

LENT 2026

A Parish Resource Guide for Your Lenten Journey

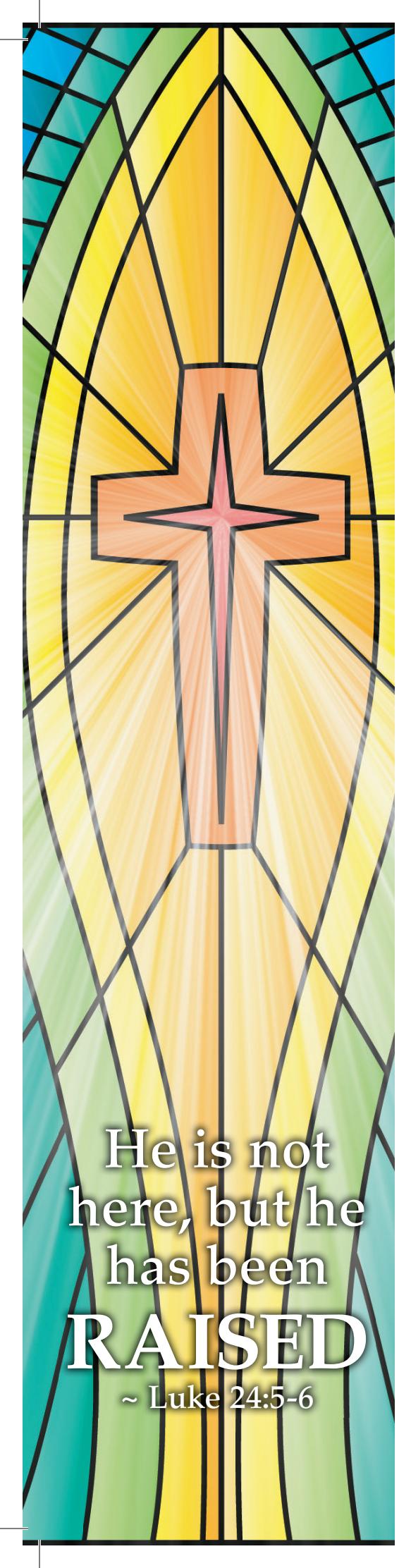


"Remember man, that you are dust, and to dust you shall return."

Genesis 3:19

The Catholic Community of
St. Elizabeth Ann
PLANO, TEXAS

Seton



He is not
here, but he
has been
RAISED

~ Luke 24:5-6

Dear Parish Family,

Rejoice, for the tomb is empty, and death is conquered! Christ has risen from the dead, offering us the gift of salvation and eternal life. This Easter, let us come together as one family, embracing the hope and joy that radiate from the empty tomb. As we celebrate this Easter season, let us renew our commitment to living the truth of the Gospel, sharing Christ's love with one another, and reaching out to those who do not yet know Him. May the Resurrection of our Lord inspire us to live with faith and courage, trusting in God's providence, and transforming the world through acts of mercy and compassion.

May the peace of Christ reign in your hearts this Easter and always.

In Christ's love,

Bruce Bradley
Rev. Bruce Bradley, Pastor

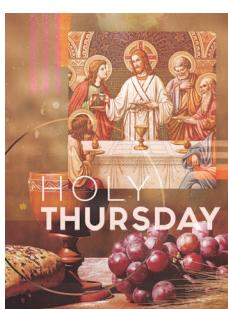
Simeon Nwankwo
Rev. Simeon Nwankwo, Parochial Vicar

