

LENT 2024

A Parish Resource Guide for Your Lenten Journey



The Catholic Community of
St. Elizabeth Ann Seton
Plano, Texas

LENTEN RECONCILIATION

Fridays, see Holy Week Schedule

9:15 a.m.—10:00 a.m. Daily Mass Chapel

12:30 p.m. – 1:30 p.m. Daily Mass Chapel

Saturdays, see Holy Week Schedule

9:00 a.m. – 10:00 a.m. Daily Mass Chapel

Parish Reconciliation Service

Monday, March 11th at 7:00 p.m. in Church

Reconciliation

Wednesday, March 27

Noon—2:00 p.m. in Daily Mass Chapel and Church



“A Light is on for You”

All churches in the Diocese of Dallas will have Reconciliation these nights at the same time.

Wednesday

March 20 and March 27
from 7:00 p.m. to 9:00 p.m.
in Church

DAILY MASS SCHEDULE

7:00 a.m. Monday, Tuesday, and Thursday

8:30 a.m. Monday, Tuesday, Wednesday, Thursday, Friday* and Saturday*

6:00 p.m. Wednesday

Noon Friday*

**All Daily Masses are in the daily Chapel unless noted otherwise.*

Rosary is prayed every Tuesday after the 8:30 a.m. Mass in the chapel and on Friday after the 8:30 a.m. Mass in the Church. No Mass or Rosary on March 29.



HOLY WEEK



SCHEDULE 2024

Holy Thursday, March 28

8:30 a.m. Morning Prayer in Daily Mass Chapel
(No Morning Masses)

7:30 p.m. Mass of the Lord's Last Supper in Church

Good Friday, March 29

7:00 a.m. Stations of the Cross in Daily Mass Chapel

8:30 a.m. Morning Prayer in Daily Mass Chapel
(No Masses)

9:00 a.m.—10:00 a.m. Reconciliation (Daily Mass Chapel and Church)

11:00 a.m.—12:00 p.m. Sung Passion of John in Church

12:30 p.m.—1:30 p.m. Reconciliation (Daily Mass Chapel and Church)

3:00 p.m. Stations of the Cross in Church

7:30 p.m. Liturgy of Our Lord's Passion in Church

Holy Saturday (Easter Vigil), March 30

8:30 a.m. Morning Prayer in Daily Mass Chapel
(No Morning Mass)

9:00 a.m.—10:00 a.m. Reconciliation (Daily Mass Chapel)

11:30 a.m. Blessing of Easter Food Baskets in Church

No 5:00 p.m. Mass

7:30 p.m. -11:00 p.m. Easter Vigil Mass in Church*

EASTER SUNDAY, MARCH 31

Mass Time and Place

8:00 a.m. in Church*

8:00 a.m. in Parish Hall and Parish Activity Center*

10:00 a.m. in Church*

10:00 a.m. in Parish Hall and Parish Activity Center*

10:30 a.m. in Gym in Seton Faith Formation Center*

12:00 p.m. in Church*

12:00 p.m. in Parish Hall and Parish Activity Center*

No 5:00pm Mass

*Church and Parish Activity Center at located at 2700 W. Spring Creek Pkwy., Plano, TX 75023

*SFFC (Seton Faith Formation Center) is located at 3100 W. Spring Creek Pkwy., Plano TX 75023

PREPARING FOR LENT



The Gospel for Ash Wednesday speaks about prayer, fasting, and works of mercy. These three activities are seen as the way to curb the three traditional sources of temptation, which are: the World, the Flesh and the Devil. Christians should be busy in doing good things. These good works should form positive habits that strengthen our spiritual lives.

Some of our time each day should be dedicated to prayer, reflection and the study of religion. Traditionally prayer is defined as the turning of the mind and heart to God. We need to communicate with our God, and in our conscience allow God to communicate with us.

During Lent, retreats and spiritual exercises are recommended, such as attending daily Mass, utilizing the Sacrament of Reconciliation, attending the Stations of the Cross, studying Scripture, meditating on the mysteries of the Rosary, or making a Holy Hour in the presence of the Blessed Sacrament, and in general spending time with God.

Fasting is an ancient custom recommended in the Bible. Our Lord himself fasted for forty days preparing for His public ministry. Traditionally, fasting means to do without food or drink for specified amounts of time. The benefits of fasting are often seen as teaching compassion for the hungry and needs of others. Fasting helps us to be self-controlled. Fasting can be a penance or reparation for sin. Fasting causes us to set aside material things to focus on spiritual things. Fasting reminds us of our weakness and limitations before an almighty God.

