

Ash Wednesday

Start Lent off right by coming for Mass and the distribution of ashes.

**Mass at 9:00 AM
and 7:00 PM**

**Liturgy of the Word
at 12:10 PM**

Fasting

Fasting is observed on Ash Wednesday and Good Friday by all Catholics who are 18 but not yet 59. Those bound by this rule may take only one full meal. Two smaller meals are allowed with no eating between meals.

Abstinence

Abstinence from meat is observed on Ash Wednesday and all the Fridays of Lent by all Catholics 14 and older.

Reminder:

Pick up a Rice Bowl
and Lenten Booklet

Help for the Poor

Continue to support
Helping Hands
Food Pantry.

Our 3rd Grade
PSR Students will
have a Food Drive
March 3 and 4.

Bags will be
distributed.

St. Bede the Venerable

Lenten Events 2012

(Please post on fridge for further reference)

Lent lasts for 40 days and is a time for all of us to prepare for the Easter sacraments through prayer, fasting and almsgiving or sharing what we have with the poor. It is our hope that you will use these opportunities to enrich your spiritual life.



A LENTEN OUTLOOK

A Lenten outlook doesn't worry about piling up good deeds, but rather seeing each family chore/activity as an opportunity to ask God's blessing on it and on each family member. It's not about "accomplishing" everything on a Lenten to-do list but rather about seeking God in the everyday things we do. Maybe it's time to stop focusing on "giving up" things or filling your days with extra prayers and good deeds, and instead focus on Lent as a new way of looking at life—with a Lenten outlook.

Prayer Opportunities

Stations of the Cross
Every Friday at 7:30 PM

Lenten Vespers
Sunday, March 4
5:00 PM in the Chapel

K of C Holy Hour
Thursday, March 22
7:00 PM in the Chapel

Pierogi Dinner

Friday, March 9
Dinner served 5-7 PM
Entertainment by *Father and
the Holy Spirits*
until 8:30 PM in FTC

K of C Pasta Dinner

Saturday, March 24 - 5:00 PM

Retreat Opportunities

For Men
Pain and Suffering: The Road to the Cross
Saturday, February 25 9:00-3:30 FTC

For Women
And With Your Spirit
Saturday, March 3 9:00-3:00 FTC

Forms available in Gathering Space

Lenten Cluster Mission
**(St. Bede, St. John Vianney
& St. Mary of the Assumption)**

at St. Bede
Sunday, April 1 7:00-8:00 PM

A talk by Bishop Martin Amos

Confessions at St. Bede's

<i>Saturday, March 31</i>	<i>3:00-4:00 PM</i>
<i>Monday, April 2</i>	<i>9:30-10:30 AM</i>
<i>Monday, April 2</i>	<i>7:00-8:00 PM</i>
<i>Wednesday, April 4</i>	<i>6:30-7:45 PM</i>

Communal Penance

*Wednesday, March 28, 7:00 PM
at St. Bede the Venerable*

Wednesday, April 4

8:00 PM Tenebrae

Holy Thursday, April 5

Mass of the Lord's Supper—7:00 PM

Followed by Adoration until Midnight

Good Friday, April 6

Office of Readings & Morning Prayer—9:00 AM

Stations of the Cross—12:00 Noon & 7:30 PM

Celebration of the Lord's Passion—3:00 PM

Saturday, April 7

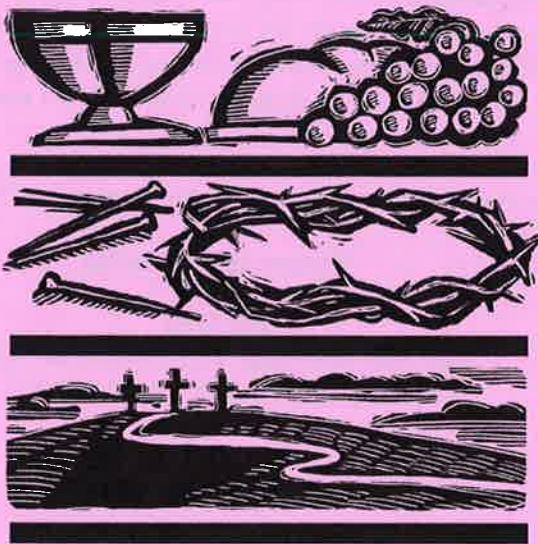
Office of Readings & Morning Prayer—9:00 AM

Blessing of Easter Foods—1:00 PM

Easter Vigil (Celebration of Baptism, Confirmation and
First Eucharist)—9:15 PM

Easter Sunday, April 8

Masses—8:00 AM, 10:00 AM, 12:00 Noon



HOLY WEEK SCHEDULE