Tuan Le
Rev. Tuan Le, Parochial Vicar



MASS & SERVICE SCHEDULE

APRIL 2



SERVICE

in the Daily Mass Chapel

8:30 AM Morning Prayer / No Mass

MASS OF THE LORD'S LAST SUPPER

in the Church

7:30 PM

APRIL 3



SERVICES

No 8:30 AM and Noon Masses on Good Friday

8:30 AM Morning Prayer in the Daily Mass Chapel

11:00 AM The Sung Passion of Our Lord
according to John in the Church

STATIONS of the CROSS

7:00 AM in the Daily Mass Chapel

3:00 PM in the Church

RECONCILIATION

in the Daily Mass Chapel

9:00 to 10:00 AM

12:30 to 1:30 PM

LITURGY OF OUR

LORD'S PASSION

in the Church

7:30 PM

APRIL 4



SERVICES

8:30 AM Morning Prayer / No Mass
in the Daily Mass Chapel

11:30 AM Blessing of Easter Food Baskets
in the Church

RECONCILIATION

in the Daily Mass Chapel

9:00 to 10:00 AM

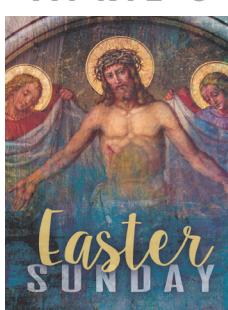
EASTER VIGIL MASS

in the Church

7:30 to 11:00 PM

No 5:00 PM Mass on Holy Saturday

APRIL 5



MASS

in the Church

8:00 AM

10:00 AM

12:00 PM / Noon

No 5:00 PM Mass on Easter Sunday

MASS

in the Parish Activity Center

8:00 AM

10:00 AM

12:00 PM / Noon

MASS

in the Faith Formation Gym

10:30 AM

Please see the bulletin insert for more
details about Easter Sunday Masses.



LENT STARTS



ASH WEDNESDAY



WHAT IS LENT?

Ash Wednesday begins the 40 days before Easter. Catholics call Lent. We practice prayer, fasting, and sacrifice.

WHAT ARE FASTING AND ABSTINENCE?



Fasting

Catholics who are 18-58 years old are required to keep a limited fast: a single, normal meal & 2 snacks.

Ash Wednesday & Good Friday



Abstinence

Catholics 14 years & older are required to abstain from eating meat and fowl.

Ash Wednesday & Fridays of Lent



Do I have to give up something for Lent?

No. Giving something up is a beneficial custom. You can give up something you enjoy, engage in physical or spiritual acts of mercy for others, pray, fast, abstain, go to confession, and other acts expressing repentance in general.

WHEN DOES HOLY WEEK BEGIN?



Jesus' triumphal entrance into Jerusalem on **Palm Sunday** begins Holy Week.



HOLY TRIDUUM STARTS with the Mass of the Lord's Supper on Holy Thursday when Jesus celebrated the first Mass, AND LENT OFFICIALLY ENDS.



Good Friday marks the anniversary of the crucifixion and death of Jesus Christ on the cross.



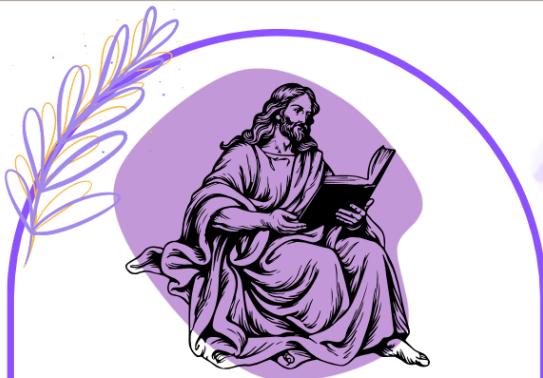
HOLY SATURDAY Our Lord lay in the tomb Holy Saturday before his resurrection.



EASTER SUNDAY

the Resurrection of Christ, is the greatest holy day of the Christian year!





5:15 pm in the Church
Fridays, February 20th
to March 27th

Family & Children
Stations of the Cross



7:00 pm in the Church
Stations of the Cross

Followed by Exposition of the Blessed Sacrament and Evening Prayers

Friday, February 20th
Marian Way of the Cross

Friday, February 27th
Everyone's Way of the Cross

Friday, March 6th
Traditional Way of the Cross

Friday, March 13th
Everyone's Way of the Cross

Friday, March 20th
Traditional Way of the Cross

Friday, March 27th
Marian Way of the Cross

Lenten Fridays at Seton



5:30 pm in the Parish Hall

Soup Supper*

(rolls, salad, drinks & cookies included)

Friday, February 20th

Minestrone
Broccoli Cheese

Friday, February 27th

Garden Vegetable
New England Clam Chowder

Friday, March 13th

Hearty Lentil and Vegetable
Cauliflower Cheese

Friday, March 20th

Rustic Potato
Vegetable Chili

*type of soups is subject to
change without notice



Lenten Fish Fry

5:00 pm in the SFFC Gym

hosted by the
Knights of Columbus

Fridays, March 6th and 27th



FACT
OF
FAITH

Why Ashes?