In our church life moderate fasting for mature adults is defined as one regular meal and two half meals per day. The Church also asks us to abstain from meat on Ash Wednesday and Good Friday, and currently during all the Fridays of Lent. We need to use discretion and prudence in actual fasting, understanding that everyone is different, and some people have medical or physical needs that override the usual prescribed fasting. In our own time other forms of fasting can also be practiced. I have heard of people “fasting from social media”! There are many opportunities to practice self-control.

Works of mercy express our concern for the needs of others. Being patient with others, assisting the needs of others, feeding the hungry, and caring for the sick or elderly, are all works of mercy. Look for ways to be of service to others. Our practice of Lent should be one that includes prayer, self discipline and concern for others. Do not wait until the last minute and give up chocolate! Think of ways to deepen your spiritual life before Ash Wednesday. Hopefully when Lent is over we will continue to deepen our spiritual lives with good practices. The spirit of Lent should be practiced during the entire year!

Your Pastor,

Fr. Bruce Bradley



LENT

SENSE OF THE SEASON

The word Lent means springtime. This word comes from the same root as lengthen. Daytime lengthens during Lent. The northern hemisphere turns toward the sun, the source of life, and winter turns into spring. In Hebrew, the word for repentance is the same as the word that means to turn, like the turning of the earth to the sun, like the turning of the soil before planting.

“Even now, says the Lord, turn to me.” (Joel 2:12) The word sin means separation. We are called to turn from our separate selves, from our sin, to come together in community. Self-denial is the way we express our repentance. In the lengthening brightness from Ash Wednesday until Holy Thursday afternoon, our holy Lent, we turn to God as our source of life.

Self-denial is threefold, advises Matthew’s gospel. We pray: “Go to your room, close your door, and pray to your Father in private.” We fast: “No one must see you are fasting but your Father.” We give alms: “Keep your deeds of mercy secret, and your Father who sees in secret will repay you.” Through the Lenten exercise of prayer, fasting and almsgiving, we spring-clean our lives, sharpen our senses, put tomorrow in its place and treasure the day at hand.

Why are there forty days in Lent? It took forty days for sinfulness to drown in the flood before a new creation could inherit the earth. It took forty years for the generation of slaves to die before the freeborn could enter the promised land. For forty days Moses and Elijah and Jesus fasted and prayed to prepare themselves for a life’s work.

At the beginning of Lent, the bishop calls out the names of the catechumens who seek to be baptized at Easter. Their names are written in the book of the elect, the chosen. God has chosen them, and they have chosen to turn to God. Lent is the forty days before the baptism of the catechumens. The already baptized can share the excitement and the struggles of the elect and rediscover the meaning of baptism in their own lives. During the forty days, both catechumens and the faithful journey together to the holy font.

We keep Lent together. We put aside our business-as-usual to support each other in prayer, fasting and almsgiving. We turn to God to enlighten us and purify us throughout the lengthening brightness of our holy season of Lent.

“For now is the acceptable time! Now is the day of salvation!”

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The Worship Environment

Lenten tradition dictates austerity, simplification and stripping of the worship environment. The simplified worship environment allows us to focus on what is most important: the assembly, the penitents, the Elect and the Candidates.

- ♦ **NO FLOWERS:** The Roman rite is specific about flowers this season--none are allowed. The only exception this year are March 10, Laetare Sunday, and March 19, Solemnity of St. Joseph, spouse of the Blessed Virgin Mary.
- ♦ **MUSIC:** Music should reflect the more somber mood of Lent and thus provide a contrast with the festive music of the Easter season which follows. The *Gloria* is not used as the opening rite at Mass and the *Alleluia* is replaced by other gospel acclamations.
- ♦ **BOOK OF THE ELECT:** The book containing the names of individuals preparing for baptismal initiation at the approaching Easter Vigil is placed in the baptismal area.
- ♦ **PRAYER BASKETS:** Names of the RCIA Candidates and Catechumens and our youth preparing for Eucharist and Confirmation are in baskets in the narthex of the church. Please take a name and pray for that person during Lent.

U.S. guidelines for abstaining and fasting

Abstinence - NO Meat...over 14 years.

Fast and Abstinence - 1 full meal (18 through 59) no meat (over 14 years) and two smaller meals with nothing in-between during the course of the day.

