



Lent 2018



SAINT JOSEPH PARISH

332 Manor Avenue ~ Downingtown, PA 19335



The season of Lent gets its name from an Old English word that means “to lengthen.” Each year, this season returns as the days begin to grow longer. With the darker days of early winter receding into the background, we seek to shed light on those areas of our lives that need God’s grace to change.

During Lent, we examine all dimensions of our lives, searching for the habits and attitudes that need correction, attention or elimination. Christ, the light of the world, helps us, illuminating those dark corners of our hearts and minds to cast out sin and sadness. Lent enables us to work in cooperation with God’s grace, allowing the good to grow within us as we seek to enhance our spiritual growth through prayer, fasting, and charity. We identify and cast out that which we can do without, and allow the warmth and goodness of Christ to shine in and through us, preparing us for Christ’s Resurrection on Easter Sunday.

Saint Joseph has much to offer to help you grow closer to the Lord during this holy season. Please take advantage of these opportunities, and encourage one another. God may be working through you to bring someone else closer to Him!

Forty Hours

Our Forty Hours Eucharistic Devotions will take place on March 18, 19, and 20.

Devotions will open with Exposition of the Blessed Sacrament after the noon Mass on Sunday, March 18, and will include Evening prayer on Sunday and Monday.

Devotions will close on Tuesday, March 20, with 7 p.m. Mass, Benediction, and an outdoor procession with the Blessed Sacrament to the Holy Family Chapel. A dessert reception will follow.

Adoration will be held in the Church during Forty Hours.

Celebration of Mass

Monday – Friday: 7:00 a.m., 9:00 a.m.

Saturday: 8:00 a.m.

Sunday: 5 p.m. Sat. Vigil, 6 a.m., 7:30 a.m., 9 a.m., 10:30 a.m., Noon, 4 p.m.

Sacrament of Reconciliation

Wednesdays

6:30 a.m. and 8:30 a.m. *prior to Mass*
6:30 – 7:30 p.m.

Saturdays

3:30 – 4:30 p.m.

Parish Penance Service

Tuesday, March 27, 7 p.m.

Noontime Ecumenical Services

Join other Christians in our community as we celebrate Ecumenical Services at each other’s churches every Wednesday during Lent. Service at Noon. Lunch at 12:30 p.m. No RSVP, no charge. Just come!

Feb. 21: Saint Joseph Catholic Church

Feb. 28: Downingtown United Methodist

March 7: Downingtown Friends Meeting

March 14: St. James Episcopal Church

March 21: Central Presbyterian Church

Operation Rice Bowl

Operation Rice Bowl supports the hungry here in the Archdiocese and throughout our nation and our world. To take part, look for the rice bowls in the narthex. Follow the suggestions inside, or simply use the bowl to collect your own Lenten sacrifice. The manner in which you give alms is not important; the gift of your sacrifice is what matters. Return bowls on April 8, the weekend after Easter.

Adore our Lord

We invite you to visit our Perpetual Adoration Chapel in the Holy Family Center parish office. It is open 24/7. Pray before Jesus in the Blessed Sacrament, and feel the peace, love, hope, mercy, and faith that come from being in the presence of God.

Stations of the Cross (in church)

School Stations: Tuesdays, 2 p.m.

Parish Stations: Wednesdays, 7 p.m.

Lenten Adult Faith Formation Programs

“Everybody Needs to *Forgive* Somebody”

Please join us as Fr. Rossi, Fr. Donia, and Fr. Mulranen discuss and reflect on the book “Everybody Needs to Forgive Somebody.” This is the book that Fr. Ezaki encouraged us to read during our Parish Mission in the fall.

