

Dear Parish Family:

In order to make a good Lent, I ask that you participate in our campaign of prayer beginning Ash Wednesday, March 2nd, ending on Easter Sunday, April 17th.



Please pray for:

1. Our Holy Father
2. An end of abortion & euthanasia
3. Holy Souls in Purgatory
4. Families
5. Young people
6. Better health
7. Peace of mind
8. Vocations
9. Bishops, priests, deacons and religious life
10. Meaningful employment
11. The mentally and physically ill
12. The dying
13. A happy death

And to bring about unity and peace in our parishes and in our families, please pledge to:

- A daily/weekly visit to the Blessed Sacrament
- A daily rosary
- A daily/weekly Mass
- Frequent confession – weekly, biweekly, monthly
- Ceasing all rash, malicious or slanderous gossip

Since we are celebrating the solemnity of St. Joseph March 19th, I suggest the prayer to St. Joseph.

Reverend William Korte

Prayer to St. Joseph

O Glorious St. Joseph, faithful follower of Jesus Christ, to you do we raise our hearts and hands to implore your powerful intercession in obtaining from the Merciful Heart of Jesus all the helps and graces necessary for our spiritual and temporal welfare, particularly the grace of a happy death, and the special favors we now implore . . . *(here, name your intentions)*

O chaste Guardian of Jesus Christ, the Word Incarnate, we have great confidence that your prayers on our behalf will be graciously heard before the throne of God.

V. Glorious St. Joseph, through the love you bore toward Jesus Christ and for the glory of his name,

R. Hear our prayers and obtain our petitions.

-Let us Pray-

O Glorious St. Joseph, Spouse of the Immaculate Virgin Mary, help us to be pure, humble and charitable in body, mind and soul, and to have perfect resignation to the Divine Will. Be our guide, our father and our model through life, that we may merit to die in the arms of Jesus and Mary as you did.

Lenten regulations for 2022

As another Lenten journey of conversion begins on Ash Wednesday, March 2, 2022, and ends with the Mass of the Lord's Supper on Holy Thursday, April 14, 2022, the Catholic Church calls all Catholics to a deeper spirit of penance, fasting, almsgiving and prayer, "which express conversion in relation to oneself, to God, and to others" (Catechism of the Catholic Church, nos. 1434 and 1969).

To foster a greater spirit of penance, reparation for sin, to encourage self-denial, which guide us more closely in the footsteps of Christ, the Church reminds us of the following obligations of fast and abstinence during Lent and also admonishes us all to deeper prayer and worship.

OBLIGATIONS

Abstinence: All who have celebrated their 14th birthday are bound to abstain from meat on Ash Wednesday, all Fridays of Lent and Good Friday.

Fasting: Everyone, from the celebration of their 18th birthday to their 59th birthday, is bound to fast on Ash Wednesday and Good Friday. Fasting means eating only one full meal each day. Two other partial meals, sufficient to maintain strength, may be taken; but together they should not equal another full meal. Eating between meals is not permitted, but liquids are allowed.

Voluntary fasting on other weekdays of Lent is highly recommended. When health or ability to work would be seriously affected, neither the law of fasting nor the law of abstinence obliges. These are minimal penitential practices and should not be lightly excused. If in doubt, please consult your parish priest.

Other recommended forms of fasting, as regards alcoholic drink, needless television, video games, Internet use, and social entertainment, are of true spiritual value and strongly encouraged.

Almsgiving: The act of giving to the poor, in the most ancient tradition of the Church, is an expression of penance, a witness of fraternal charity, and an expression of Lenten conversion. Catholics are encouraged to support generously the charitable works of the whole Church: through regular stewardship to their parish, support of charities, and their generous response to the diocesan Catholic Stewardship Appeal.

Prayer: To deepen one's love for Christ, Catholics are urged to participate in the sacramental life of the Church during Lent by attending daily Mass and frequenting the sacrament of Reconciliation.

Easter Duty: All Catholics who have been initiated into the Holy Eucharist are bound to receive Holy Communion worthily at least once during the Easter season. Of course, Catholics are encouraged to receive Holy Communion as often as possible, not only during Eastertide. However, anyone conscious of a grave sin must receive the sacrament of Reconciliation before approaching to receive Holy Communion.

