Good Teacher Area Faith Community

St. Edward & St. Eloi Catholic Churches

Pastor: Father Craig Timmerman (507.829.3014)

Senior Associate Pastor: Father Keith Salisbury (1.507.224.2289)

Associate Pastor: Father Zach Peterson (507.476.1688)

Parish Secretary: Caren Buysse – 872.6346 Formed: formed.org (Z8Q2WJ) St. Eloi Facebook: St. Eloi Catholic Church

Area Faith Website: goodteacherafc.com St. Edward & St. Eloi Email: St. Eloi Website:

Religion Ed Coordinator: Tina Myhre [cbuyssegoodteacherafc@gmail.com](mailto:cbuyssegoodteacherafc@gmail.com) steloicatholicchurch.weebly.com

[goodteacherafcre@hotmail.com](mailto:goodteacherafcre@hotmail.com)

St. Edward Facebook: St. Edward Catholic Bulletin Coordinator: Cynthia Beisler

Deacon: Bruce Bot – 872.5465 Church Bulletin Email: [stedsbulletin@gmail.com](mailto:stedsbulletin@gmail.com)

Travis Welsh – 829.0986 St. Edward Website: stedschurch.com

Jason Myhre – 829.2829 Catholic Charities: 1.866.670.5163

Victim’s Hotline: 1.507.223.55313

Office Hours: 8:00 – 11:45 am 12:45 – 4:00 pm Office Mailing Address: Facebook: One More Time Thrift Store

Tuesday, Wednesday, Friday 408 N. Washington St.

Minneota, MN 56264

**SUNDAY, MARCH 1, 2020**

**FIRST SUNDAY OF LENT**

***Sunday, March 1***

8:00 – 8:15 am Confession at St. Edward

8:30 am Mass at St. Edward (*LaVern Evers*)

9:30 am Open Forum, Discussion on school choice in St Edward Basement  ***Rolls & Coffee Provided***

10:00 – 10:15 am Confession at St. Eloi

10:30 am Mass at St. Eloi (*Ed Buysse*)

4:00 pm – 7:00 pm Taunton Style Pancake Supper at St. Edward

***Monday, March 2***

Mass at St. Eloi Convent (*Presider’s Intention*)

\*For Mass time contact Sisters of Mary Morning Star

6:00 pm – 7:00 pm “Cathletes Youth Group” meeting at St. Edward School \*\* Meal provided, contact Tina Myrhe

***Tuesday, March 3***

12:00 pm Mass at St. Eloi Convent (*Brad Claeys*)

***Wednesday, March 4***

10:00 am – 10:15 am – Confession at St Edward

10:30 am Mass at St Edward (*Brian Thielges*)

12:00 pm Mass at St. Eloi Convent (*Presiders Intention*)

5:30 pm – 6:20 pm – Religious Ed Family Meal at St Edward Church Basement (***Serving: Hash brown Casserole)***

6:30 pm – Adoration of the Blessed Sacrament at St Edward

6:30 pm – Religious Education at St. Edward

6:15 pm - Catechesis of the Good Shepherd at St. Eloi

***Thursday, February 27***

7:00 am Mass at St.. Edward (*Audrey Kloos)*

Confessions after Mass

4:45 pm – 5:45 pm Children’s Adoration with the Sisters of Mary of Morning Star at St. Eloi Convent; children womb-12 are invited!!