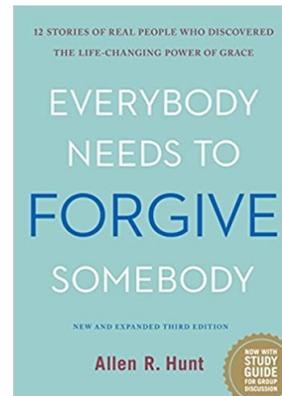
Feb. 19: *Receiving Forgiveness* (pp. 1-37)

Feb. 26: *Deciding to Forgive* (pp. 41-59)

March 5: *Sharing Forgiveness* (pp. 63-105)

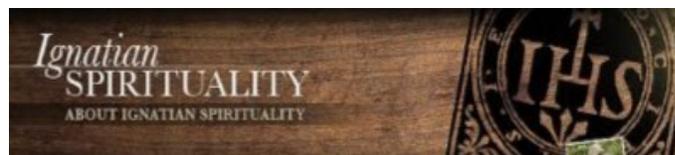
7–8 p.m. in the **Chapel**

No cost or pre-registration. Please invite a friend!



Deepening Prayer

Prayer invites us to become aware of the living interaction between the God who will always remain beyond all we can think or imagine and the God who abides deep in our own hearts.



As we become more aware of these sacred encounters, we enter into a personal and intimate relationship with the Author of our being. We become a place where God’s dream is becoming alive in our personal life. How might we deepen this call, this desire in our hearts, for a personal relationship with God?

Pam Seymour, a spiritual director trained in the Ignatian tradition, will lead us in ways of deepening 3 kinds prayer: verbal/vocal, meditation and contemplation, using scripture, breathing, music, art and poetry.

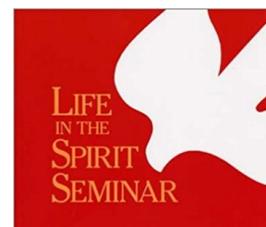
February 15, March 1, March 8, March 15

7-8:30 p.m. in the **St. John Neumann Room (Church)**

For more information or to register, contact Pam at 484-678-1653 or pseymour@spiritualdirectors.net

Life in the Spirit Seminars

Join the *St. Joseph Parish Charismatic Prayer Group* for a Lenten Journey to discover the power of the Holy Spirit in our lives. The program is a DVD series of talks given by Leaders in the New Evangelization and the Charismatic Renewal.



February 15, February 22, March 1, March 8, March 15, March 22

7-9 p.m. in the **Chapel**

For more information, please contact Joe McCahon at 610-716-3084 or jasmvmd@gmail.com, or Jane Desiderio at jane.desiderio@icloud.com.

Lenten Adult Faith Formation Programs

St. John of the Cross: Our Journey into Christ's Love

A 40-Day Contemplative Lenten Journey to love as Christ loves

Lent is a perfect time for Christ to ignite the fervor of His gentle and merciful love in our souls: through a more intimate prayer life based on the prayer lives of our Saints; by fasting from what impedes us from loving tenderly and sweetly as Christ loves us; and through Charitable living, feasting on the virtues to love and serve Him and others.

Christ created our souls to only love. When we act or speak without love, our minds and hearts become shrouded in anger, sadness or fear impeding our ability to love as Christ loves. How would your life be different if you only spoke and acted out of love? If you can imagine the difference, Christ is offering this to you!

Come and discover how to ignite your prayer life and rid yourself of all that is not Christ, so you can become Christ for others.

Deacon Jim Bogdan will facilitate this retreat, using *The Collected Works of St. John of the Cross* and a study companion/daily notes written by Deacon Jim.

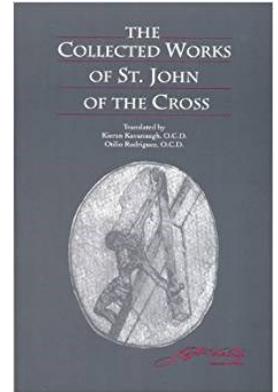
Saturdays in March: March 3, 10, 17, 24, 31

8:45-10:15 a.m. in the St. John Neumann Room (Church)

Costs: \$20 for the study companion

\$20 for the book "Collected Works of St. John of the Cross." (You may purchase this book on your own or through the parish.)

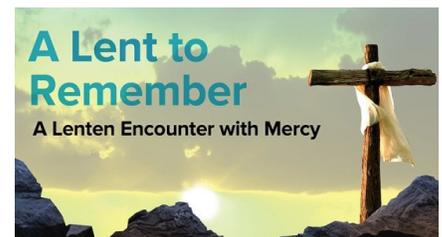
To register and order materials, please contact Karen Dawson at karend@stjosephrc.org. Class size is limited.