BY FR. LARRY RICE

For centuries, Catholic Christians have marked the beginning of the season of Lent by receiving ash on their foreheads on Ash Wednesday. This tradition has its roots in the Old Testament, where wearing ashes was a common sign of repentance for sins, and a sign of one's humility before God. Since Lent is a season of penitential renewal through prayer, fasting, and almsgiving, it's appropriate that this ancient sign marks the beginning of the season.

The ashes themselves are usually made by burning the palm fronds from the previous year's Palm Sunday. This symbolically connects the beginning of Lent with its end, connecting our change of heart with Christ's passion, death, and resurrection.

Ashes are usually distributed as part of the Mass on Ash Wednes-



day, often after the homily. As people approach the priest or other minister, he presses the ashes to their foreheads, and speaks one of two phrases: "Remember that you are dust, and to dust you shall return," or "Repent and believe in the Gospel."

In many places, Ash Wednesday services are among the most popular of the whole year—a day that's not even a Holy Day of Obligation. Cynics have suggest-

ed that this is because people "get" something, as they do on Palm Sunday. But there's nothing particularly appealing about getting smudged with ashes. Perhaps, the appeal is the expression through a physical sign of a desire for interior conversion.

The Gospel for Ash Wednesday is a reminder that the real purpose of the season of Lent isn't to make public demonstrations of piety—even the wearing of ashes—but to seek conversion of heart.

Fr. Larry Rice is the former vocations director for the Paulist Fathers.



Catholic
Current

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Image: CNS photo/Gregory A. Shemitz



Fact of Faith

WHY IS LENT FORTY DAYS?

The Lenten season is a time of preparation for the liturgical celebration of the suffering, Death, and Resurrection of Christ. Many Catholics spend that time on the three practices of Lent: prayer, fasting, and almsgiving. It is also a time to participate in the Sacrament of Penance and Reconciliation.

The season of Lent lasts from Ash Wednesday until the evening of Holy Thursday. If Sundays are excluded from the count, the season lasts forty days. The forty-day length of Lent is rooted in the biblical usage of the number forty. Forty is typically indicative of a time of testing, trial, penance, purification, and renewal. In the New Testament, forty days is the length of Jesus' time of trial in the desert in preparation for his public ministry, proclaiming the Gospel.

Mark 1:12-15

The Spirit drove Jesus out into the desert, and he remained in the desert for forty days, tempted by Satan.

He was among wild beasts,

and the angels ministered to him.

After John had been arrested, Jesus came to Galilee proclaiming the gospel of God:

"This is the time of fulfillment.

The kingdom of God is at hand.

The forty-day period of Jesus' trial in the desert echoes a number of events in the Old Testament:

- The face of the earth was cleansed and purified during the promised period of days and nights that rain poured down during the great flood—"I will bring rain down on the earth for forty days and forty nights, and so I will wipe out from the surface of the earth every moving creature that I have made" (Gen 7:4).
- The face of the earth was renewed during a forty-day period after the mountain tops appeared and the waters of the great flood receded—"The tops of the mountains appeared. At the end of forty days Noah opened the hatch of the ark that he had made" (Gen 8:5-6).
- Moses spent forty years as a shepherd in the desert before God called him to lead the Israelites out of slavery—"Moses fled when he heard this and settled as an alien in the land of Midian . . . Forty years later, an angel appeared to him in the desert near Mount Sinai in the flame of a burning bush" (Acts 7: 29-30).
- Moses fasted for forty days and nights on Mount Sinai before receiving the tablets of the covenant—

"So Moses stayed there with the Lord for forty days and forty nights, without eating any food or drinking any water, and he wrote on the tablets the words of the covenant, the ten commandments" (Ex 34:28).

- The Israelites spent forty years wandering in the desert, as a time of testing, trial and purification of the people, before reaching the Promised Land—"Now the Israelites had wandered forty years in the desert, until all the warriors among the people that came forth from Egypt died off because they had not obeyed the command of the Lord" (Jos 5:6; see Num 32:13).
- The prophet Elijah spent forty days in the desert before encountering God on Mount Horeb—" [Elijah] got up, ate and drank; then strengthened by that food, he walked forty days and forty nights to the mountain of God, Horeb" (1 Kgs 19:8).
- The Ninevites were given forty days before God was going to destroy the city, allowing time for repentance and conversion—"Jonah began his journey through the city, and had gone but a single day's walk announcing, 'Forty days more and Nineveh shall be destroyed,' when the people of Nineveh believed God; they proclaimed a fast and all of them, great and small, put on sackcloth" (Jon 3:4-5).



