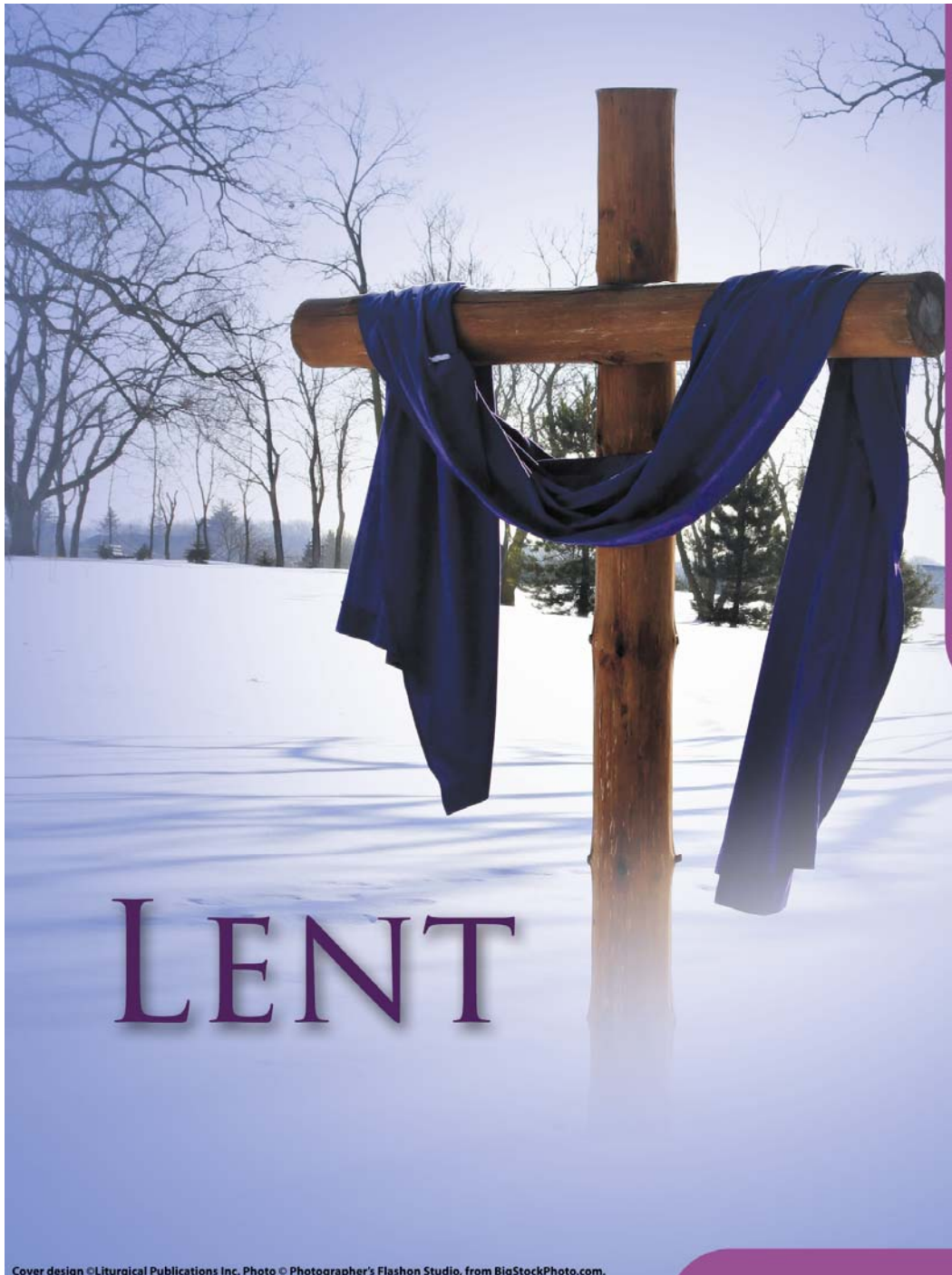


# Our Lady of Humility Parish



10655 Wadsworth Road, Beach Park, IL 60099 • (847) 872-8778 • [www.Ourladyofhumility.org](http://www.Ourladyofhumility.org)

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## **Parish Mission Statement**

*As a branch of the one vine, as the family of our Lord Jesus, it is our mission to follow the way of the Lord, by extending welcome, embracing in healing love, and sharing the good news of the Gospel.*

## Ash Wednesday

In the Roman Catholic Church, Ash Wednesday, is the first day of Lent, the season of preparation for the resurrection of Jesus on Easter Sunday. Ash Wednesday is not a holy day of obligation, all Roman Catholics are encouraged to attend Mass on this day in order to mark the beginning of the Lenten season.



