

THE ROAD TO FREEDOM.

Lent 2024



ST. PETER CHANEL



From the Pastor

My Dear Parish Family,

Welcome to Lent! The Church, in her wisdom, provides us with these seasons to assist us in our faith journey. And although some of these seasons seem to arrive a little quicker than others, they are beneficial for us in our walk of faith.

In this new liturgical season of Lent, we will pray and discuss the idea of freedom, which emerges from a deepening relationship with Jesus and His church. When we are truly free - from sin, from doubt, from the trappings of the world - we experience what it means to be Fully Alive. We become more deeply Rooted in Christ, and reflecting His love and mercy becomes natural.

I pray that this reflection booklet can assist us in our journey to Easter, where we will experience the Resurrection of Jesus - His victory over sin and death. I am excited about the journey ahead for our parish this Lent and, soon enough, celebrating the empty tomb!

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Monsignor Peter



What is Lent?

Lent, a 40-day period from Ash Wednesday to Holy Thursday, is marked by prayer, fasting, and almsgiving, preparing us for the celebration of the Resurrection. During Lent, we deepen our connection with God through prayer and Scripture, practice self-control through fasting, and serve others through almsgiving. Beyond abstaining from luxuries, Lent calls for inner transformation, echoing our baptismal commitment to Christ's death and new life.

While abstaining from meat on Fridays is familiar, Lent also urges self-discipline and fasting in various forms. Reflecting on Lent's fasting tradition reveals its significance and origins. Almsgiving, another Lenten practice, embodies sharing God's gifts, encompassing not just money but also time and talents, as emphasized by St. John Chrysostom.

The term "Lent" stems from an old English word for "spring" or "new birth," symbolizing renewal for Catholics in their faith journey with Jesus, leading to Easter's joyous celebration of his resurrection. This Lenten period, mirroring Jesus' passion and death, invites us to delve into the Paschal Mystery, central to our sacramental life in the Church.

FAQs About Lent

How does Prayer deepen our Lenten journey?

Prayer is conversation with God - essential for fasting and almsgiving because prayer gives us the strength. In prayer, we draw closer in relationship with God. Relationship with God makes us grateful for the blessings we have received. Prayer is the cornerstone of our Lenten journey.

How am I to observe Fasting during Lent?

Fasting and abstinence are traditions in Judeo-Christian history and early Lenten practice. Found in the Scriptures, they offer a way of growing closer to God. Individuals aged 18-59 fast on Ash Wednesday and Good Friday, and those ages 14 and over abstain from meat on Ash Wednesday and Fridays in Lent.

Am I supposed to give something up for Lent?

Yes, the practice of fasting and abstinence is one of the three pillars of Lent. Its ultimate aim, along with Prayer and Almsgiving, is fostering a deeper connection with Jesus. Consider what you can abstain from or incorporate during Lent to enhance your relationship with God. It might involve giving up something or adopting a spiritual discipline, acts of service, or additional gestures to create room for recognizing God's presence in our lives.

What is Almsgiving?

Motivated by our love of God, it's a means to express gratitude for God's blessings and acknowledge our interconnectedness as the Body of Christ, responsible for each other. Rooted in justice, mercy, and charity, almsgiving reflects our baptismal commitment as disciples of Jesus. Whether through financial support or offering time and talents, almsgiving embodies our call to care for those in need.

Where can I learn more about Prayer, Fasting and Almsgiving in Scripture?

- Prayer: Joel 2:1-2, John 16:33, Philippians 3:10-11.
- Fasting: Joel 2:12-14, Matthew 6:16-18, Mark 1:12-15.
- Almsgiving: Leviticus 19:9-10, Proverbs 19:17, Luke 19:1-10.

My Lenten Plan...

This Lent, our theme is "The Road to Freedom".

Take some time to pray about your relationship with God. What is something that is holding you back from experiencing true freedom in this relationship?

What kind of spiritual practices might you adopt to strengthen your relationship?

- Personal or family prayer, confession, devotions, attending regular daily Mass, adoration, intentional Scripture reading...

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Praying through...



When we meditate on scripture, we let go of our own thoughts and ideas and open ourselves to what God is trying to say to us. This intentional reading of scripture is called *Lectio Divina*, or Divine Reading.

We're encouraging you to join us as a parish in reflecting on the weekly Sunday Gospel. First, we suggest using this for individual prayer time, then invite others (family, friends, pew-mates, ministry colleagues, small groups) to discuss with you.

Read • *Lectio*

Carefully read and listen. Let the scripture soak in. Re-read it slowly.

Meditate • *Meditatio*

What stands out? Maybe an image, phrase, or single word? Focus on what God is trying to show you.