Formed: Your faith at your pace this Lent

The parish subscription to **formed.org** gives you free access to dozens of programs on many aspects of our Catholic faith. Watch, read, or listen to them anytime on any device. There are programs for adults, teens, and children.

One of the Lenten programs is *A Lent to Remember*, which explores the ways God reaches out to each of us with His mercy. Through Christ's suffering on the cross in the Paschal Mystery and His perpetual reception of His people in the Sacrament of Reconciliation, God makes His love, His very self, present to us in the world. By reflecting on the Paschal Mystery and making a step-by-step examination of the Rite of Confession, *A Lent to Remember* communicates God's invitation to each one of us to come experience His indescribable love this Lent.



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A Prayer For Lent

O sacred head surrounded
By crown of piercing thorn!
O bleeding head, so wounded,
Reviled and put to scorn!
Death's pallid hue
comes o'er thee,
The glow of life decays,
Yet angel hosts adore thee
And tremble as they gaze.
I see thy strength and vigor
All fading in the strife,
And death, with cruel vigor,
Bereaving thee of life;
O agony and dying!
O love to sinners free!
Jesus, all grace supplying,
O turn thy face on me!
In this thy bitter Passion,
Good Shepherd, think of me,
With thy most sweet compassion,
Unworthy though I be;
Beneath thy cross abiding,
Forever would I rest,
In thy dear love confiding,
And with thy presence blest.

- St. Bernard of Clairvaux

Fish Fry Fridays

The Knights of Columbus will host Fish Fry Fridays on **March 9, March 16, and March 23**. Dinner will be served 4:30–7:30 p.m. in the school cafeteria. Dine in or Take out. Adult and Kids meals.

Dinner and...

...On March 23, have dinner, then go to the school's Passion Play at 7 p.m. in the church.



Make a Lenten Connection

Each Sunday during Lent, choose a task below to focus on during the week. Use Lent to *Connect with God. Connect with Each Other.*

Adults/Teens:

- Take an idea from today's readings or homily to implement during the week.
- Read the readings for daily Mass. You can find them at <http://uscgb.org/>. If possible, go to a weekday Mass or Saturday morning Mass.
- Each day, pray specifically for a person you struggle to like.
- Keep your own book of prayer intentions, writing down the names of those whom you are keeping in your prayers.
- Each day, read the news on a Catholic news site (catholicphilly.com, catholicnews.com), watch something on EWTN, or listen to Holy Spirit radio (1420 AM).
- Each day, perform a random act of kindness. Try to find acts that you can do without being thanked.
- Spend the week thinking about this: *What good deed in my life am I postponing?* Small or big, name the deed. Own it as something you want to do or feel called to do.

Children:

- Tell your family your favorite story about Jesus. Ask them to tell you a story, too!
- Write a kind note or draw a picture for each person in your family. Hide them in places you know they will find them.
- Ask your parents why purple is a Lent color. If you have something purple, wear it this week.
- Keep a list of the nice things you do for others. Keep another list of nice things you see other people doing.

Giving Alms

You are invited during Lent to give alms in ways that help our neighbors – locally, regionally, or globally.

February 17-18:	Second Collection for the Care of Aging and Infirm Priests.
February 24-25:	Second Collection to benefit the Church in Africa.
March 3-4:	Special collection to benefit Mother of Mercy House.
March 10-11:	Second collection to benefit the Church in Latin America.
March 17-18:	Special collection to benefit Legacy of Life.
March 24-25:	Special collection to benefit local charities.

Fast & Abstinence

All Catholics 14 and older are obliged to abstain from eating meat on Ash Wednesday and all the Fridays of Lent.

Catholics ages 18–59 are obliged to fast on Ash Wednesday and Good Friday. This means taking only one full meal and, if necessary, two small meals that together would not make a full meal. Nothing should be eaten between meals. The laws for fast/abstinence do not apply to those who are sick, or those who need to eat at certain times for health reasons. Those who cannot fast are encouraged to do some other act of penance on those days.