teach me to enjoy uncertainty and lead your Church*

*to become all you imagined it would be*

*for the people of our times.*

*Amen*

## Eucharistic Adoration

***Thursdays starting at 4:00 p.m., Rosary at 6:00 p.m. and  
Benediction and Reposition at 6:30 p.m.***

Seeking to “give up something for Lent?” Try giving up noise and screens in a quiet, low-lit, sacred space. You need not read or recite prayers, just sit, breathe, and be in the presence of Christ, with no goals or expectations. Peace may not be as elusive as it seems.

**Extended hours:** The second Thursday of each month.

Benediction will begin at 7:00 p.m.

# Serve

## Donate-a-Day

The season of Lent reminds us that Jesus calls us to serve one another. The Saint Clement Donate-a-Day ministry offers many opportunities to serve in the community. Events are typically planned for weeknights or weekend afternoons for two to three hours, and are open to individuals, couples, families, or groups. Opportunities include:

- Making sack lunches and serving coffee for the homeless
- Preparing & serving a meal at the Lincoln Park Community Shelter
- Transforming a Catholic school in need at a Big Shoulders Fund *Give Back Day*
- Serving soup and sandwiches at the Franciscan Outreach Shelter, and more!

*Please see the weekly bulletin and parish website for a listing of specific dates and times for these upcoming service opportunities or contact Joanna Krynski at [jkrynski@clement.org](mailto:jkrynski@clement.org).*

## Sign Up for Service Day

***Called to Serve One Another: Saturday, April 28, 2018***

This year's 13th annual parish-wide Service Day will take place on April 28. Join family, friends, and fellow parishioners as we celebrate and live out our parish Anchors of *Pray, Serve, Give, Learn, & Belong*. Teams of adult and teenage parishioners (6th grade and older) will participate in a variety of service projects at social service agencies and organizations in need throughout the city, such as cleaning, painting, gardening, and more. Children in grades K-5 will complete age-appropriate service projects at the school with their peers. Last year over 440 parishioners participated in the day! Registration begins the week of March 10 and 11, on the plaza following all Masses and online.

*Know of any organizations or project sites in the city that could benefit from our service? Interested in serving as a team captain? We'd love to hear from you! Contact Maggie Hanley at [mhanley@clement.org](mailto:mhanley@clement.org).*

## Volunteer during Holy Week

Volunteer to serve in a new liturgical role during Holy Week, such as Foot Washers on Holy Thursday or Cross Bearers on Good Friday.

*Contact Nicole Zenner at [nzenner@clement.org](mailto:nzenner@clement.org).*

# Give

## Parroquia San José, Puerto Rico

Our parish-wide Lenten almsgiving this year will support Parroquia San José (St. Joseph Parish) in Puerto Rico. Parroquia San José is located in Luquillo, on the northeast corner of the island, and suffered extensive damage to the church and parish hall from Hurricane Maria. Your donation will support repairs to the windows and roof. Security, electricity, and future hurricanes are primary concerns, and we will look to continue our support of Parroquia San José over the next three years, as they continue to rebuild.



A donation of any size helps, and donations can be dropped off to the parish at any time. Please make your check payable to: **Saint Clement Parish**, with **Puerto Rico** in the memo line. For more information, visit [clement.org](http://clement.org).

*School Children:* Please bring alms to class by **Monday, March 26** in the box provided, or in the envelope marked Parroquia San José, Puerto Rico.

*Religious Ed Children:* Please bring alms to a Sunday Mass in the box provided, or in an envelope marked Parroquia San José, Puerto Rico.

## Food Collection

### *At all Masses, February 24 & 25*

Please support the parish's ongoing, monthly food drive on the last Sunday of each month. Items donated support local parish-operated food pantries and organizations in need. Please place all items in the boxes located in the back of the church.

**Items needed:** Non-perishable items such as canned fruits, tuna, stew, vegetables, soups and juice, as well as hygiene products such as deodorant, soap, toothpaste and diapers.

# Learn

## Anchoring Our Faith: Lenten Faith Sharing Groups

Jesus did most of His ministry in small groups; through His small group of 12 disciples, He left His legacy and changed the world! Small groups offer opportunities for you to form deep and lasting friendships, have your spiritual needs met, learn and grow, be encouraged and cared about, and see growth in others. Small group participation is among the most important ways in which we as Christians can increase engagement with our faith, with our parish, and with the world around us. Increased engagement, in turn, means a life with more meaning, lived more fully each day.