5:45 pm Mass at St. Eloi Convent (*Presiders Intention*)

5:00 – 7:00 pm Adoration at St. Edward

***Friday, March 5***

5:45 am TMIS Gathering at KC Hall

7:30 am Mass at St. Eloi Convent (*Presiders Intention*)

2:30 pm Mass at Minneota Manor (*Norbert & Eugene Hoffmann and Mary Lou & Ken McMahon*)

4:00 pm – 7:00 pm St. Edward Fish Fry

6:30 pm – 6:50 pm Confessions at St. Edward

7:00 pm Stations of the Cross at St. Edward

*Confessions after Stations*

***Saturday, March 6***

12:00 pm Mass at St. Eloi Convent (*Marie Rose Boerboom*)

4:45- 5:20 pm Confession at St. Edward

5:30 pm Mass at St. Edward (*Richard & Georgette Moorse and Steve Savant*)

***Sunday, March 7***

***Daylight Savings Begins – Turn Your Clocks Ahead***

8:00 – 8:15 am Confession at St. Edward

8:30 am Mass at St. Edward (*Anne Coens*)

10:00 – 10:15 am Confession at St. Eloi

10:30 am Mass at St. Eloi (*For the Parish Family*)

**PERPETUAL ADORATION**

Holy Redeemer began Perpetual Adoration at their

***St. Joseph Chapel*** on Ash Wednesday.

The St. Joseph Chapel is located at the Holy Redeemer Faith Formation Building, Door # 6. They are inviting us to the opportunity to have our own personal timeslot with the Lord, a “weekly appointment with Jesus.”

***Everyone needs to spend some quiet time with Jesus!***

If you would like to sign up for a time, you can do so by calling the Holy Redeemer Office, signing up directly through Holy Redeemer parish website, or through this link: *tinyurl.com/sk49aof*.

Lent is a great time to add this to your schedule. It is a gift to the Lord that will be repaid many times over in blessings.

**Chapel hours will be 7:00 a.m. - 7:00 p.m.**

**After hours is by code only.  
*Adoration will end on Fridays at 5 p.m. ​and resume on Sundays at 5 p.m.***  
(After things get going, they will add the remaining hours.)

**Area Faith Weekly Mass Schedule**

*These Mass times are subject to change!*

Monday, March 2 9:00 am Mass at Dawson Nursing Home

(*Presider’s Intention*)

Tuesday, March 3 6:00 pm Mass at St. Peter (*Mike & Erma*

*Ochoki*)

Wednesday, March 4 9:00 pm Mass at St. Peter (*Ralph & Kathy*

*Ochocki)*

Thursday, March 5 9:00 am Mass at St. Leo (*Barb Natte*)

Friday, March 6 10:30 am Mass at Sylvan Court (*LaMorne*

*Wiest*)

Saturday, March 7 5:30 pm Mass at St. Peter (*Velma Eischens*)

Sunday, March 8 8:30 am Mass at St. James – Dawson

(*Living and Deceased of Halvorson Family*)

10:30 am Mass at St. Peter

(*Marlys Winkels Streff*)

**Radio Rosary – Week of March 2 – March 8**

March 2 In memory of Margaret Osum by Luke & Sherry Louwagie

March 3 In memory of Pat Deutz by Family & Friends

March 4 In memory of Cy and Banche Blomme & all deceased

Family members

March 5 In memory of Oscar G. Louwagie by his family

March 6 In memory of Allan Van Keulen by Rona Van Keulen &

Family

March 7 For all the deceased members of the Bernard & Loretta

Buysse family by Laurence & Ardyce Louwagie

March 8 In memory of Helen C. VanAcker & all deceased family

members

To schedule a Radio Rosary – Call Carol Louwagie: 507.532.6081

The Rosary is typically broadcast at 6:15 pm on KMHL, 1400

**UPCOMING EVENTS & MEETINGS**

March 1 **9:30 am** - St. Edward Open Forum Discussion in the church basement, coffe and rolls will be provided.

March 1 **4:00 pm – 7:00 pm** KC Taunton Style Pancake Supper at St. Edward

March 5 **4:45 pm – 5:30 pm** – Children’s Adoration with the Sisters of Mary of Morning Star at St. Eloi Convent; children womb-12 are invited!!

March 6 **4:30 pm – 7:00 pm** St. Edward School Fish Fry

March 15 **11:00 am – 12:30 pm** St. Eloi Soup & Chili along with

Silent Auction to assist with tuition to RE and Catholic

Schools.