### *Why do we receive the ashes?*

Ashes are a symbol of penance made sacramental by the blessing of the Church, and they help us develop a spirit of humility and sacrifice. The distribution of ashes comes from a ceremony of ages past. Christians who had committed grave faults performed public penance. On Ash Wednesday, the Bishop blessed the hair shirts which they were to wear during the forty days of penance, and sprinkled over them ashes made from the palms from the previous year. Then, while the faithful recited the Seven Penitential Psalms, the penitents were turned out of the Church because of their sins — just as Adam, the first man, was turned out of Paradise because of his disobedience. The penitents did not enter the Church again until Maundy Thursday (Holy Thursday) after having won reconciliation by the toil of forty days' penance and sacramental absolution. Later, all Christians, whether public or secret penitents, came to receive ashes out of devotion. In earlier times, the distribution of ashes was followed by a penitential procession.

### *How do we receive the ashes?*

On Ash Wednesday, the Priest, Deacon, or Communion Minister applies ashes to the foreheads of Christians to signify an inner repentance. The ashes are made by burning the blessed palms that were distributed the previous year on Palm Sunday. The Priest blesses the ashes, and sprinkles them with holy water, the faithful come forward to receive the ashes. The Priest, Deacon, or Communion Minister, dips their right thumb in the ashes, and making the sign of the Cross on each person's forehead, says, "Remember, you are dust and to dust you shall return.", or "Turn away from sin and be faithful to the Gospel."

The distribution of ashes reminds us of our own mortality, and calls us to repentance. The ashes that we receive are a reminder of our own sinfulness, and the ashes remind us to prepare for Easter by repenting and showing sorrow for the choices we make that offend God, and hurt our relationship with others. Many Catholics leave the ashes on their foreheads all day as a sign of humility.

### *On Ash Wednesday we are to fast and abstain from meat.*

On Ash Wednesday, we are called to fast and abstain from meat. Catholics who are over the age of 18 and under the age of 60 are required to fast, which means that they can eat only one complete meal, and two smaller ones during the day, with no food in between. Catholics who are over the age of 14 are required to refrain from eating any meat, or any food made with meat on Ash Wednesday. This fasting and abstinence is not simply a form of penance, however; it is also a call for us to take charge of our spiritual lives. As Lent begins, we should set out specific spiritual goals we would like to reach before Easter, and decide how we will pursue them.



## Stations Of The Cross

The Stations of the Cross originated in pilgrimages to Jerusalem. A desire to reproduce the holy places in other lands seems to have manifested itself at quite an early date. Stations of the Cross (or Way of the Cross or Way of Sorrows, or simply The Way), refers to the depiction of the final hours (or Passion) of Jesus, and the devotion commemorating the Passion. It is a tool for meditating on the final hours of Jesus' life, from His condemnation by Pilate to His death and burial. We do this by moving to representations of 14 incidents, which in our Parish we have the Stations in our stained glass windows, each one based on the traditional sites in Jerusalem where these incidents took place. We have Stations every Friday during Lent at 12:15PM and 7PM.

## Stations Of The Cross—cont'd

Below are the 14 Stations:

1st Station: Jesus in the Garden of Gethsemane.

2nd Station: Jesus, betrayed by Judas, is arrested.

3rd Station: Jesus is condemned by the Sanhedrin.

4th Station: Jesus is denied by Peter.

5th Station: Jesus is judged by Pilate.

6th Station: Jesus is scourged and crowned with thorns.

7th Station: Jesus bears the cross.

8th Station: Jesus is helped by Simon the Cyrenian to carry the cross.

9th Station: Jesus meets the women of Jerusalem.

10th Station: Jesus is crucified.

11th Station: Jesus promises His Kingdom to Dismas the Good Thief.

12th Station: Jesus speaks to His Mother and the Disciple.

13th Station: Jesus dies on the cross.

14th Station: Jesus is placed in the tomb.

Pope John Paul also added a 15th Station two decades ago: Jesus rises from the dead.



## Praying, Fasting, And Almsgiving

The three traditional pillars of Lenten observance are prayer, fasting, and almsgiving.

### *Prayer*

Without prayer, fasting and almsgiving are merely actions we do out of tradition without much meaning. Prayer is our conversation with God. It is through prayer that we find the strength to fast. It is through prayer that we develop a closer, more intimate relationship with God. This relationship makes us so grateful for the blessings He has bestowed upon us, that we eagerly give to those less fortunate than us. The Church, in its' wisdom, understands that prayer is essential to any action we Christians may undertake.

### *Fasting*

Fasting is one of the most ancient actions linked to Lent. Fasting rules have changed through the ages, but throughout Church history fasting has been considered sacred. The prophet Isaiah insists that fasting without changing our behavior is not pleasing to God. Therefore, the goal of fasting is linked with prayer. The pangs of hunger remind us of our hunger for God, and prayer and fasting together brings us to what Lent is about — a deeper conversion.

**Ash Wednesday and Good Friday** are days of **Fast and Abstinence**. **All Fridays** in Lent are days of Abstinence. For **Fasting** there is a limit of one full meal on these days for all between the ages of 18 and 59 inclusive. For **Abstinence** all who have reached their 14th year are bound to abstain totally from meat.