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God's Gift of Forgiveness

A Pastoral Exhortation on the Sacrament of Penance and Reconciliation

Dear Brothers and Sisters in Christ:

"Peace be with you!" With these words, the Risen Lord greeted his frightened Apostles in the Upper Room on the day of his Resurrection. They were troubled, anxious, and fearful—much like each one of us at some point in our lives. Christ repeated the words, "Peace be with you." But then he added, "Receive the holy Spirit. Whose sins you forgive are forgiven them" (Jn 20:19-23).

What an extraordinary gift! The Risen Lord was proclaiming that all the suffering he had just endured was in order to make available the gifts of salvation and forgiveness. He wanted the Apostles to receive these gifts. He wanted them to become apostles of this forgiveness to others.

In the Sacrament of Penance and Reconciliation, also called confession, we meet the Lord, who wants to grant forgiveness and the grace to live a renewed life in him. In this sacrament, he prepares us to receive him free from serious sin, with a lively faith, earnest hope, and sacrificial love in the Eucharist. The Church sees confession as so important that she requires that every Catholic go at least once a year.¹ The Church also encourages frequent confession in order to grow closer to Christ Jesus and his Body, the Church. By the grace of the Holy Spirit, we seek forgiveness and repentance, let go of patterns

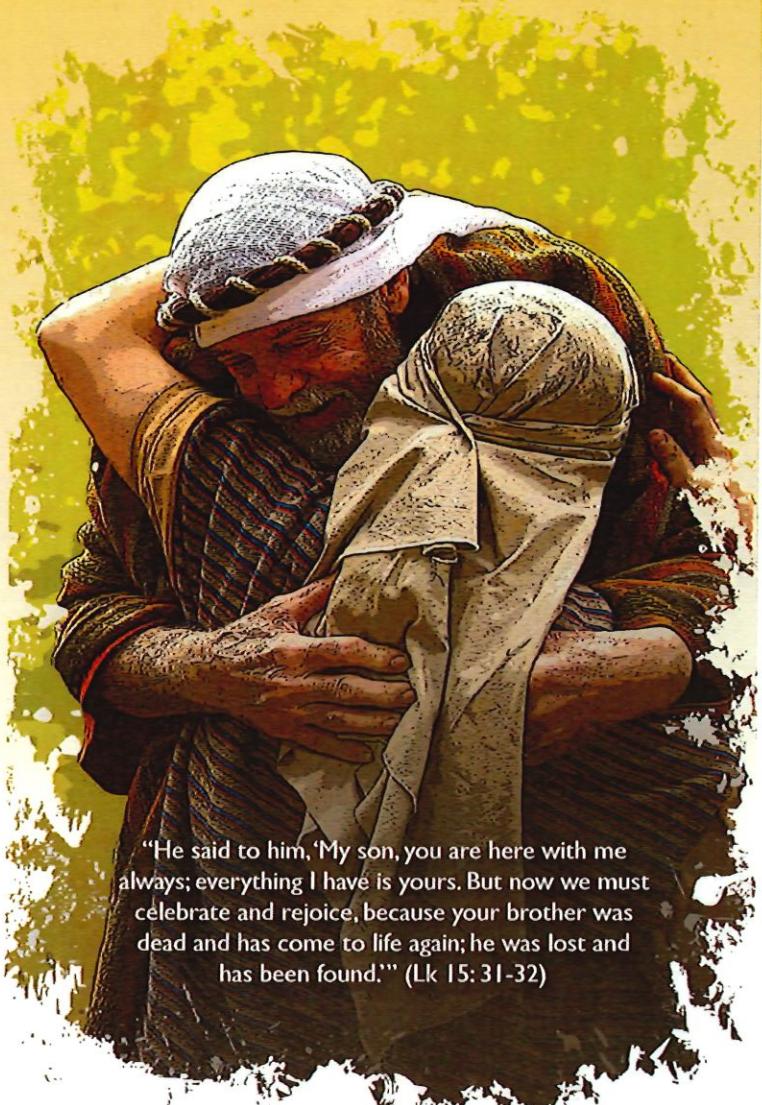
of sin, grow in the life of virtue, and witness to a joyful conversion. Since the graces of the sacrament are so similar to the purpose of the New Evangelization, Pope Benedict XVI has said, "The New Evangelization . . . begins in the confessional!"²