March 21 **3:00 pm** - FIRST COMMUNION RETREAT at ST. Edward

***CHURCH ENVELOPES***

Donation envelopes are ready to be picked up in the church basement for St. Edward and in the back of the church for St. Eloi parishioners.

**PLEASE DO NOT USE 2019 ENVELOPES ANY LONGER.**

The envelopes have been renumbered. Thank You!

***MASS READINGS & PRAYERS FOR VOCATIONS***

***March 1 – March 7***

**SUNDAY, March 1 – Pray for Pope Francis**

**Genesis 2:7-9, 3:1-7; Psalm 51:3-6, 12-14, 17; Romans 5:12-19; Matthew 4:1-11**

* *What is now most tempting me not to follow Jesus’ ways?*

**MONDAY, March 2 – Pray for Bishop John Levior**

**Leviticus 19:1-2, 11-18; Psalm 19:8-10, 15; Matthew 25:31-46**

* *How might I be more attentive to Christ’s presence in others today?*

**TUESDAY, March 3 – Pray for Fr. Christian Adike, Fr. Garrett Ahlers, Dcn Arthur Abel, Joshua Bot (Sem)**

Isaiah 55:10-11; Psalm 34:4-7, 16-19; Matthew 6:7-15

* *When have good things in my life suddenly sprouted from the kind words of others?*

**WEDNESDAY, March 4 – Pray for Fr. James Barry, Fr. John Berger, Dcn Russell Balschiko, Carter Currans (Sem)**

Jonah 3:1-10; Psalm 51:3-4, 12-15, 18-19; Luke 11:29-32

* *How might I make my Lenten fasting a more deeply spiritual experience?*

**THURSDAY, March 5 – Pray for Fr. Harry Behan, Fr. William Bowles, Dcn Bruce Bot, Nathan Hansen (Sem)**

**Esther C:12, 14-16, 23-25; Psalm 138:1-3, 7-8; Matthew 7:7-12**

* *What must I most let go of to let God’s Spirit work in and through me?*

**FRIDAY, March 6 – Pray for Fr. David Breu, Fr. Eugene Brown, Dcn Rich Christiansen, Dcn John Hayes (Sem)**

**Ezekiel 18:21-28; Psalm 130:1-8; Matthew 5:20-26**

* *To whom or to what idea do I need to be open to get beyond idolizing my own opinions?*

**SATURDAY, March 7 – Pray for Fr. Patrick Casey, Fr. James Devorak, Dcn Timothy Dolan, James Herzog (Sem)**

Deuteronomy 26:16-19; Psalm 119:1-2, 4-5, 7-8; Matthew 5:43-48

* *How might I better imitate God’s indiscriminate love for others whom I interact with?*

**SACRAMENTS OF THE CHURCH**

* **Baptism, Marriage, Anointing of the Sick, Becoming Catholic** –

Call the church office: 872.6346

* **Eucharist to Shut-ins**:

St. Eloi – Sandy Nuytten 829.9690

St. Edward – Call the church office 872.6346

* **Baptism Prep:** To set up a baptism date, call Caren at the office. Check the church website for Godparent Requirements.
* **RCIA:** Jesus Christ came to reveal the fullness of God’s love for us and we continue to celebrate that love through praise, sacraments, service, and community. If you or someone you know is interested in joining our church or in learning more about the Catholic Church, contact Deacon Bruce Bot 507.828.7012.

***Sponsorship of St. Edward Catholic School***

***March 1*** Open ***March 8*** Open

***March 2*** Open ***March 9*** Open

***March 3*** Open ***March 10*** Open

***March 4*** Open ***March 11*** Open

***March 5*** Open ***March 10*** Open

***March 6*** Open ***March 11*** Open

***March 7*** Open ***March 12*** Open

**INTERCESSIONS FOR LIFE**

…May every human person, from conception to natural death, be recognized as a temple of God, in whom the Spirit dwells; we *pray to the Lord:*

**BULLETIN BRIEFS**

“The essence of our identity is that we are created in God's image and likeness and loved by Him. Nothing can diminish the priceless worth of any human life. Every person is **cherished**.”