Pray • *Oratio*

Ask God to show you what He wants you to see in this Scripture. Dialogue with God about what is revealed to you.

Contemplate • *Contemplatio*

Rest with God. Be aware of God's presence. Listen for His voice.

Setting the tone...

- **Dedicate** a consistent time to enter into prayer.
- **Choose** a space that is right for you and allows you to focus.
- **Ask** the Holy Spirit to open your mind and heart.



Learn more!
"How Do You Pray with the Bible?"

Resources



A digital version is available by scanning the QR Code - share with your family and friends.



St. Peter Chanel's Podcast, *The Narthex*, will break open each weekly theme with special guests and answer your questions as we navigate Lent. Search "The Narthex SPC" on all your favorite podcast platforms.



Here is access to an Instrumental worship music playlist to help focus your prayer time.



Complimentary access to a digital library of catholic faith resources, (movies, books, podcasts, and faith studies. Search "Lent" on your free **Formed.org** account.




The Examen is a daily prayer to reflect upon God's presence in your day.



We want to hear from you! How's your experience going? What is God doing in your heart? Do you have a question that you'd like an answer to? Let us know!





If you wish, you can make me clean.

A leper came to Jesus and kneeling down begged him and said, "If you wish, you can make me clean." Moved with pity, he stretched out his hand, touched him, and said to him, "I do will it. Be made clean." The leprosy left him immediately, and he was made clean. Then, warning him sternly, he dismissed him at once.

He said to him, "See that you tell no one anything, but go, show yourself to the priest and offer for your cleansing what Moses prescribed; that will be proof for them."

The man went away and began to publicize the whole matter. He spread the report abroad so that it was impossible for Jesus to enter a town openly. He remained outside in deserted places, and people kept coming to him from everywhere.

Mark 1: 40-45

The Cleansing of the Leper

In preparation for First Sunday of Lent

Reflection

Read the scripture, let it soak in. Meditate on it. What is a word, image or phrase that stands out? Focus on that. Pray on it. Ask God to show you what He wants you to see in the scripture. Rest with it. Be aware of God's presence and listen. Use this space or a journal to help you.

Reflection/Discussion Questions

- What am I anxious or fearful about right now in my life? Is my life filled with confidence and trust or am I riddled with anger and fear?
- What effect does contemplating the grandeur and magnificence of God and his personal love have on me and on my fears?
- Ask God, "God, show me what you desire to heal in my life?"

Repent, and believe in the gospel.



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. Repent, and believe in the gospel."

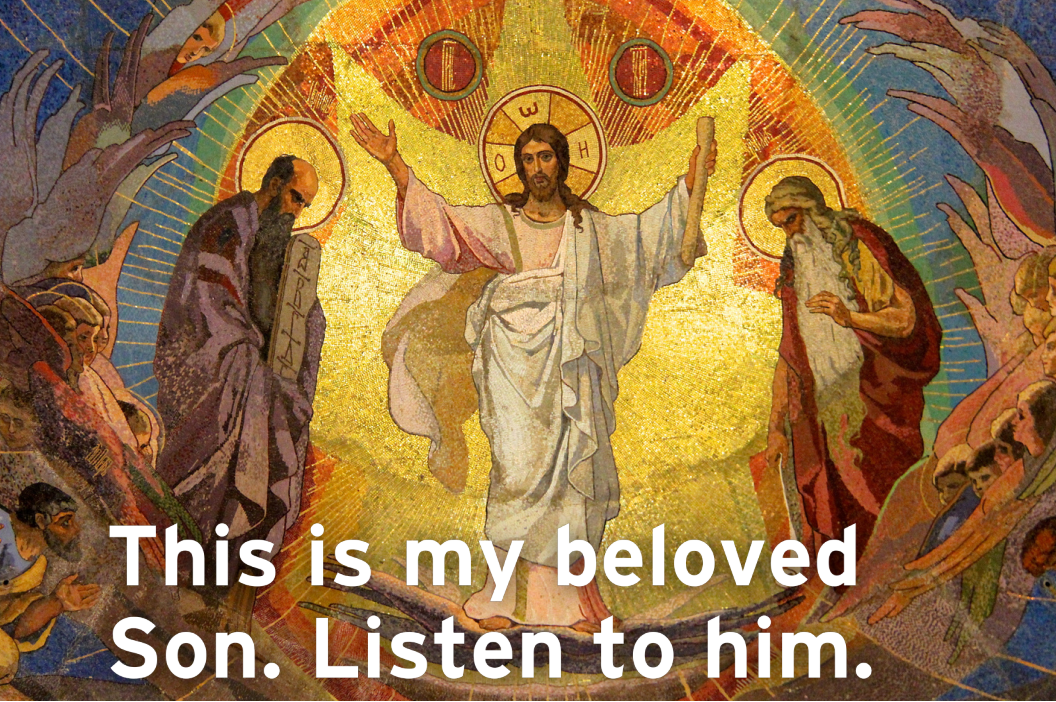
Matthew 1:12-15
The Temptation of Jesus
The Beginning of the Galilean Ministry
First Sunday in Lent