We bishops and priests are eager to help you if you experience difficulty, hesitation, or uncertainty about approaching the Lord in this sacrament. If you have not received this healing sacrament in a long time, we are ready to

FAITH
WORSHIP
WITNESS



JOURNEY
WITH CHRIST



"He said to him, 'My son, you are here with me always; everything I have is yours. But now we must celebrate and rejoice, because your brother was dead and has come to life again; he was lost and has been found.'" (Lk 15:31-32)

welcome you. We, whom Christ has ordained to minister this forgiveness in his name, are also approaching this sacrament, as both penitents and ministers, throughout our lives and at this special moment of grace during Lent. We want to offer ourselves to you as forgiven sinners seeking to serve in the Lord's name.

During Lent—in addition to the various penitential services during which individual confession takes place—we bishops and priests will be making ourselves available often for the individual celebration of this sacrament. We pray that through the work of the Holy Spirit, all Catholics—clergy and laity—will respond to the call of the New Evangelization to encounter Christ in the Sacrament of Penance and Reconciliation. Come to the Lord and experience the extraordinary grace of his forgiveness!

1 *Catechism of the Catholic Church*, nos. 1457-1458.

2 Pope Benedict XVI, Address to the Annual Course on the Internal Forum Organized by the Apostolic Penitentiary, www.vatican.va/holy_father/benedict_xvi/speeches/2012/march/documents/hf_ben-xvi_spe_20120309_penitenzieria-apostolica_en.html.

How to Go to Confession...

May the Passion of Our Lord Jesus Christ,
the intercession of the Blessed Virgin Mary and of all
the saints,
whatever good you do and suffering you endure,
heal your sins,
help you grow in holiness,
and reward you with eternal life.
Go in peace.

—*Rite of Penance*, no. 93

- 1 PREPARATION:** Before going to confession, take some time to prepare. Begin with prayer, and reflect on your life since your last confession. How have you—in your thoughts, words, and actions—neglected to live Christ's commands to “love the Lord, your God, with all your heart, with all your soul, and with all your mind,” and to “love your neighbor as yourself” (Mt 22:37, 39)? As a help with this “examination of conscience,” you might review the Ten Commandments or the Beatitudes (Ex 20:2-17; Dt 5:6-21; Mt 5:3-10; or Lk 6:20-26).
- 2 GREETING:** The priest will welcome you; he may say a short blessing or read a Scripture passage.
- 3 THE SIGN OF THE CROSS:** Together, you and the priest will make the Sign of the Cross. You may then begin your confession with these or similar words: “Bless me, Father, for I have sinned. It has been [give days, months, or years] since my last confession.”
- 4 CONFESSION:** Confess all your sins to the priest. If you are unsure what to say, ask the priest for help. When you are finished, conclude with these or similar words: “I am sorry for these and all my sins.”
- 5 PENANCE:** The priest will propose an act of penance. The penance might be prayer, a work of mercy, or an act of charity. He might also counsel you on how to better live a Christian life.

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con un representante del servicio al cliente en español.

- 6 ACT OF CONTRITION:** After the priest has conferred your penance, pray an Act of Contrition, expressing sorrow for your sins and resolving to sin no more. A suggested Act of Contrition is:

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.

(*Rite of Penance*, no. 45)

- 7 ABSOLUTION:** The priest will extend his hands over your head and pronounce the words of absolution. You respond, “Amen.”
- 8 PRAISE:** The priest will usually praise the mercy of God and will invite you to do the same. For example, the priest may say, “Give thanks to the Lord for he is good.” And your response would be, “His mercy endures for ever” (*Rite of Penance*, no. 47).
- 9 DISMISSAL:** The priest will conclude the sacrament, often saying, “Go in peace.”

If it has been a while since your last confession, remember, “Do not fear” (Is 41:10). The priest will help guide you. And feel free to take this how-to guide with you! (For more information, visit www.usccb.org/confession.)



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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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Text by Peter Mazar. Art by Rita Corbin.