Days of Abstinence - Ash Wednesday, all Fridays of Lent, and Good Friday for all who have reached their 14th birthday, no meat can be taken.

Days of Fast - Ash Wednesday and Good Friday for all who have celebrated their 18th birthday and have not reached their 60th birthday, a limit of one full meatless meal.

Weekdays of Lent - No obligation to fast, however, voluntary acts of self-denial are recommended.

TRIDUUM

THE THREE DAYS

What is the Triduum?

The Triduum means "three days." The Paschal Triduum is the three days, counted from sunset to sunset, from Holy Thursday night through Easter Sunday evening. During these days we keep one festival, our Passover, our Easter. We come together with all the people of the parish with all Christians in every time and place to fast, pray and keep watch for the Passover of the Lord.

Holy Thursday, Good Friday and Holy Saturday constitute one liturgical celebration in which the services of prayer and the elements of our daily lives are woven together as one continuous action of praise and sanctification. We experience and meditate upon the marvelous deed done by God in Jesus, our Savior and Redeemer and our brother. The liturgical actions provide quiet moments and rituals by which we can integrate the service, love, self-giving and life-restoring work of Jesus into our busy daily lives making each of our actions holy.

We Begin as Holy Thursday Ends

Thursday evening we enter into this Triduum together. After listening to the scriptures, we do something strange: We wash feet. The Priest goes down on his knees with pitchers of water, basin and towels. Jesus gave us this image of what the church is supposed to look like, feel like, and act like. This is a rehearsal for our Christian lives.

Later we celebrate the Eucharist, reflecting upon its action, as the one sacrifice/meal of Jesus and Christ permanently present in the Eucharist reserved. The evening liturgy has no ending: Whether we stay to pray awhile or leave, we are now in the quiet and peace and glory of the Triduum.

And We Continue through Good Friday and Holy Saturday

During the day we reflect in song and word with our Christian brothers and sisters upon the mystery of the cross where death is turned into life.

In the evening we gather quietly on Friday and listen to scripture. We pray at length for all the world's needs. Then there is another once-a-year event: The holy cross is held in our midst and we come forward one-by-one to do reverence with a kiss or a bow or a genuflection. The Eucharist we receive brings Christ's death and resurrection into our lives and brings us to the foot of the cross on Calvary. Still the liturgy does not end, but leads us to Holy Saturday.

We continue in fasting and prayer and vigil, in rest and quiet through Saturday. This Saturday for us is like God's rest at the end of creation. It is Christ's repose in the tomb, upon which we reflect.

Until the Night between Saturday and Sunday

After sunset, hungry now and excited, the church gathers in the darkness and lights a new fire and a great candle that will make this night bright for us. We listen to some of the most powerful scriptures in the Bible, then we pray to all our saints to stand with us as we go to the font and bless the waters. There the catechumens are baptized and anointed. These are the moments when death and life meet, when we reject evil and give our promises to God. Together we go to the table and celebrate the Easter Eucharist. We gather to enjoy the company of new members of our community at the reception which follows the liturgy: to show that celebration and joy are a part of faith and new life in Christ. Easter Sunday begins and we are ready for fifty days of rejoicing.

HOLY THURSDAY, MARCH 28
7:30 p.m. - Mass of the Lord's Last Supper

GOOD FRIDAY, MARCH 29
7:30 p.m. - Liturgy of Our Lord's Passion

HOLY SATURDAY, MARCH 30
No 5:00 p.m. Mass
7:30 p.m. – 11:00 p.m.—Easter Vigil Mass

All Masses are in the Church



PRAYER, FASTING, ALMSGIVING

Prayer, fasting and almsgiving, like three legs of a tripod, make up the traditional practices of Lent. Prayer nourishes our spirits. Fasting disciplines our bodies, helps us seek the Lord with greater intensity and puts us in solidarity with those who suffer. And works of charity enlarge our hearts as we commit ourselves to the good of others.

PRAYER

All of the synoptic Gospels (Matthew, Mark, Luke) tell us that Jesus was led by the Holy Spirit into the desert where he fasted and prayed for 40 days. As disciples, we seek to follow St. Paul's call to "pray always." Lent is a time when we concentrate our prayer on the double meaning of this season: conversion from our sinful ways and renewal of our baptismal promises.

Participating in the Eucharist and praying over the Scripture readings, on a weekly or even a daily basis, are helpful ways of prayerfully entering into the season. Private prayer, family prayer and communal prayer all work together to deepen our prayer life, not only during this season, but also all year long.