Join an Anchoring Our Faith small group this Lent to discuss Sunday's Gospel and reflections, which relate to the Sunday scriptures. No scripture knowledge required and no matter where you are on your faith journey, you are welcome! All materials provided.

- Thursdays from 9:30 a.m. - 11:30 a.m. | Feb. 15, 22, & March 1, 8, 15, 22
- Thursdays from 7:00 p.m. - 9:00 p.m. | Feb. 15, 22, & March 1, 8, 15, 22
- Sundays from 10:30 a.m. - 12:30 p.m. | Feb. 18, 25, & March 4, 11, 18, 25
- Tuesdays from 7:00 p.m. - 9:00 p.m. | Feb. 20, 27, & March 6, 13, 20, 27
- Wednesdays from 7:00 p.m. - 9:00 p.m. | Feb. 21, 28, & March 7, 14, 21, 28

*Register online at [clement.org/anchoringourfaith](http://clement.org/anchoringourfaith) for one of the groups listed or created your own group by emailing Lisa Friedlander at [lfriedlander@clement.org](mailto:lfriedlander@clement.org).*

## Children's Lenten Kick-Off Event

Are you looking for ways to teach your young children, ages two to five-years-old, about Lent? Join Clement Moms on **Saturday, February 17** at 10:00 a.m. in Fireside Hall for Lenten themed music, crafts, and a fun-filled lesson with Fr. Rex. Resources will also be handed out for families to take home to use during the Lenten season. This is a great way to meet other young families in the parish and learn more about Clement Moms. We look forward to meeting new families and welcoming back current families!

*Questions? Contact Lisa Vadola at [lavadola@gmail.com](mailto:lavadola@gmail.com).*



# Belong

## Support & Welcome our RCIA Candidates

We are blessed to have in our parish several adults preparing for baptism, first Eucharist, and confirmation through the process of RCIA (the Rite of Christian Initiation of Adults). Their presence in our community becomes more apparent during Lent, when we witness and participate in the rites culminating in the sacraments celebrated at the Easter Vigil. There are several ways you can welcome and support these men and women during the final stage of their journey.

- **Get to know them:** Visit the poster in the church entrance to learn their names and faces.
- **Pray with them:** At the 11:15 a.m. Mass on the third, fourth, and fifth Sundays of Lent, we will celebrate the Scrutinies—rites to uncover and heal all that is weak or sinful in the hearts of the elect, and to bring out and strengthen all that is upright, strong, and good.
- **Celebrate with them:** All parishioners are invited to attend the Easter Vigil liturgy and the parish-wide celebration that follows. Donations of finger foods such as appetizers or desserts are appreciated. You may bring the food to the parish receptionist on March 31 or you can bring it with you to the party that evening.

## Fish Fry & Family Night

Come enjoy an “old school” Fish Fry & Family Night on Friday, March 9 from 6:00 p.m. to 9:00 p.m. in Centennial Hall of the parish school. Men’s Communio will be providing tasty fish and chips for all parishioners and guests. The gym will be open at 6:30 for kids to run around and play some games. Come and welcome spring at Saint Clement!

Tickets are \$20 for adults and \$15 for kids. Advance sales are online at [events.org/ClementFishFry](https://events.org/ClementFishFry). Cash only the evening of. Price includes fish, chips, slaw, and mac ‘n cheese.

# *Weekly Reflections*

## First Sunday of Lent—February 18

Readings: Gn 9:8-15  
1 Pt 3:18-22  
Mk 1:12-15

God never leaves us. He created each of us as unique, valuable persons and works actively in our lives, desiring that we grow closer to him. How has God been at work in my life during these first days of Lent?

Today's readings show us that God gives tangible reminders of his committed love and his desire to be present to us: the rainbow after the flood, Jesus' preaching, the waters of Baptism. How do I act as a tangible reminder of God's love, especially for those who are most in need?