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 19, Solemnity of St. Joseph, spouse of the Blessed Virgin Mary, March 25, Solemnity of the Annunciation of the Lord and March 15, Laetare Sunday.
- ◆ **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 OCIA/OCIY/OCIC 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.

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 after 8:30 a.m. Mass to 11:45 a.m.
- ◆ **Pray** for one of our OCIA 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.

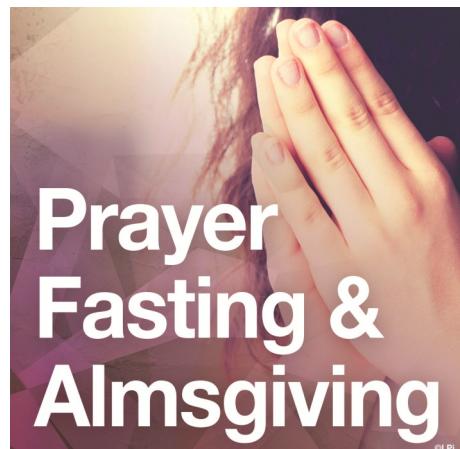
ALMSGIVING

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.**





Offering Up : Fasting and Abstinence

Week 1: Consider the ways food is wasted or consumed carelessly. This week, make an effort to eat only until you feel satisfied rather than full.

Week 2: Offer up a bit of time normally used to watch television and use it to pray for or provide assistance to someone who is suffering or in need of healing.

Week 3: Abstain from hurtful words. Pause before responding to someone out of anger or resentment. Substitute words of healing and consideration.

Week 4: Fast from watching television or going online one day this week. Offer up that time to something that feeds your soul, such as going for a walk, reading a book, or listening to soothing music.

Week 5: Take time from something you usually do for yourself to write a note or make a phone call to a friend, relative, or acquaintance who needs your time and attention.

Week 6: Pick one or two days this week to refrain from eating one of your favorite foods. Don't tell anyone what you are doing so that it becomes a private practice.





Offering To : Sharing Your Resources with Others

Week 1: Give up something you usually buy for yourself, such as a cup of coffee or a song downloaded from the Internet. Double the amount you would have spent and place it in the collection basket at church.

Week 2: Share the world's energy by turning down the heat, taking shorter showers, or walking or biking instead of driving to a destination.

Week 3: Offer to help someone else in the family, at work, or in school with a chore or task.

Week 4: Visit someone who is sick or in a nursing home, or donate your time to a parish social ministry project.

Week 5: Clean out a closet or chest of drawers and give away clothes, toys, books or other items you haven't used in the past year.

Week 6: Write a letter of gratitude to someone at your parish or in your community to thank them for the services they are extending to those in need.





Offering Of : Prayer and Worship

Week 1: Go through your parish bulletin and look for Lenten services. Mark your calendar in order to plan on attending one or more of these over the next six weeks.

Week 2: Spend time going over the Sunday readings by yourself or with your family. Get to church early this week in order to spend extra time preparing to celebrate the liturgy.

Week 3: Make a list of people who need your prayers. Set aside time each day this week to remember them in your morning or evening prayers.

Week 4: Take time each day to ask God for forgiveness. Consider some part of your life that you want to change in order to become more loving and compassionate.

Week 5: Start or end each day this week with five extra minutes of prayer. Use a book of reflections or sit quietly in silence.

Week 6: Participate in a parish celebration of the Stations of the Cross or visit the church or a retreat center on your own to carry out this meditation.

Our Phonics Teacher Center offers a variety of online components including professional development videos, games and activities!





Offering Up : Fasting and Abstinence

Week 1: Consider the ways food is wasted or consumed carelessly. This week, make an effort to eat only until you feel satisfied rather than full.

Week 2: Offer up a bit of time normally used to watch television and use it to pray for or provide assistance to someone who is suffering or in need of healing.

Week 3: Abstain from hurtful words. Pause before responding to someone out of anger or resentment. Substitute words of healing and consideration.

Week 4: Fast from watching television or going online one day this week. Offer up that time to something that feeds your soul, such as going for a walk, reading a book, or listening to soothing music.

Week 5: Take time from something you usually do for yourself to write a note or make a phone call to a friend, relative, or acquaintance who needs your time and attention.

Week 6: Pick one or two days this week to refrain from eating one of your favorite foods. Don't tell anyone what you are doing so that it becomes a private practice.