Suggestions for Prayer

- ◆ Participate in **daily Mass**.
- ◆ Participate in our **Friday Lenten Series: Stations of the Cross and Exposition of the Blessed Sacrament and Evening Prayer**.
- ◆ **Solemn Exposition of the Blessed Sacrament** every Friday from 9:00 a.m. to 11:45 a.m.
- ◆ **Pray** for one of our RCIA candidates and students preparing for the sacraments of initiation.
- ◆ **Pray** as a family; start meals with prayers or pray the rosary.
- ◆ **Receive the Sacrament of Reconciliation**.
- ◆ **Pray the Stations of the Cross**

FASTING

Fasting is an integral part of Lent. Traditionally it has included reducing the amount of food we eat and abstaining from meat.

But why do we fast? Not because our bodies and appetites are something evil that need to be punished, but to allow our physical hunger to remind us of our spiritual hunger, our need for God. Our Lenten fasting is modeled on Jesus' 40-day fast in the desert. Just as he fasted in preparation for his baptism in the Jordan and his public ministry, we fast to remind ourselves of our baptismal commitment and need for renewal.

Fasting can take many forms. While we usually fast by eating less, we can also fast from other things, whether they are enjoyable activities or bad habits.

Although fasting can have many beneficial physical effects, it's not the same thing as dieting. The purpose of dieting is to improve the health and beauty of our bodies. The purpose of fasting is to turn our attention to both God and others. Fasting reminds us not only of our dependence on God, but also of the needs of the hungry and the poor. By fasting, we place ourselves in solidarity with suffering people everywhere.

Suggestions for Fasting

- ◆ Watch less television and spend the time as a family, write a letter to someone or visit a sick person.
- ◆ Lent is a good time to think about our addictions and dependencies, whether to eating, smoking, alcohol, coffee or shopping. What can you do to break your dependency on any of these substances or actions?
- ◆ Focus on a bad habit you have such as being overly critical, gossiping or harboring resentments. Place yourself in God's care and try to give it up for Lent.
- ◆ Feed the hungry.

- ◆ Decide as a family or group on some food or beverage that you will all give up together for Lent.

ALMSGIVING

Both in our own country and around the world, the gulf between rich and poor seems ever to be widening. As it gets tougher to make ends meet, we sometimes feel resentful or jealous of others who have more. At the same time, we feel guilty about what we have.

This cycle of envy and guilt is useless. Lent is a good time to break out of it by cultivating a spirit of gratitude for what we have. Our most precious commodities—health, friendship, love and the beauty of creation—are pure gifts from God. Without these our material possessions are worthless. Gratitude for what we have prompts us to do something for those in need, not out of guilt, but out of compassion. Compassion and generosity towards others involve giving not only from our surplus, but also from our substance.

Suggestions for Almsgiving and Works of Service

- ◆ **Donate to the St. Vincent de Paul** for parishioner emergencies.
- ◆ Bring food or money saved by fasting to the **Love Truck**.



JOURNEY TO THE FOOT OF THE CROSS:

BISHOP RICKEN OFFERS 10 THINGS TO REMEMBER FOR LENT

Bishop David L. Ricken of Green Bay, Wisconsin, chairman of the Committee on Evangelization and Catechesis of the U.S.