USCCB Secretariat of Pro-Life Activities  
2018-19 Respect Life Reflection

***Taunton Style Pancake And Sausage Supper***

The St. Edward's Knights of Columbus Council is hosting their annual "Taunton Style" Pancake and Sausage Supper on Sunday, March 1, at St. Edward Catholic Church in Minneota.  Serving from 4:00 p.m. - 7:00 p.m.  There will be a free will offering.  Sponsored by St. Edward Catholic Church and the St. Edward's Knights of Columbus Council.  All are welcome!

***St. Edward’s Fish Fry***

The St. Edwards Catholic School Education Committee is hosting a Lenten Fish Fry on Friday, March 6, at St. Edward Catholic Church in Minneota.  Serving from 4:30-7:00 p.m.  Adults (over age 12) are $10, kids (ages 4-12) $7, and kids 3-under eat free.

Sponsored by St. Edward Catholic Church and School.  All are welcome!  Take-outs are available by contacting the Church Office at 872-6346.

***Chicken Wild Rice Soup & Chili Feed and Silent Auction***: All are invited to come and help support the students of St. Eloi Church in Ghent on Sunday, March 15, down in the church basement. We will be serving soup and chili along with breadsticks and bars from 11:00-12:30. Bidding for the silent auction closes at 12:15. Everyone is welcome to join us for some great fellowship while supporting the education of our students. The Catholic Order of Foresters are hosting this event and are offering Matching Funds as well.            ~ St. Eloi Ct #1081 COF

***That Man Is You***

The "That Man Is You” men have been meeting Friday mornings at the Knights Hall in Minneota. The program has been well received and well attended. We would like to invite all men to join us as we proceed through our Lenten journey. Come and experience this wonderful program! Join us at 5:45 am Friday mornings at the Knights Hall in Minneota for coffee, breakfast, faith building and fellowship. There is no cost other than a little sleep. For more information call Brian Timmerman at 507.428.3519 or just show up!

***Catholic Daughters Offer Scholarship***

The Catholic Daughters of the Americas local Court St. Joan of Arc #129 is offering a $500 scholarship to a 2020 graduating Catholic girl who plans to continue her formal education. She must be a member of Holy Redeemer parish or any of the adjacent Catholic parishes that do not have a Catholic Daughter Court.

Applications are available at the Holy Redeemer Parish office or from Lois Novosad, 710 N 6th St., Marshall Mn 56258. Phone number- 532-5236. Completed forms, including letters of recommendation, must be returned to Lois Navosad no later than April 15 .

***Religious Ed Family Meals***

We are now providing a light meal for RE families from 5:45 – 6:25 pm in the church basement before class begins at 6:30 pm.

**Our next Wednesday meal will be Hash Brown Casserole.**

It will be a freewill offering which will help pay for future meals.

If you would like to donate any ingredients or store-bought goodies for dessert (cookies, cupcakes, etc.), it would be appreciated.

Also, if anyone is able to help serve and clean up the meal, please contact Tina Myhre, RE Coordinator, at [goodteachereafcre@hotmail.com](mailto:goodteachereafcre@hotmail.com) or 870.5108.

***Catholic Athletes Youth Group***

*Upcoming dates for Cathletes will be Monday, March 2, from 6-7 pm at St. Ed's School.  There will be food available for those who want to come right from practice.*  *We are trying some different times, so please watch the bulletin or contact Tina (829-2958) for future dates.***Cathletes is for youth grades 7-12 to gather for games and learn from other Catholic athletes and Fr. Zach how faith and athletics work together in our lives.  All 7-12 youth are invited and group is not exclusive to athletes.**

***THANK YOU***

Thank you to all of you who are giving back to God some of your time, talent, and finances that God has given you. Our churches and their mission and ministry would not exist without your giving.