Reflection

Read the scripture, let it soak in. Meditate on it. What is a word, image or phrase that stands out? Focus on that. Pray on it. Ask God to show you what He wants you to see in the scripture. Rest with it. Be aware of God's presence and listen. Use this space or a journal to help you.

Reflection/Discussion Questions

- Do I believe that there is an enemy trying to birth havoc in my life
- How do I see Satan differently after hearing this?
- Ask Jesus to expose the lies, accusations, and divisions the enemy has used or is using to wreak havoc in your life. Ask God for the grace to hear his loving voice, not the hateful whispers of the enemy.



This is my beloved Son. Listen to him.

Jesus took Peter, James, and John and led them up a high mountain apart by themselves. And he was transfigured before them, and his clothes became dazzling white, such as no fuller on earth could bleach them. Then Elijah appeared to them along with Moses, and they were conversing with Jesus. Then Peter said to Jesus in reply, "Rabbi, it is good that we are here! Let us make three tents: one for you, one for Moses, and one for Elijah." He hardly knew what to say, they were so terrified. Then a cloud came, casting a shadow over them; from the cloud came a voice, "This is my beloved Son. Listen to him." Suddenly, looking around, they no longer saw anyone but Jesus alone with them.

As they were coming down from the mountain, he charged them not to relate what they had seen to anyone, except when the Son of Man had risen from the dead. So they kept the matter to themselves, questioning what rising from the dead meant.

Mark 9:2-10

**The Transfiguration of Jesus
Second Sunday of Lent**

Reflection

Read the scripture, let it soak in. Meditate on it. What is a word, image or phrase that stands out? Focus on that. Pray on it. Ask God to show you what He wants you to see in the scripture. Rest with it. Be aware of God's presence and listen. Use this space or a journal to help you.

Reflection/Discussion Questions

- When I think of Jesus, what do I see in Him?
- How does Jesus see me?
- What was it like when I first heard the voice of God?
- When I think of the phrase "Being raised from the dead" what does that mean to me?



and they came to believe ...

Since the Passover of the Jews was near, Jesus went up to Jerusalem. He found in the temple area those who sold oxen, sheep, and doves, as well as the money changers seated there. He made a whip out of cords and drove them all out of the temple area, with the sheep and oxen, and spilled the coins of the money changers and overturned their tables, and to those who sold doves he said, "Take these out of here, and stop making my Father's house a marketplace." His disciples recalled the words of Scripture, Zeal for your house will consume me. At this the Jews answered and said to him, "What sign can you show us for doing this?" Jesus answered and said to them, "Destroy this temple and in three days I will raise it up." The Jews said, "This temple has been under construction for forty-six years, and you will raise it up in three days?" But he was speaking about the temple of his body. Therefore, when he was raised from the dead, his disciples remembered that he had said this, and they came to believe the Scripture and the word Jesus had spoken.

While he was in Jerusalem for the feast of Passover, many began to believe in his name when they saw the signs he was doing. But Jesus would not trust himself to them because he knew them all, and did not need anyone to testify about human nature. He himself understood it well.


John 2:13-25
The Cleansing of the Temple
Third Sunday of Lent

Reflection

Read the scripture, let it soak in. Meditate on it. What is a word, image or phrase that stands out? Focus on that. Pray on it. Ask God to show you what He wants you to see in the scripture. Rest with it. Be aware of God's presence and listen. Use this space or a journal to help you.

Reflection/Discussion Questions

- In this gospel, Jesus is not holding back from His intentions with those in the temple - imagine being in the corner of the temple watching this. What significance does the temple have to me, and what is Jesus trying to do in my own heart?
- How can I lessen worldly distractions keeping me from fully living out the call God has in my life? What tables do I need to flip in my own life?



whoever lives the truth comes to the light

Jesus said to Nicodemus: "Just as Moses lifted up the serpent in the desert, so must the Son of Man be lifted up, so that everyone who believes in him may have eternal life."