1. **Remember the formula.** The Church does a good job capturing certain truths with easy-to-remember lists and formulas: 10 Commandments, 7 sacraments, 3 persons in the Trinity. For Lent, the Church gives us almost a slogan—Prayer, Fasting and Almsgiving—as the three things we need to work on during the season.
2. **It's a time of prayer.** Lent is essentially an act of prayer spread out over 40 days. As we pray, we go on a journey, one that hopefully brings us closer to Christ and leaves us changed by the encounter with Him.
3. **It's a time to fast.** With the fasts of Ash Wednesday and Good Friday, meatless Fridays, and our personal disciplines interspersed, Lent is the only time many Catholics these days actually fast. And maybe that's why it gets all the attention. "What are you giving up for Lent? Hotdogs? Beer? Jelly beans?" It's almost a game for some of us, but fasting is actually a form of penance, which helps us turn away from sin and toward Christ.
4. **It's a time to work on discipline.** The 40 days of Lent are also a good, set time to work on personal discipline in general. Instead of giving something up, it can be doing something positive. "I'm going to exercise more. I'm going to pray more. I'm going to be nicer to my family, friends and coworkers."
5. **It's about dying to yourself.** The more serious side of Lenten discipline is that it's about more than self-control – it's about finding aspects of yourself that are less than Christ-like and letting them die. The suffering and death of Christ are foremost on our minds during Lent, and we join in these mysteries by suffering, dying with Christ and being resurrected in a purified form.
6. **Don't do too much.** It's tempting to make Lent some ambitious period of personal reinvention, but it's best to keep it simple and focused. There's a reason the Church works on these mysteries year after year. We spend our entire lives growing closer to God. Don't try to cram it all in one Lent. That's a recipe for failure.
7. **Lent reminds us of our weakness.** Of course, even when we set simple goals for ourselves during Lent, we still have trouble keeping them. When we fast, we realize we're all just one meal away from hunger. In both cases, Lent shows us our weakness. This can be painful, but recognizing how helpless we are makes us seek God's help with renewed urgency and sincerity.
8. **Be patient with yourself.** When we're confronted with our own weakness during Lent, the temptation is to get angry and frustrated. "What a bad person I am!" But that's the wrong lesson. God is calling us to be patient and to see ourselves as he does, with unconditional love.
9. **Reach out in charity.** As we experience weakness and suffering during Lent, we should be renewed in our compassion for those who are hungry, suffering or otherwise in need. The third part of the Lenten formula is almsgiving. It's about more than throwing a few extra dollars in the collection plate; it's about reaching out to others and helping them without question as a way of sharing the experience of God's unconditional love.
10. **Learn to love like Christ.** Giving of ourselves in the midst of our suffering and self-denial brings us closer to loving like Christ, who suffered and poured himself out unconditionally on the cross for all of us. Lent is a journey through the desert to the foot of the cross on Good Friday, as we seek him out, ask his help, join in his suffering, and learn to love like him.

FRIDAY LENTEN SERIES

5:15pm Children's and Family Stations of the Cross in Church

5:30 pm Soup Supper in Parish Hall

February 16 Hearty Lentil & vegetable, Creamy vegetable

February 23 Garden vegetable and Cauliflower cheese

March 1 Minestrone and Creamy wild rice

March 8 Tomato chowder and Broccoli cheddar

March 15 Garden vegetable and Rustic potato

Roll and salad (*subject to change without notice*)

5:00 pm

March 22 Knights of Columbus Fish Fry in gym

7:00pm Stations of the Cross

February 16 Everyone's Way of the Cross

February 23 Marian Way of the Cross

March 1 Traditional Way of the Cross

March 8 Everyone's Way of the Cross

March 15 Traditional Way of the Cross

March 22 Marian Way of the Cross

Stations of the Cross are held in Church

After Stations of the Cross - Exposition of the Blessed Sacrament and Evening Prayer in the Church



ACTIVITIES AT SETON

TO ASSIST YOU ON YOUR LENTEN JOURNEY



Lent begins with Ash Wednesday on February 14. Each year during Lent Catholic Relief Services Rice Bowl program provides us an opportunity to enhance our Lenten experience. Catholic Relief Services (CRS) is the official international relief and development agency of the United States Conference of Catholic Bishops. CRS works with organizations around the world to help poor and vulnerable people overcome emergencies, earn a living through agriculture, and access affordable health care. CRS also provides assistance to people who are migrating from war-torn areas to “safe” countries other than the U.S. CRS works with local representatives in over 100 countries serving over 130 million people.

During Lent we are called to prayer, fasting, and almsgiving. CRS Rice Bowl helps us do that during our Lenten journey. Through CRS Rice Bowl we journey with members of our human family around the world. It’s more than just dropping some money in the little cardboard box. Each box comes with a Lenten calendar with daily prayers. There are meatless recipes to use for Fridays during Lent.

Rice Bowl is designed to guide us through Lent with:

Prayer through the daily suggestions

Fasting (eating less) by using the suggested recipes or having simple meatless meals on Fridays or another day of your choosing

Almsgiving by dropping money in the box. Lenten alms donated through CRS Rice Bowl support the work of CRS in roughly 45 countries each year. 25% of all donations to CRS Rice Bowl stay in our diocese, supporting hunger and poverty alleviation efforts.