***ST. ELOI NEWS***

|  |  |  |  |
| --- | --- | --- | --- |
|  | ACTUAL | BUDGETED | DIFFERENCE |
| Adult | $525.00 | $2,294.90 | -$1,769.90 |
| Loose | $118.17 | $146.15 | -$27.98 |
| Commodity |  |  |  |
|  |  |  |  |
| Year-to-Date | $70,919.59 | $94,540.96 | -$23,621.37 |

**LITURGY ASSIGNMENTS**

**Sunday, March 8*, 10:30 AM***

*Sacristan*: Jeanne Schmidt

*Servers*: Robert Beisler, David Rabaey, Faith Beisler

*Lector*: Doug Maeyaert and Cindy Nelson

*Eucharistic Ministers*: B: D. Senden, J. Kesteloot   C: B. Brewers, C. Nelson, S. Nuytten, R. Nelson

*Musicians*: Barb Hennen & Laura Hennen

*Gifts*: Mike and Julie Speltz Family

*Ushers*: B. Timmerman,  M. Monnet,  D. Van Keulen

***SISTERS OF MARY MORNING STAR NEWS***

St. Eloi Convent Masses: Call 428.3919 for times.

Masses on Monday, Wednesday, Thursday, Friday, Saturday

Vespers: 6:15 pm Adoration: 7:30 – 8:30 pm

**CHILDREN’S HOLY HOUR WITH THE SISTERS**

Our next Children’s Adoration hours will. Be held Thursday, March, from 4:45 – 5:30 pm. Children from the womb to age 12 are invited! St. Maria Johanna

We will begin emailing announcements for the different activities that we do: our prayer vigils, come and see weekend retreats for young women, and philosophy evenings or weekends for youth. If you would like to receive these announcements, please email us at: [sistersofmarymorningstar@gmail.com](mailto:sistersofmarymorningstar@gmail.com) and let us know which of the three announcements you are interested in. It is always a joy when you come to pray with us!

**You are welcome to pray in our chapel whenever you’d like.**

***ST. EDWARD NEWS***

|  |  |  |  |
| --- | --- | --- | --- |
|  | ACTUAL | BUDGETED | DIFFERENCE |
| Adult | $1,260.00 | $4,829.92 | -$3,469.92 |
| Youth | $4.00 | $5.69 | -$1.69 |
| Loose | $119.60 | $153.85 | -$34.25 |
| Online Giving | $80.00 | *\*Added to the adult envelope total* | |
|  |  |  |  |
| Year-to-Date | $169,962.14 | $173,954.04 | -$3,991.90 |

**LITURGY ASSIGNMENTS**

**Saturday, March 7, 2020**

*Sacristan:* Marlene Polejewski

*Servers*: Tucker Thooft, Dylan DeSmet, Brooke DeSmet

*Lector*: Nate Welsh

*Eucharistic Minister*: Monica DeSmet, Sherry Kern, Ed Laleman, Bonnie Laleman, Deb Thooft

*Ushers*: Don Gorecki, Brad Laleman, Bruce Laleman, David DeSmet

**Sunday March 8, 2020**

*Sacristan*: Fran Sturm

*Servers*: Faith Myhre, Ian Myhre, Laney Myhre

*Lector*: Terry VanKeulen

*Eucharistic Minister*: Becky Engels, Melissa Downing, Kevin Downing, Joy Buysse, Shannon Brewers

*Usher*: Gary Buysse, Jerry Differding, Omer Laleman, Doug Janiszeski

**ROSARY SOCIETY MEMBERS**

Our general intention throughout the year is for world peace and an increase of vocations to the priesthood and religious life. February is for blessings on all Marriages and March is for the return of fallen away Catholics. We need, and welcome, new members to complete our roses. If you have any questions and/or would like to join, call Judy Bot (872.6525) or Marian Laleman (872.6807).

