Why do we receive ashes on Ash Wednesday?

Why we receive the ashes: Following the example of the Ninevites, who did penance in sackcloth and ashes, our foreheads are marked with ashes to humble our hearts and remind us that life passes away on Earth. We remember this when we are told “Remember, you are dust, and unto dust you shall return.” Ashes are made a symbol of penance by the blessing of the Church, and they help us develop a spirit of humility and sacrifice. The distribution of ashes comes from a ceremony of ages past. Christians who had committed grave faults performed public penance. On Ash Wednesday, the Bishop blessed the hair shirts which they were to wear during the forty days of penance, and sprinkled over them ashes made from the palms of the previous year. Then, while the faithful recited the Seven Penitential Psalms, the penitents were turned out of the church because of their sins — just as Adam, the first man, was turned out of Paradise because of his disobedience. The penitents did not enter the church again until Maundy Thursday after having won reconciliation by the toil ... to receive ashes out of devotion. In earlier times, the distribution of ashes was followed by a penitential procession.

The Ashes: The ashes are made from the blessed palms used in the Palm Sunday celebration of the previous year. The ashes are christened with Holy Water and are scented by exposure to incense. While the ashes symbolize penance and contrition, they are also a reminder that God is gracious and merciful to those who call on Him with repentant hearts. His Divine mercy is of utmost importance during the season of Lent, and the Church calls on us to seek that mercy during the entire Lenten season with reflection, prayer and penance.

Eucharistic Adoration: Please join us for some quiet time before the Blessed Sacrament — Tuesday* afternoons at 4:00 p.m. in the Back Altar space of the Chapel. *Note: this event will be cancelled when students are not in session.

Rice Bowls: Please pick up a Rice Bowl at any entrance of the Chapel. These will be collected on Palm Sunday, April 9th.

Rosary for Peace: Mondays, March 6th, 20th, & 27th; April 3rd and 10th at 5:00 pm at the back altar space of the Chapel.

Taize Prayer Services: Thursday, March 23rd; 7:00 pm at the back altar space. Everyone is welcome to join us for some peaceful music, silent reflection and Scripture reading.

The Way of the Cross: Friday, March 31st; 5:00 pm, Chapel.

Worshipping Community Program

The first public event of the Year of Creation will take place on the first Friday of Lent, March 3rd at 7:00 pm at the Cathedral of the Immaculate...
Edmundite Campus Ministry Events (Continued)

Conception, Burlington, VT. Bishop Christopher Coyne will lead The Stations of the Cross with John Paul II: On the Path of Ecological Conversion, followed by a sustainable soup supper and discussion of the Lenten practice of fasting. Participants will learn about the Global Catholic Climate Movement’s Lenten Fast for Climate Justice and how fasting from certain foods, especially meat, positively affects the planet and the poor.

Missionary Discipleship Today—A Joyful Witness. Holy Family Church, Essex Junction—8:30 am and 7:00 pm. Join us for Mass on March 6th, 7th, and 8th. Each Mass will include an extended homily focused on what Pope Francis has called us to be as “missionary disciples” in today’s world. Confessions will be available before and after Mass each day. Speaker will be Deacon Phil Lawson, MTS. Deacon Phil is the Director of Evangelization & Catechesis for the Diocese of Burlington. He has a Master of Theological Studies from Ave Maria University. Prior to working at the Diocese of Burlington, he spent 14 years working in parishes focusing on religious education, youth ministry, marriage preparation, RCIA and senior citizen ministry.

One-in-Christ Weekend for engaged couples, sponsored by the Roman Catholic Diocese of Burlington is open to any couple preparing for marriage in the Catholic Church. Through presentations by trained married couples and a Catholic priest, each couple is invited to deepen their faith and to better understand the Christ-centered nature of Sacramental marriage. Held at beautiful St. Anne’s Shrine in Isle La Motte. April 28—30, 2017. Contact Lori Daudelin at the Diocese (802.658.6110, ext. 1131) or email Ldaudelin@vermontcatholic.org.

Faculty & Staff Programs

Pontifical Society: We will continue to read The End of the Affair by Graham Greene. Session begins at 12:00 pm, Monday, March 6th, in the Upper Room of the Chapel, lunch served. RSVP is required. All faculty and staff are welcome. Please RSVP to Fr. Marcel Rainville, SSE at 654.2848. To receive notices, please subscribe to the TPS mailing list on the portal page.

Partners in Ministry: Thursday, March 9th, 5:30 to 7:30 p.m. (Eddie’s lounge, 2nd Floor Alliot Hall). We will be continue with Chapters 12/13 in Michael Crosby’s book “Do You Love Me? Jesus Questions the Church”. Light pot luck/snacks are welcome. Contact Stephanie Noakes, snoakes@smcvt.edu or 881-5131. All are welcome!

Substitute Teachers needed. If there is anyone interested in substitute teaching at Rice Memorial High School, please send a hard copy cover letter and resume to: Rice Memorial High School, 99 Proctor Avenue, South Burlington, VT 05403; or e-mail the cover letter and resume to hulbard@rmhsvt.org; or call the school and speak with Lloyd Hubbard, Associate Principal (862-6521, x203).

VITA is a group of students who are committed to ministering to other students through practicing our faith and leading many of the liturgical, retreat, and service programs. Student led-programs include:

- **Links:** A large group that meets weekly and combines discussion, meditation, music and more to help bridge the gap between our college and faith lives. Everyone is welcome to join us! Wednesday, March 8 and 22; 8:00 to 9:00 pm in the Upper Room of the Chapel.
- **Dessert & the Divine:** Enjoy food and fellowship with other Christians! Our next gathering will be March 29th; 8:00 pm in the Upper Room, Chapel. Please contact Anna Lester for more information at 642.997 or alester@smcvt.edu.
- **Connections:** Come join us for weekly small faith-based discussion with an emphasis on Scripture and reflections on your faith life in college. Dates/time TBA. Alliot 125 (Anna Lester’s office).

M.O.V.E. Activities

**Red Cross Blood Drive:** Monday, March 27, 2017; 12:00—5:30 pm. Roy Room, Dion Student Center. Donors and Volunteers needed. Please sign up in the MOVE office.

**Spring International Market:** Friday, April 7th; 10:00 am to 5:00 pm, Saturday, April 8th, 10:00 am to 2:00 pm. Alliot Lobby. Shop for unique items—crafts, jewelry, artwork, clothing and more. All profits benefit families served by the organization that MOVE students partner with in Guatemala.

**Presentation on Immigration**

Sunday, March 19, 2017; 2:00-4:00 PM Mount Saint Mary Chapel 100 Mansfield Avenue, Burlington, VT Presenter: Sr. Kathleen Erickson, RSM Sr. Kathleen spent 18 years at the US/Mexican border working with immigrants in detention situations; initiated in Omaha, NE, the immigrant detainee accompaniment program; acted as an international observer for the Honduran election in 2013; spent time in San Pedro Sula, Honduras, as interim chaplain at the South Texas Family Residential Center in Dilley, TX. No cost for this event; parking available at Mater Christi School lot. For more information, call Sr. Lindora Cabral at 802.557.4415.

**Prayer for Lent**

Loving 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 rediscover 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 doing so, rediscover the grace of gratitude and generosity. May this season be a grace-filled time to rekindle my love and faith in You. Amen.