Rice bowls will be available in the narthex. We encourage each family to take one. We have added a new feature this year. On each rice bowl is a sticker with a QR code. If you would prefer to donate on-line, you can use the QR code and our CRS chapter and the diocese



KNIGHTS OF COLUMBUS Council 7850

FISH FRY FEAST

Friday, March 22nd 5:00 - 7:00 PM

in the gym

**Fish Fillets
French Fries
Coleslaw
Cornbread muffins
Dessert
Beverages**

Kids: \$8.00 (under 10)

Adults: \$12.00

Cash, check, or credit card



Seating Begins at 5:00 pm NO Pre-sales



**Sign up for the new and expanded
Best Lent Ever 2.0
at [DynamicCatholic.com](https://www.dynamiccatholic.com)!**

FREE—SIMPLE—INSPIRATIONAL

HOLY HOUR

With Exposition of the Blessed Sacrament

**Tuesday, February 20 and March 19, 2024
at 7:00 p.m.**

Daily Mass chapel at 2700 W. Spring Creek Pkwy.

EVERYONE IS INVITED



Do You Remember When You Last Went to Reconciliation?

*Create in me a clean heart, O God, and put a new and right
spirit within me.
Psalm 51:10.*

The Lenten Season is the perfect time to renew our Baptismal vows and reconcile with God through the sacrament of reconciliation. The heart of this sacrament is the mercy and grace of God, manifested through the priest who hears our confessions and absolves our sins. Our baptismal holiness is then restored through Christ. By participating in confession, we are striving to live a more holy life. Afterwards, we go in joyfulness, free from our sins and separation from God.

The Parish Reconciliation Service is a perfect time to participate in this sacrament. We gather with our parish community and examine our conscience quietly during the service. Several priests are available after the service to hear our confessions.

See page 2 or church bulletin for dates for the Parish Reconciliation Service or individual Reconciliation times.

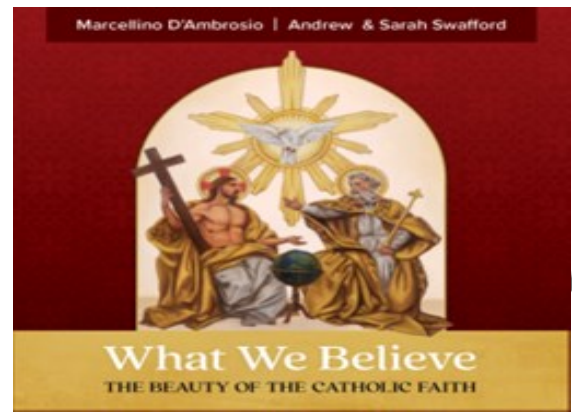
Examination of Conscience

Set aside a time each day to use this examination of conscience.

1. Sit in a comfortable place. Remember that God is with you.
2. Spend some time thinking about the day.
3. Answer these questions:
 - a. How have I shown or not shown love and respect for God?
 - b. How have I shown or not shown love and respect for myself?
 - c. How have I shown or not shown love and respect for other people?
 - d. How have I used or misused the gift of God's creation?

Act of Contrition

My God,
I am sorry for my sins with all my heart.
In choosing to do wrong and failing to do good,
I have sinned against you
whom I should love above all things.
I firmly intend, with your help,
to do penance, to sin no more,
and to avoid whatever leads me to sin.
Our Savior Jesus Christ suffered and died for us.
In His name, my God, have mercy.



A New Faith Formation Study!

Disciple's Compass: Navigating Life Through Faith

What We Believe

Thursday Evenings 7 p.m.-9 p.m.

February 15, 2024-May 2, 2024

SFFC Room 107/109

Filmed on location in Rome, the Eternal City, What We Believe: The Beauty of the Catholic Faith is a 10-week video study program and book that helps you discover the extraordinary riches of the Catholic Faith.

Maybe you've been Catholic your entire life. Maybe you're just beginning to explore the Catholic Faith. Wherever you may be in your journey, you will be profoundly moved by the beauty and the richness of the Catholic Church. Study Materials cost \$29.95 plus tax and shipping.

To register for the class and receive the link to buy the book, contact **Anna Godbold** at actx912@yahoo.com



Taizé Prayer

Monday, February 26

**7:30 pm in the Daily Mass Chapel
2700 W. Spring Creek Pkwy.**

Taizé Prayer is meditative prayer done in a communal setting using simple chants and periods of silence. It creates an environment for encountering the mystery of God. Come join us in this inviting and unique type of prayer.