**ONLINE GIVING**

Online giving helps you maintain your giving even if you cannot attend Mass. This helps the parish streamline our cash flow, especially during bad weather or vacation times. Go to our parish website and get started today. [www.stedschurch.com](http://www.stedschurch.com)

**HOSPITALITY COMMITTEE**

If you know of anyone who is sick or new to the parish, please call Marlene Polejewski at 872.6242.

**PRAYERS**

If you know anyone from our parish who is sick or has had surgery recently or is ill and would like to be remembered in prayer during the weekend Masses, ask them to contact the church office. Their names will be added to the petitions.

**CDS AVAILABLE TO PURCHASE**

CDs are available in the back of the church to purchase. If you don’t see something you would like contact Margrit Rabaey (872.6937).

**HOW WAS I SUPPOSED TO KNOW?**

Remember to check out our Facebook page (St. Edward Catholic Church) or the website ([www.stedschurch.com](http://www.stedschurch.com)) to keep with updated information.

**ST. EDWARD CCW NEWS**

***T*he Service Commission for St. Edward CCW is offering the opportunity during the 2020 Lenten season to offer alms toward some of our ongoing projects.**  They include "Little Dresses for Africa", prayer shawls and quilts.  The quilts are donated to the Heart to Heart as Christmas gifts for those in need.  Prayer shawls are knitted/crocheted by women in our parish who pray for the recipient as they make the shawl.  The shawls are then blessed and given to those who are ill, have lost a loved one or have experienced a major life event.  Little Dresses for Africa are dresses and boys britches made by women of our parish and sent to Africa.  All of these programs require funds for the supplies the CCW women use.  **If you would like to make a monetary donation, please feel free to make checks payable to "St. Edward CCW" with "projects donation" in the memo line.**You may drop off at the office or drop in the collection basket.  If you have any questions contact Jan Bot at 507-401-1167.  Thank you!

CCW lists have been sent out. Please remember to pay the $40 dues. Checks should be made out to St. Edward CCW. This should be sent to Juanita Bot or put in the collection basket.

**LITTLE DRESSES FOR AFRICA**

We will be continuing with our sewing of Little Dresses for Africa. Dresses should be made from fabric that is cotton or a cotton/polyester blend. Fabric that is 100% polyester cannot be used. The New Ulm Center for “Little Dresses for Africa” has plenty of small dresses on hand. Please sew medium or large dresses. “ Since 2011, over 13,000 pieces of clothing have been distributed to children in Uganda, the Philippines, Jamaica, New Guinea, South Africa, Bulgaria, Indonesia, and India to name a few.

If you have fabric you would like to donate to this project, contact Terry Van Keulen (872.6696) or put the fabric in the cry room. Terry also has patterns and fabric for you.

***ST. EDWARD SCHOOL NEWS***

Principal: Jaci Garvey Secretary: Trudy Banks

Office: 872.6391

**SCHOOL MASS**

Our next school Mass is Wednesday, March 4, at 10:30 am.

***All are welcome to join us!***

**OPEN FORUM FOR ST. EDWARD SCHOOL**

As the new year rolls around, we begin looking toward the 2020-2021 school year. As part of that process, we look at new families for our entire school: preschool, kindergarten, grades 1-6, summer program, and the after-school program. In order for St. Edward school to grow, we need current families and supporters to spread our good news into the community. ***On Sunday, March 1, at 9:30 am***, we will be having an open forum discussion about school choice and how St. Edward School fits into that puzzle.

The Education Committee and I are challenging each St. Edward School family to choose another family to personally invite and bring to this event. If you have friends and family that have children of school age (including preschool), invite them to come. If you need ideas, call the school office and we will help you out.

**SCIENCE FAIR**

The annual **Science Fair** will be held next Friday, February 2.  Our 3rd -6th grade students have been working hard both here and at home on their projects.  Please take time next Friday to come and see what they have done.

**The education committee fish fry** has been scheduled for March 6th, 2020.  We are in need of workers.  Please click on the link to sign up to help.

