

Lent - 2021

Ash Wednesday

6:30am...service for the distribution of ashes
8:30am...Mass with the distribution of ashes
Noon...service for the distribution of ashes
5:00pm...service for the distribution of ashes
7:00pm...Mass with the distribution of ashes



Lenten Reflections 2021

Daily Lenten Reflections for 2021

are available through Flocknote. If you received the daily Lenten Reflections in 2020 you should already be on the distribution list. If you would like to sign up for Flocknotes, you can go to <https://stemilyparish1.flocknote.com/everyone> or text the word **Emily** to 84576. Then, join the Lenten Reflections 2021 group.



Stations

Every Friday 7:00 PM

Adoration

Every Friday 2:30-5:30 PM
with Benediction at 5:30 PM
Reconciliation is available during the hours of Adoration

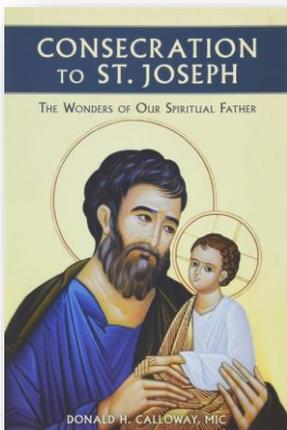


Reconciliation

Every Saturday throughout the year 3:30-4:30 PM
(in St. Joseph Room of the front vestibule)
February 20, 27...1 priest available
March 6 & 13...1 priest available
March 20 & 27...2 priests available

Liturgy of the Hours - Morning Prayer

Thursday, April 1 [Holy Thursday] 8:30 AM
Friday, April 2 [Good Friday] 8:30 AM
Saturday, April 3 [Holy Saturday] 8:30 AM



Consecration to St. Joseph Podcasts

Dec 8, 2020 to Dec 8, 2021 has been declared the year of Saint Joseph. Father Hank and Melissa Hajdu invite you to join the parish in a consecration to St. Joseph. They will begin on **Feb. 15** with regular podcasts (2/15, 2/18, 2/21, 2/24, 2/27, 3/2, 3/5, 3/8, 3/11, 3/14, 3/17); the **consecration will occur on March 19 - St. Joseph's feast day**. See the parish website for information - <https://www.stemily.org/consecration-to-saint-joseph/>

Triduum

Join us for the Triduum!

Holy Thursday (April 1)...7:30 pm Mass

Good Friday (April 2)...7:30 pm Service

Holy Saturday (April 3)...7:30 pm Mass

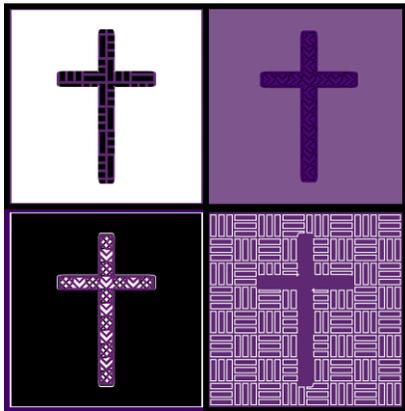
Pre-registration is required for all who wish to attend Triduum and/or Easter services. Registration for these services may only be done through the parish office (847-824-5049).

Easter Sunday

Alleluia! He is risen!

Masses at 7:30am, 9:30am and 11:30am

NOTE: There will be NO 6:00pm Mass on Easter Sunday.



Lent is a 40 day season of prayer, fasting, and almsgiving that begins on Ash Wednesday and ends at sundown on Holy Thursday. It's a period of preparation to celebrate the Lord's Resurrection at Easter. During Lent, we seek the Lord in prayer by reading Sacred Scripture; we serve by giving alms; and we practice self-control through fasting. We are called to a true inner conversion of heart as we seek to follow Christ's will more faithfully. We recall the waters of baptism through which we were also baptized into Christ's death, died to sin and evil, and began new life in Christ.

In Lent, the baptized are called to renew their baptismal commitment as others prepare to be baptized through the Rite of Christian Initiation of Adults, a period of learning and discernment for individuals who have declared their desire to become Catholics.

On **Ash Wednesday**, **Good Friday**, and all Fridays of Lent: Everyone of age 14 and up must **abstain from consuming meat**. On **Ash Wednesday** and **Good Friday**, according to the [United States Conference of Catholic Bishops](#), the norms of **fasting** are obligatory from age 18 until age 59. Fasting means a person is permitted to eat one full meal. Two smaller meals may also be taken, but they are not to equal that of a full meal.

Additionally, the USCCB page states the non-age related exemptions.

“Those that are excused from fast and abstinence outside the age limits include the physically or mentally ill including individuals suffering from chronic illnesses such as diabetes. Also excluded are pregnant or nursing women. In all cases, common sense should prevail, and ill persons should not further jeopardize their health by fasting.”

On the U.S. Bishops website, they explain the Good Friday fast should, when possible, last through the Easter Vigil on Holy Saturday night.

While Ash Wednesday and Good Friday are the only two days of full fasting and abstinence required, all of Lent should be a time of spiritual formation and preparation for Easter.