Sponsored by
Knights of Columbus
#7850

**Join the Knights of Columbus every Monday night
at 7:00 p.m. as they pray the Rosary via Zoom.**

Visit the website for the Zoom link:

www.setonparish.org/kc7850

LENT ACTIVITIES FOR YOUTH AND CHILDREN

HIGH SCHOOL AND MIDDLE SCHOOL

Spend extra time in Prayer

- Attend the Stations of the Cross at 7:00 p.m. and Solemn Exposition/ Evening Prayer on Fridays at 7:45 p.m. in the Church
- Go to Reconciliation
- Attend Daily Mass
- Attend **C.R.E.W.—Praise & Worship and more to grow in your faith!**

Practice Acts of Charity. Raise money through acts of denial... Do you really need those French fries or another pair of shoes? Instead of a movie and popcorn try just hanging out with friends and watching Netflix. Give what you save to others in need—maybe Operation Rice Bowl. Or actively **seek ways to serve through YM and C.R.E.W. Service Opportunities!** Volunteer around the church, at your school or in your community.



"Call to me, and I will answer you; I will tell to you things great beyond reach of your knowledge."

Sundays from 6:15-8:00 pm in the JPPII Room

YOUNGER CHILDREN

ATTEND...Children's Stations of the Cross: Fridays 5:15 pm in the church at 2700 W. Spring Creek Pkwy.

Attend Children's Breaking Open the Word on Sunday at the 8:00 a.m. or 10:00 a.m. Mass.
No dismissal on Easter Sunday



FAST ... Give up complaining, frowns and negative thoughts.

PRAY ... Pray a Hail Mary each time you get in the car.

SERVE ... Each day place a non perishable food item in a bag. Donate it to food pantry at the end of Lent.

ALL AGES

♦ Practice the art of doing **Random Acts of Kindness**—some examples:

- Bring up a neighbor's trash cans after the garbage man comes by.
- Pick up trash that you see in the parking lot, school, or on your walk home from school.
- Help someone with their homework. Be nice to someone who seems lonely or sad.

♦ **Pray Daily...**

- Say Grace before every meal.
- Add a prayer of thanks for something you are grateful for.
- Pray for a sick friend.
- Read the Sunday Gospel and discuss each week and attend Sunday Mass together as a family
- Write a family prayer together and pray it each night

♦ **Make soup for your family.**

Observe the Lenten Friday fast by making a hearty meatless soup. Make one from scratch or open a can. Serve it with bread and butter and maybe a salad. Or try one of the meatless meal recipes from around the world available on the Catholic Relief Services Rice Bowl website: <https://www.csricebowl.org/recipe>



STATIONS OF THE CROSS FOR ALL AGES

THE FRIDAY LENTEN SERIES STATIONS OF THE CROSS IN THE CHURCH SEE PAGE 7 FOR MORE DETAILS. Whenever we are open you are welcome to come and pray as you walk station to station. We have stations along the walls of the chapel and church. We also have a set in the SFFC chapel and another in the SFFC Courtyard. Here are links to more information and some other versions you might like to check out.

♦ **THE WAY OF THE CROSS: *TRADITIONAL AND MODERN MEDITATIONS*** P

Download this booklet published by the Knights of Columbus' Catholic Information Service. It contains two complete sets of prayers: the traditional version composed by St. Alphonsus Ligouri and a set of modern meditations written by Fr. Stefano Penna, a Canadian priest. <https://www.kofc.org/en/resources/cis/cis363.pdf>

♦ **STATIONS OF THE CROSS (CATHOLIC) - BY ST ALPHONSUS LIGUORI** V

A modern version of the traditional **Stations of the Cross** on the CatholicMinute YouTube channel <https://youtu.be/iElvGC1WsbM> has beautiful images. The presenters are exceptional. Gentle and meditative.

♦ **STATIONS OF THE CROSS FOR THE ELDERLY BY SIMPLY CATHOLIC** P

Reflections ask for strength to accept gracefully the limits and trials of aging at <https://simplycatholic.com/stations-of-the-cross-for-the-elderly/>

♦ **PRAY THE STATIONS OF THE CROSS WITH FR. MARK TOUPS - PRAYING THE PSALMS WITH JESUS** A V P

Jesus, as an observant Jewish man, would have prayed the Psalms throughout the day, and drawn strength and peace from them. Step closer to Christ and pray beside him. This version is found at <https://youtu.be/aJF9XjG4Wko>. Also available as a free audio download at <https://ascensionpress.com/pages/the-way-of-the-cross-free-audio> (Also available in print and e-book)