### *Almsgiving*

It should be obvious by now, that almsgiving is simply a response by us to God, a response that we have come to through prayer and fasting. It is an expression of our gratitude for all that God has given us, and a realization that in the Body of Christ, it is never just "*me and God*." Through prayer and fasting we come to a deeper understanding that the needs of all are the responsibility of all in the Body of Christ. Works of charity and the promotion of justice are integral elements of the Christian way of life we began when we were baptized.

## Little Black Book

Once again this year, we have the Little Black Books available at the doors of the Church. This Little Black Book is your companion for Lent. It's an old-fashioned "*vade mecum*" (pronounced vahday maykum). That is Latin for "*travel with me*", and was used to describe a book that is a constant companion — a condensed book of prayers for those traveling, or a handbook for quick reference — something you can take with you anywhere. The Little Black Book travels easily in your pocket, purse, or glove compartment. The goal is to find six minutes of quiet time every day for the next 50 days to walk through this book a page at a time. Six minutes—that's within reach, and it pays big returns.



## Little Black Book—cont'd



The key is the right-hand page, which will walk through the Sunday Gospels for this Lent (Cycle A), with explanations and reflections along the way. It's an ancient way of praying the Scriptures — called *Lectio Divina*. God speaks to us “live” through the sacred word, and we're often surprised at the thoughts that come when we are reading. The left-hand page has a variety of quotes, information, and timely thoughts. You can treat it like a buffet table from which you can take what you like. (If pressed for time, go directly to the right-hand page, and spend your time there.)

What a great tool and a great way to help you to start your spiritual journey through this Lent. Just six minutes a day to help you to reach your Lenten goals. Be sure to pick up your copy today, a \$1 donation is asked. Please take only book per family so that we have enough for all families.

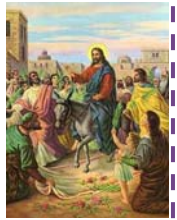
## Holy Week

Holy Week is a time for remembering. We remember all of the events leading to the death and resurrection of Jesus.

On Palm Sunday, we remember Jesus' triumphant entrance into Jerusalem, and on Holy Thursday we recall how He gave Himself to us in the Eucharist. On Good Friday, we remember how Jesus suffered and died, and at the Vigil Mass on Holy Saturday, we celebrate His resurrection. Through His death and resurrection, Jesus redeemed us from our sins.

### Palm Sunday

Palm Sunday is the celebration of Jesus' triumphant entry into Jerusalem on the Sunday before Easter. It begins a week-long commemoration of the saving events of Holy Week. Palm Sunday is the day we remember the “triumphal entry” of Jesus into Jerusalem, exactly one week before His resurrection. Some 450-500 years earlier, the Prophet Zechariah had prophesied, “Rejoice greatly, O daughter of Zion! Shout, O daughter of Jerusalem! Behold, your King is coming to you; He is just and having salvation, lowly and riding on a donkey, a colt, the foal of a donkey” (Zechariah 9:9). Matthew 21:7-9 records the fulfillment of that prophecy: They brought the donkey and the colt, laid their clothes on them, and set Him on them. And a very great multitude spread their clothes on the road; others cut down branches from the trees, and spread them on the road. Then the multitudes who went before, and those who followed cried out, saying: “Hosanna to the Son of David! Blessed is He who comes in the name of the Lord!” “Hosanna in the highest!” This event took place on the Sunday before Jesus' crucifixion. In remembrance of this event, we celebrate Palm Sunday. It is referred to as Palm Sunday because of the palm branches that were laid on the road as Jesus rode the donkey into Jerusalem. Our Mass schedule for Palm Sunday is our usual Sunday Mass schedule.



### Holy Thursday

On Holy Thursday, we commemorate the Last Supper — a Passover Meal that Jesus shared with His disciples the night before His death. During the meal, Jesus broke bread and offered His disciples wine, saying “This is My body, given up for you.” We have a 7PM Mass on Holy Thursday. It commemorates our Lord's institution of the Holy Eucharist at the Last Supper. At Mass, the feet of the candidates that our going through the RCIA process come and have their feet washed by our Priest and Deacons commemorating Jesus' washing the feet of His apostles. We end the evening with Adoration of the Blessed Sacrament until Midnight, just as the disciples stayed with the Lord during His agony on the Mount of Olives before the betrayal by Judas. Our Lenten Journey is over at the beginning of Mass, and the Easter Triduum begins.



### Good Friday

We observe Good Friday as the day Jesus was crucified and died. We have a 7PM Service. It is the most somber day on the Christian calendar. On Good Friday, we abstain from meat or refrain from food altogether. We also have Stations of the Cross on Good Friday.



### Holy Saturday

On Holy Saturday, the Easter Vigil, we gather together and reconstitute after the Crucifixion of Jesus, with the blessing of the New Fire. Administration of Holy Baptism, First Communion, and Confirmation are celebrated by all of our RCIA Candidates. This Vigil Mass is the first Mass of Easter. Holy Saturday commemorates the time Christ spent in the tomb, as well as His resurrection. It is a two hour long Mass. It starts at 7PM.



### Easter Sunday

On Easter Sunday, we gather to celebrate the Resurrection of our Lord Jesus. Alleluia!