## Second Sunday of Lent—February 25

Readings: Gn 22:1-2, 9a, 10-13, 15-18  
Rom 8:31b-34  
Mk 9:2-109

God makes a promise to Abraham and his descendants, and God keeps his promises. What promises do I make to those who will come after me, especially in thinking about how I care for God's creation?

Abraham's faith in God—not some legal contract—is what allowed God to act in the life of Abraham's family. How often do I try to regulate how God works? Is this thinking not as God does, but as human beings do? Do I allow the Spirit to move in me?

## Third Sunday of Lent—March 4

Readings: Ex 17:3-7  
Rom 5:1-2, 5-8  
Jn 4:5-42

We are reminded that God worked and God rested, and we are asked to do the same. Do I empower others to attain meaningful work? Do I help others keep the Sabbath? Do I keep it myself?

Jesus is angered by injustice and takes action. He is unafraid to let his opinions be heard. Do I speak out against injustice when I see it, or do I assume it's someone else's responsibility?

# *Weekly Reflections*

## Fourth Sunday of Lent—March 11

Reading: 2 Chr 36:14-16, 19-23  
Eph 2:4-10  
Jn 3:14-21

The bronze serpent became for the Israelites a symbol of hope, one they could look to for healing. In the same way, the risen Christ becomes that same hope for us. Am I a symbol of hope for those who live in difficult situations, especially the poorest of the poor?

We are created in Christ to do the particular good works God has prepared for us. That means we have a duty to pursue our own good works and empower others to do the same. How do I empower those around me—poor and rich—to do good works?

## Fifth Sunday of Lent—March 18

Reading: Jer 31:31-34  
Heb 5:7-9  
Jn 12:20-33

God makes covenants with groups of people—entire communities—and he keeps his promises. What does this say about God? What does this say about how I should relate to God in community?

Jesus recognizes that he has arrived at a difficult point in his life for the sake of glorifying God. He commits to doing God's will, no matter the cost. Do I offer my suffering up for the glory of God? Do I help others work through their own difficulties for God's greater glory?

## Passion Sunday—March 25

Reading: Mk 11:1-10  
Is 50:4-7  
Phil 2:6-11  
Mk 14:1--15:47

Isaiah 50:4 reminds us that God gives us a “well-trained tongue” so that we “might know how to answer the weary a word that will waken them.” Do I listen to God's Spirit within me? How does the Spirit motivate me and guide my words as I work for a more just world?

In Philippians 2:7, we are told that Jesus “emptied himself, taking the form of a slave.” How am I called, especially during Lent, to empty myself for the good of others?

# 2018 Holy Week & Easter Schedule

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## ***Lenten Tuesdays—February 20 to March 20***

Mass at 6:30 p.m. followed by Stations of the Cross.

No Stations on March 6

## ***Passion Sunday—March 25***

Masses at 5:00 p.m. (Saturday)

8:00 a.m., 9:30 a.m., 11:15 a.m., and 7:00 p.m. (church)

9:30 a.m. (chapel)

## ***Tenebrae—Wednesday, March 28***

7:30 p.m. (church)

A liturgy of readings and candlelight, pondering the symbols of light and darkness in relation to the mystery of Christ's life and passion.

## ***The Triduum***

### ***Holy Thursday—March 29***

Morning Prayer at 9:00 a.m. (church)

**Mass of the Lord's Supper at 7:30 p.m.**

Night Prayer at 9:30 p.m. (chapel)

### ***Good Friday—March 30***

Morning Prayer at 9:00 a.m. (church)

Children's Stations of the Cross at 10:00 a.m. (chapel)

Stations of the Cross at Noon (church)

**Liturgy of the Passion at 7:30 p.m.**

Night Prayer at 9:30 p.m. (church)

### ***Holy Saturday—March 31***

Morning Prayer at 9:00 a.m. (church)

Blessing of Easter Food at 1:00 p.m.

**Easter Vigil at 7:30 p.m.**

*(no 5:00 p.m. Mass)*

## ***Liturgy of the Resurrection of the Lord***

### ***Easter Sunday—April 1***

Masses at 8:00 a.m. (church)

9:30 a.m. (church, chapel, gym)

11:15 a.m. (church, chapel)

*(no 7:00 p.m. Mass)*

*Easter Masses at The Cabrini Shrine (2520 N. Lakeview Ave.) at 10:00 a.m.*