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Offering To : Sharing Your Resources with Others

Week 1: Give up something you usually buy for yourself, such as a cup of coffee or a song downloaded from the Internet. Double the amount you would have spent and place it in the collection basket at church.

Week 2: Share the world's energy by turning down the heat, taking shorter showers, or walking or biking instead of driving to a destination.

Week 3: Offer to help someone else in the family, at work, or in school with a chore or task.

Week 4: Visit someone who is sick or in a nursing home, or donate your time to a parish social ministry project.

Week 5: Clean out a closet or chest of drawers and give away clothes, toys, books or other items you haven't used in the past year.

Week 6: Write a letter of gratitude to someone at your parish or in your community to thank them for the services they are extending to those in need.



Offering Of : Prayer and Worship

Week 1: Go through your parish bulletin and look for Lenten services. Mark your calendar in order to plan on attending one or more of these over the next six weeks.

Week 2: Spend time going over the Sunday readings by yourself or with your family. Get to church early this week in order to spend extra time preparing to celebrate the liturgy.

Week 3: Make a list of people who need your prayers. Set aside time each day this week to remember them in your morning or evening prayers.

Week 4: Take time each day to ask God for forgiveness. Consider some part of your life that you want to change in order to become more loving and compassionate.

Week 5: Start or end each day this week with five extra minutes of prayer. Use a book of reflections or sit quietly in silence.

Week 6: Participate in a parish celebration of the Stations of the Cross or visit the church or a retreat center on your own to carry out this meditation.

Our Phonics Teacher Center offers a variety of online components including professional development videos, games and activities!

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Keep your momentum
strong throughout the
six weeks of the Lenten
season with these
“Lenten Practices” cards!

Family Lent Calendar 2026

St. Elizabeth Ann Seton Family Faith Formation

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lent is a time of prayer, almsgiving and fasting. It begins on Ash Wednesday.	<u>Feb. 17</u> Mardi Gras Faith Formation Center 5:30 -7:30 pm	18 Ash Wed. Children's Prayer Service 4:30pm	19 LORD <i>Bless our LENTEN Journey.</i>	20 Children's Stations of the Cross 5:15 p.m. Soup Supper 5:30 p.m.- 7:00 p.m.	21 Reconciliation 9-10 a.m. In the Chapel
22 Pray for the Elect, those who will be baptized this Easter.	23 Pray to the Holy Spirit for help in being kind to others.		25 Put out some bird feed for our winter friends.	26 Write a letter to Jesus thanking him for his sacrifice on the cross.	27 Children's Stations of the Cross 5:15 p.m. Soup Supper 5:30 p.m.- 7:00 p.m.	28 Reconciliation 9-10 a.m. In the Chapel
March 1 Help with Sunday Dinner	2 Jesus show me how to be like you!	3 How can I become a better child of God during Lent?	4 Do a chore without being asked today.	5 Discuss with your family how we can help the poor.	6 Children's Stations of the Cross 5:15 p.m. Fish Fry 5:30 p.m.- 7:00 p.m.	7 Reconciliation 9-10 a.m. In the Chapel
8 There is no life without water. Think of ways to conserve water.	Make up a family prayer to say together each day during Lent.	10 Pray for your neighbors who are lonely, sick or in need.	11 Pray Psalm 100 with your family.	12 Read about the Saint of the day on American-catholic.org	13 Children's Stations of the Cross 5:15 p.m. Soup Supper 5:30 -7:00 p.m.	14 Reconciliation 9-10 a.m. In the Chapel
15 Pray for those who are sick and suffering	16 Be a friend to someone who is lonely today.	17 Talk about what nourishes our body and soul. Donate food to the local food Pantry as a family.			20 Children's Stations of the Cross 5:15 p.m. Soup Supper 5:30 p.m.- 7:00 p.m.	21 Reconciliation 9-10 a.m. In the Chapel
22 Talk about your baptism today.	23 Thank Jesus for his love and forgiveness	24 Discuss ways you can be nice to others.	25 Individual Reconciliation 7:00pm in the Chapel	26 Praise Creation Today. Draw your favorite thing God created.	27 Children's Stations of the Cross 5:15 p.m. Fish Fry 5:30 -7:00 p.m.	28 Reconciliation 9-10 a.m. In the Chapel
29 Today is Palm Sunday, reflect on your Lenten journey	30 Discuss what Lent means and how it affects our lives.	31 Write a letter to a distant relative. Make sure to put it in the mail	<u>April 1</u> Do Something special for your family today.	2 Holy Thursday Mass 7:30 p.m.	3 Good Friday Mass 7:30 p.m.	4 Holy Saturday Easter Vigil 7:30pm -11pm
5	Easter Sunday Mass Times: See the Bulletin					