♦ **STATIONS OF THE CROSS FROM LOYOLA PRESS** P

This site has some great articles on praying the Stations of the Cross and a couple of short versions that would be great for the whole family including children <https://www.loyolapress.com/our-catholic-faith/liturgical-year/lent/stations-of-the-cross>

♦ **LENTEN STATIONS OF THE CROSS** A P S

This resource found on USCCB website gives you a short history of the practice of praying the Stations of the Cross and includes an audio version and 5 printable pdf versions, two of which are **also available in Spanish**. <http://www.usccb.org/prayer-and-worship/prayers-and-devotions/stations-of-the-cross/>

♦ **MARY'S WAY OF THE CROSS** P

http://littlesistersofthepoor.org/wp-content/uploads/2018/02/Mary_Way_of_the_Cross_e.pdf

♦ **STATIONS OF THE CROSS BY SAINT ALPHONSUS LIGUORI ON FORMED** V

The Augustine Institute presents a beautiful audio meditation on the Stations of the Cross by Saint Alphonsus Liguori, narrated by Dr. Christopher Blum. This prayerful reflection is accompanied by the Schola Cantorum of Our Lady of Mount Carmel Church, Littleton, CO, chanting the traditional Catholic hymn *Stabat Mater*, in Latin. <https://watch.formed.org/stations-of-the-cross-by-saint-alphonsus-liguori>

♦ **WAY OF THE CROSS ON FORMED** V

Enter into our Lord's Passion and Death with the Stations of the Cross by St. Alphonsus Liguori. The meditative tone and pace of this devotional video featuring Catholic artistic masterpieces allows for true accompaniment with Jesus along the Way of the Cross. <https://watch.formed.org/videos/way-of-the-cross>

♦ **STATIONS OF THE CROSS HD-TV VERSION BY CATHOLIC.ORG** V

Found at <https://youtu.be/wW1t7M8HKT8> is a good version for families. This is a nicely done version with reflections that are presented in both a child's version and an adult version. It is presented with views not only of Catholic art, but scenes of the Way of Sorrows in present day Jerusalem and reenactments of the stations.

♦ **Stations of the Cross for Children** V P S

Loyola Press offers this version adapted for children by Catherine Odell. Text from *Loyola Kids Book of Everyday Prayers* as a pdf and as a video—also offered in Spanish. <https://www.loyolapress.com/catholic-resources/liturgical-year/lent/stations-of-the-cross/multimedia-stations-of-the-cross-for-children/>

♦ **STATIONS OF THE CROSS FOR CHILDREN—A SIMPLE PRESENTATION FOR KIDS TEN AND UNDER BY THERESA DIFATO** P

This version is found on The Word Among Us website. This version has nice reflections that relate to a child's life https://wau.org/resources/article/re_stations_cross_kids

**Guide to Type
of Presentation**



Audio Recording



Video or Slide Presentation



Printable pdf or print version available



Available in Spanish



FASTING AND FEASTING

Lent should be more than a time of fasting.
 It should also be a joyous season of feasting.
 Lent is a time to fast from certain things and to feast on others.

It is a season to turn to God:

Fast from judging others; feast on the goodness in them.
 Fast from emphasis on differences; feast on unity of all life.
 Fast from apparent darkness; feast on the reality of light.
 Fast from thoughts of illness; feast on the healing power of God.
 Fast from words that pollute; feast on phrases that purify.
 Fast from discontent; feast on gratitude.

Fast from anger; feast on patience.
 Fast from pessimism; feast on optimism.
 Fast from worry; feast on divine order.
 Fast from complaining; feast on appreciation.
 Fast from negatives; feast on affirmatives.
 Fast from unrelenting pressures; feast on unceasing prayer.

Fast from hostility; feast on non-resistance.
 Fast from bitterness; feast on forgiveness.
 Fast from self-concern; feast on compassion for others.
 Fast from personal anxiety; feast on eternal Truth.
 Fast from discouragement; feast on hope.

Fast from facts that depress; feasts on truths that uplift.
 Fast from lethargy; feast on enthusiasm.
 Fast from suspicion; feast on truth.
 Fast from thoughts that weaken; feast on promises that inspire.
 Fast from shadows of sorrow; feast on the sunlight of serenity.
 Fast from idle gossip; feast on purposeful silence.

Fast from problems that overwhelm; feast on prayer that supports.

~William Arthur Ward

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