For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life. For God did not send his Son into the world to condemn the world, but that the world might be saved through him. Whoever believes in him will not be condemned, but whoever does not believe has already been condemned, because he has not believed in the name of the only Son of God. And this is the verdict, that the light came into the world, but people preferred darkness to light, because their works were evil. For everyone who does wicked things hates the light and does not come toward the light, so that his works might not be exposed. But whoever lives the truth comes to the light, so that his works may be clearly seen as done in God.

John 3:14-21

Nicodemus

Fourth Sunday of Lent

Reflection

Read the scripture, let it soak in. Meditate on it. What is a word, image or phrase that stands out? Focus on that. Pray on it. Ask God to show you what He wants you to see in the scripture. Rest with it. Be aware of God's presence and listen. Use this space or a journal to help you.

Reflection/Discussion Questions

- Why does the world prefer the darkness?
- What areas of my life need to be brought into the light?
- How can I grow in my belief and trust in Jesus Christ?
- If the end goal of my life is Heaven, how does that change how I approach life, and everything else?



Whoever serves me must follow me

Some Greeks who had come to worship at the Passover Feast came to Philip, who was from Bethsaida in Galilee, and asked him, "Sir, we would like to see Jesus." Philip went and told Andrew; then Andrew and Philip went and told Jesus. Jesus answered them, "The hour has come for the Son of Man to be glorified. Amen, amen, I say to you, unless a grain of wheat falls to the ground and dies, it remains just a grain of wheat; but if it dies, it produces much fruit. Whoever loves his life loses it, and whoever hates his life in this world will preserve it for eternal life. Whoever serves me must follow me, and where I am, there also will my servant be.

The Father will honor whoever serves me. "I am troubled now. Yet what should I say? Father, save me from this hour?" But it was for this purpose that I came to this hour. Father, glorify your name." Then a voice came from heaven, "I have glorified it and will glorify it again." The crowd there heard it and said it was thunder; but others said, "An angel has spoken to him." Jesus answered and said, "This voice did not come for my sake but for yours. Now is the time of judgment on this world; now the ruler of this world will be driven out. And when I am lifted up from the earth, I will draw everyone to myself." He said this indicating the kind of death he would die.

John 12:20-33
The Coming of Jesus' Hour
Fifth Sunday of Lent

Reflection

Read the scripture, let it soak in. Meditate on it. What is a word, image or phrase that stands out? Focus on that. Pray on it. Ask God to show you what He wants you to see in the scripture. Rest with it. Be aware of God's presence and listen. Use this space or a journal to help you.

Reflection/Discussion Questions

- What is happening in the gospel, and what does it mean to me?
- In what areas in my life might require a dying to self to experience new life?
- What does it mean to "serve" Jesus? What are the implications of following him?
- What is stopping me from stepping out and answer my calling?

Lenten Opportunities

Visit stpeterchanel.org/lent for all the details!

Fridays in Lent

- Daily Mass
 - 6:45a, 8:30a, 12p
- Stations of the Cross: 7p
- Adoration all day
- Fish Fry: 5 - 7p
- Family Events
 - 2.18, 3.1, 3.8, 3.22

3.3 - 3.17 Feed Haiti Campaign

Join us as we fill shipping containers and donate funds to assist our brothers and sisters in the poorest country in the world. With your help will be able to make a major impact to help provide meals to those battling hunger.

Youth Ministry Sundays

Middle and High school teens are invited to join us on Sundays from 6p-8p. Dinner provided. Bring a friend!

Confessions in Lent

3.1: 6-6:30p • Family Reconciliation
3.11: 9-11:30a & 7-8:30p
Mondays @ 6p
Wednesdays after 6:45a Mass
Saturdays @ 9a

2.18 & 3.17 Night of Worship

Join us for live music, prayer, adoration, and meditation. For all ages - dinner served at 6p.

3.28-3.30 Holy Week Missions

Each day will include an opportunity for fellowship, fun, prayerful reflection, service projects in the local community and then we'll gather in the evening for the Liturgy of the day for Holy Week. This is a great opportunity for families to celebrate Holy Week in a unique and meaningful way.

3.24 Palm Sunday

Regular Mass Schedule - Palm Sunday marks the beginning of Holy Week.

3.28 Holy Thursday

7p Mass of the Lord's Supper

3.29 Good Friday

12p: 7 Last Words
3p: Stations of the Cross
7p: Commemoration of the Lord's Passion.

3.30 Holy Saturday

9:15a: Blessing Easter Foods
10a: Egg Hunt @ Queen of Angels
8p: Easter Vigil Mass

Easter Sunday Schedule

Easter Sunday

7:30a** • 9a* • 10:45a* • 12:15p**

*Mass in Church, Blessed Trinity & McNamee Hall

**Mass in Church

No 5p Mass