Lent 2026

Catholic Family Prayers

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 the calendar or church bulletin for dates for the Parish Reconciliation Service or individual mass times

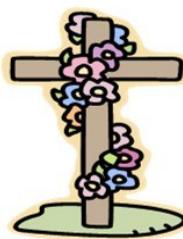


Examination of Conscience

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? shown love and respect for

- b. How have I shown or not 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?



Prayers

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.

Hail Mary

Hail Mary, full of grace,
the Lord is with you!
Blessed are you among women,
and blessed is the fruit
of your womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners now and at the
hour of our death.
Amen



Prayer to the Holy Spirit

Come Holy Spirit, fill the hearts
Of your faithful.
And kindle in them the
fire of your love.
Send forth your Spirit and
they shall be created.
And you will renew the
face of the earth.
Amen

Glory Prayer

Glory to the Father,
And to the Son,
And to the Holy Spirit:
As it was in the beginning, is now,
and will be for ever.
Amen

Morning Prayer

Dear God,
As I begin this day,
Keep me in your love and care.
Help me to live as your child today.
Bless me, my family, and my friends
in all we do.
Keep us all close to you.
Amen

Evening Prayer

Dear God,
I thank you for today.
Keep me safe throughout the night.
Thank you for all the good I did to-
day.
I am sorry for what I have chosen
to do wrong.
Bless my family and friends.
Amen

LENTEN RECONCILIATION

We invite everyone to reconciliation this Lent

WATCH: <https://watch.formed.org/videos/for-children-how-to-make-a-great-confession>

READ: <https://catholicexchange.com/go-confession-lent>

Fridays

9:15 a.m.—10:00 a.m. Daily Mass Chapel
12:30 p.m. – 1:30 p.m. Daily Mass Chapel

Saturdays

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

Reconciliation

Wednesday, April 1
Noon—2:00 p.m. in 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 25 and April 1
from 7:00 p.m. to 9:00 p.m.
in the Church



DAILY MASS SCHEDULE

Monday	7:00 a.m. and 8:30 a.m.—chapel
Tuesday	7:00 a.m. and 8:30 a.m.—chapel
Wednesday	8:30 a.m. and 6:00 p.m.—chapel
Thursday	7:00 a.m. and 8:30 a.m.—chapel
Friday	8:30 a.m. and Noon—church
Saturday	8:30 a.m.—Church

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 April 3rd.



HOLY WEEK



SCHEDULE 2026

Holy Thursday, April 2

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, April 3

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)
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)
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), April 4

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, APRIL 5

Mass Time and Place

Last years attendance

8:00 a.m. in Church*	1123
8:00 a.m. in Parish Hall and Parish Activity Center*	236
10:00 a.m. in Church*	1377
10:00 a.m. in Parish Hall and Parish Activity Center*	567
10:30 a.m. in Gym in Seton Faith Formation Center*	371
12:00 p.m. in Church*	1225
12:00 p.m. in Parish Hall and Parish Activity Center*	484

No 5:00pm Mass

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, APRIL 2

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

GOOD FRIDAY, APRIL 3

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

HOLY SATURDAY, APRIL 4

No 5:00 p.m. Mass

7:30 p.m. – 11:00 p.m.—Easter Vigil Mass

All Masses are in the Church





Fasting During the Lenten Season

As we begin the Lenten Season lets pause and reflect on where we want to be in 40 days

In the words of Pope Francis:

Let us pray that as we begin the season of lent we embrace the opportunity to:

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 our hearts with joy.

Fast from selfishness and be compassionate to others.

Fast from grudges and be reconciled.

Fast from words and be silent so we can listen.

We pray that our only desire and our one choice
is to choose what better leads to the deepening
of God's life in us.

We ask the Lord to guide our decisions today and to bless our Community with His peace, His joy, His love.

- Attributed to Pope Francis, offered by Tim Reilly