

**Ash Wednesday and Good Friday  
are Lenten Days of  
fasting, abstinence and prayer.**

The rule of fasting allows for one full meal a day, with smaller amounts of food for the other meals, and no food outside mealtimes. We fast to discipline our body, with each hunger pang we can pray, "Lord, may I hunger for you above all things." In fasting, we join the hungry of the world. Catholics from ages 21-59 are asked to fast on Ash Wednesday and Good Friday. Besides food and drink, one might also consider fasting in relation to TV, cell phone, computers, iPads, Xbox, etc.

The rules of abstinence concerns a restriction from meat and applies to Catholics from age 14 and older. Ash Wednesday and the Fridays during Lent are days of abstinence. In abstaining from certain foods, we commit ourselves to connecting with the poor and unfortunate and denying ourselves pleasures we don't need. In abstaining from certain foods, we seek a life that shares the good things of earth with others.

**STATIONS  
The  
CROSS** **GOOD FRIDAY ONLY @  
NOON AT BOTH  
PARISHES**

**DUE TO COVID, THERE WILL BE NO  
COMMUNAL PENANCE SERVICE  
THIS YEAR.**  
.....  
**SACRAMENT OF RECONCILIATION-  
8:30 AM EACH SUNDAY AT  
ST. STEPHEN**



**ASH  
WEDNESDAY**

**FEBRUARY 17**  
8:30 a.m. @ ST. STEPHEN  
5:30 p.m. @ ST. MARY

**The Triduum begins...**

**HOLY THURSDAY-Apr. 1**  
**Mass of the Lord's Supper**  
**7:00 PM at St. Mary's**

**GOOD FRIDAY- Apr. 2**  
**Stations of the Cross-Noon**  
**Commemoration of the**  
**Lord's Passion**  
**3:00 PM at St. Stephen**


**HOLY SATURDAY-Apr. 3**  
**Blessing of Easter Baskets-**  
**Noon at St. Mary's**  
**EASTER VIGIL- 7:30 PM at**  
**St. Stephen**

**EASTER SUNDAY**  
**Mass-9:00 AM- St. Stephen**  
**Mass-11:00 AM- St. Mary's**

**A Prayer for Lenten Grace**  
Dear God, During the sacred season of Lent, bring me closer to you. Prepare a place in my home and heart for silence and solitude, so that I may re-discover the grace of a prayerful life. Help me to fast from those things that threaten the well-being of body and soul and remind me of the grace of simplicity. Enlarge my heart so that I give to those in need and, in so doing, re-discover the grace of gratitude and generosity. May this season be a grace-filled time to rekindle my love for and faith in you. AMEN.

**St. Stephen Church**  
**2021**

# LENTEN CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
			17	18	19	20		
		<b>FEBRUARY</b>		<b>ASH WEDNESDAY</b> Fast for God's sake, not your own	As a family, research and select a charity that you will support during Lent.	Pray for the willingness to seek forgiveness from people you have hurt.	Give someone in despair a sense of hope today.	
				21	22	23	24	25
<b>FIRST SUNDAY OF LENT</b> The WORD of God is love. Say "I love you" to one you rarely do.	Pray for the health of all the world.	Be more courteous in your attitude, words and deeds.	Make a list of ten things you are grateful for in your life.	Curtail your extra spending and donate what you save to your chosen charity.	Fast from criticizing others aloud or silently in your mind. Seek to understand instead.	Pay attention to someone you are tempted to brush aside.		
28	<b>MARCH</b>		1	2	3	4	5	6
<b>SECOND SUNDAY OF LENT.</b> Remind yourself that all creations are God's gift to you.	Pray for the people who are homeless and sleeping on the streets.	Pray at the sound of sirens. Pray for the people who might be in trouble.	Speak less and listen more. Give others the gift of undivided attention.	Forego a favorite TV program for a week.	Fast from gossip	Take time to discern your life choices.		
7	8	9	10	11	12	13		
<b>THIRD SUNDAY OF LENT</b> Be sure to examine your conscience each day and pray for guidance.	Extend a hand or send a care package to an ill person.	Let go of a hurt before it turns into resentment.	Write a letter, make a call, or stand in protest to fight injustice.	Today I will do a random, hidden act of kindness.	Fast from e-mail, text messaging, or both for the day.	Say an act of contrition. Make amends to one person you have offended.		
14	15	16	17	18	19	20		
<b>FOURTH SUNDAY OF LENT</b> Be open to the wisdom of others. Read opposing views on a hot topic.	Breathe in the wisdom of the Spirit before today's choices.	Really listen to a loved one's concerns.	Free yourself of one sinful action: greed, envy, pride, etc.	Donate time or money to a local shelter.	Fast from the habit, substance, practice, or mindset that most stand in the way of you growing closer to God.	While grocery shopping, purchase an additional day's supply of food and drop it off at a local food pantry.		
21	22	23	24	25	26	27		
<b>FIFTH SUNDAY OF LENT</b> Pray with your family at mealtime. Make a point of praying for people in need.	Take over a disliked chore for a family member.	Pray the rosary or other traditional prayers of the church.	At the end of the day, take time to thank God for all the graces you received today.	When you see or hear a news story about someone in trouble, pray for the person as a family.	Make time for personal prayer.	Accept that some hurts you will never understand. Forgive anyway.		
28	29	30	31	<b>APRIL</b>	1	2	3	
<b>PALM SUNDAY</b> Prayerfully read one of the Gospel accounts of Jesus' Passion, Death, and Resurrection.	<b>MONDAY OF HOLY WEEK</b> Tell others they are loved. That is the truth.	<b>TUESDAY OF HOLY WEEK</b> Fast from comparing yourself to others. We are all one in God.	<b>WEDNESDAY OF HOLY WEEK</b> Fast from worrying, Trust God instead.	<b>HOLY THURSDAY</b> Recognize your own needs and give them their due. Allow others to help you from time to time.	<b>GOOD FRIDAY</b> Fast from complaining. Notice how often you are tempted to complain!	<b>HOLY SATURDAY</b> Be mindful of all that God has done for you.		

**EASTER SUNDAY-**

*The Resurrection of the Lord.*

**CELEBRATE EASTER**