<https://www.signupgenius.com/go/70A094DA9AE2AA6F94-lenten2>

***CAPITAL CAMPAIGN NEWS***

**Capital Campaign – Opening the Doors of Invitation**

We are grateful for those who took time to join us for the Circles of Support meetings. Special thanks to those who have returned their financial decision. People want to know “how are we doing?” In two weeks, we will share the results of the quiet phase of the campaign. However, before then, we want to encourage those who have attended a meeting and received their personalized folder of information, to offer their financial decision by Wednesday, March 11.

On the weekend of March 14-15, we are going to announce the current campaign results, and open wide the doors of invitation to those who have yet to receive their personalized folders. Watch for more information next weekend. Thank you!

**CAPITAL CAMPAIGN CABINET**

Deacon Bruce Bot 507.828.7012 Mary Myhre 507.828.2521

Ruth Bot 507.829.0514 Fred Rabaey 507.828.1420

Jeff Claeys 507.530.1062 Nate Welsh 507.828.3341

Julie Janiszeski 507.829.3894 Fr. Craig 507.829.3014

***Ideas for Lent – 2020 by Marcellino D’Ambrosio Adapted from:***

[**https://www.crossroadsinitiative.com/media/articles/season-of-lent-40-ideas-to-get-the-most-out-of-it/**](https://www.crossroadsinitiative.com/media/articles/season-of-lent-40-ideas-to-get-the-most-out-of-it/)

**LENTEN RESOLUTIONS** • Sometime shortly before Lent or on the first day or two of the season, take 30 minutes to pray. Ask the Holy Spirit’s guidance, look over this list of ideas, and make a few practical Lenten resolutions. You can start with just one idea, but don’t start with more than three ideas! Be careful. If you try to implement too many ideas at once, you may not succeed in anything! If you need to get up early or stay up late to get the 30 minutes of quiet, do it! Turn off your phone and computer. Don’t put it off and don’t allow interruptions.

**EUCHARISTIC IDEAS FOR LENT** • Get to daily Mass during Lent. • If you can’t do Mass daily during Lent, go to Mass on Fridays in addition to Sunday and thank Him for laying his life down for you. Maybe you can go another time or two as well during the Lenten season. • Spend at least 30 minutes in Eucharistic adoration at least one time during each week of Lent. • Recover the Catholic tradition of making frequent visits to the Blessed Sacrament throughout the week, even if it is only for 5 minutes. • Even if you can’t get to daily Mass, get a daily Catholic Missal or go online or get a smart phone app such as Laudate or iMissal to get a list of the readings used each day in Mass, and read these readings daily during Lent. During special seasons such as Lent, the Mass readings are thematically coordinated and make for a fantastic Bible study!

**IDEAS FOR LENTEN REPENTANCE** • Get to confession during the season of Lent after making a good examination of conscience.

**IDEAS FOR PRAYER DURING LENT** • Daily, make a plan to get up earlier than anyone else in your house and spend your first 15 minutes of the day thanking God for the gift of life and offering your day to Him. • Make a decision to read at least some Scripture every day during Lent! • Pray the Liturgy of the Hours during Lent. You can buy a one volume edition or a full four volume edition. Or you can get it day-by-day for free using one of the smart phone apps such as Laudate or iBreviary or online at DivineOffice.org or Universalis. You can also subscribe to a monthly publication called the Magnificat that provides a few things from the Liturgy of the Hours together with the Mass readings of the day. The Magnificat is a great way to start learning the Liturgy of the Hours. • Prayer is like breathing – you have to do it continually. But sometimes you need to pause and take a very deep breath. That’s what a retreat is all about. Plan a retreat this Lent. It could be simply a half day, out in nature, or in a Church. Or it could be a full day or an overnight. You can certainly read lots of things during your retreat or listen to lots of talks. But try sticking mostly to Scripture, the liturgy, and quiet as much as you can. During or at the end of the retreat, write down what the Holy Spirit seems to be saying. • Make the Stations of the Cross each Friday of the Season of Lent either with a group or by yourself. If you have kids, bring them. • Make it a habit to stop at least five times a day during Lent, raise your heart and mind to God, and say a short prayer such as “Jesus, I love you,” or “Lord Jesus Christ, Son of God, have mercy on me, a sinner,” or “Lord, I offer it up for you.”

**MARIAN IDEAS FOR LENT** • Pray the Sorrowful Mysteries of the Rosary often during Lent, especially on Friday and Wednesday. The glorious mysteries are especially appropriate on Sundays. Joyful and Luminous mysteries are great on other days. • If you’ve never done a family rosary, begin doing it. You could start with once a week on Friday or Sunday. If it’s tough to start with a full five decades, try starting with one. Have a different person lead each of the Mysteries. This gets everyone more involved.

**LENTEN IDEAS FOR INTERCESSION** • Pray each day during Lent for the intentions and health of the Holy Father. • Pray each day for your bishop and all the bishops of the Catholic Church. • Pray for your priests and deacons and for all priests and deacons. • Pray for the millions of Christians suffering under persecution in various Muslim and Communist countries around the world such as the Somalia, Nigeria, Syria, Iraq, Indonesia, China, Viet Nam, and North Korea. • Pray for Christian unity, that there would be one flock and one shepherd. • Pray for the evangelization of all those who have not yet heard and accepted the Good News about Jesus. • Here’s a great Lenten idea: Pray for your enemies. In fact, think of the person who has most hurt you or who most annoys you and spend several minutes each day thanking God for that person and asking God to bless him or her. • Pray for an end to abortion on demand. Pray for pregnant women contemplating abortion. • Pray during Lent for a just peace in Afghanistan, Syria, Iraq, Ukraine, the Holy Land and elsewhere. Pray for our troops and for others in harm’s way.

**IDEAS FOR LENTEN FASTING** • Find a form of Lenten fasting that is appropriate for you, given your age, state of health, and state of life. We need to broaden our idea of fasting. Some fast on bread and water on Wednesdays and Fridays. Others fast from sweets or alcohol throughout Lent. Some fast on one or more days per week from breakfast all the way to dinner, spending lunch hour in prayer or at noon Mass. Another idea is to cut out all snacks between meals or to forego Starbucks stops and eating out. The money saved from not buying various things should be given to an apostolate or ministry serving the physically or spiritually poor.

**IDEAS FOR LEARNING IN LENT** • Find a written biography of a Saint that particularly appeals to you and read it during the Season of Lent. • Instead of secular videos for weekend entertainment during Lent, try some videos that will enrich your spiritual life. • While driving, turn off the secular radio for a while and use commute time to listen to some spiritual teaching on CD, your smart phone or Catholic Radio.

**WORKS OF MERCY FOR LENT** • Visit someone at a nursing home or in the hospital or sick at home. Love Jesus in and through the suffering person. • Is there a widow or divorced person living in your neighborhood? If so, it would be a great idea to invite that person to your home for dinner, a cup of coffee or a glass of wine. • Get the video of Mel Gibson’s movie The Passion of the Christ and watch it during Lent if you feel you can handle the violence (there is also a version with many of the most violent scenes cut out).

**REFOCUS YOUR PRIORITIES FOR LENT** • If you are married, it would be an awesome Lenten idea to spend some special, focused time with your spouse, strengthening your marriage. Start praying together, or make praying together a more frequent occurrence. • Spend some focused time together with each of your children, or your siblings, or your parents. Listen. Pray. Maybe even have fun! Yes, fun can be an appropriate idea for a Lenten penance. Holiness is not supposed to be glum.

**LENT – PATH TO A CHANGED LIFE** • When Easter comes, don’t drop the new ideas and practice you’ve begun during the Season Lent! Make them a permanent feature of a deeper, richer Christian life!