GUIDELINES FOR LENT

The time of Lent is observed by Catholics as a special season of prayer, penance, and works of charity.

Ash Wednesday and Good Friday, in particular, are the most penitential days of the liturgical year. They are days of both fast and abstinence. All Fridays in Lent are days of abstinence.

The rule of fasting states that only one full meal a day can be taken. Two small meals, sufficient to maintain strength, are allowed, but together they should not equal another full meal. The rule of fasting obliges Catholics from age 18-59.

Abstinence refers to the eating of meat. The common estimation of the community is used to determine what falls under the category of meat. Self-imposed fasting on the other weekdays of Lent is recommended. Abstinence on all Fridays of the year is also highly recommended.

THE SACRAMENT OF RECONCILIATION

Reconciliation
Offered after all 11:00 a.m. and 7:00 p.m. liturgies and after Daily Mass on Tuesdays, Wednesdays, and Thursdays throughout Lent.

Chapel
Or by appointment anytime; please call one of the following Edmundite priests:
Fr. Brian Cummings, SSE at Ext. 2476
Fr. Raymond Doherty, SSE at Ext. 2332
Fr. David Theroux, SSE at Ext. 2350
Fr. Marcel Rainville, SSE at Ext. 2848

SCRIPTURE READINGS FOR THE SUNDAYS DURING LENT:

First Sunday, February 22
Gn 9:8-15 • 1 Pt 3:18-22
Mk 1:12-15

Second Sunday, March 1
Gn 22:1-2, 9a, 10-13, 15-18 • Rom 8:31b-34
Mk 9:2-10

Third Sunday, March 8
Ex 20:1-17 • 1 Cor 1:22-25
Jn 2:13-25

Fourth Sunday, March 15
2 Chr 36:14-16, 19-23 • Eph 2:4-10
Jn 3:14-21

Fifth Sunday, March 22
Jer 31:31-34 • Heb 5:7-9
Jn 12:20-33

DAILY LENTEN REFLECTIONS

Written by our Saint Michael’s College Community

Saint Michael’s College students, faculty, staff and members of the worshipping community have come together to offer their reflections on the daily Scripture readings and what they are saying to us in our lives today—how they challenge and encourage us to feel God’s presence, love, and forgiveness each day during this sacred time. We hope that these reflections inspire and help you grow deeper in your prayer life during the journey of Lent as we prepare for the Resurrection of Christ Jesus!

The daily Lenten Reflections can be found at: http://smclent.blogspot.com

Special thanks to the student, faculty, and staff Lenten Preparation and Liturgical Planning Teams.

Be devoted to the gift of God and come to the light
Each year, Catholics set aside 40 days to "rend our hearts" and "return to God." All of us are given this opportunity to deliberately examine what we are doing well and what we are not doing so well, and we are invited to come back to God.

As we start this journey called Lent, let us take some time to understand where we are in our faith lives and where we would like to go during the season. We invite you to use this brochure as a guide. It contains many individual and communal opportunities for prayer and reflection that may be of interest to you on your spiritual journey and all people of faith are invited to participate. (Please see Guidelines for Lent on the last page). Together, let’s look forward to receiving a renewed sense of the fire of God’s love for us and the forgiveness that is always freely offered to us as we prepare for the Risen Christ Jesus at Easter.

PRAYER OPPORTUNITIES DURING LENT

**Morning Prayer**
Monday-Friday, 7:40 a.m., Chapel

**Eucharistic Adoration**
Tuesdays, February 24; March 3, 10, 24 and 31
8:00–9:00 p.m.
Chapel

**Rosary for Peace**
Mondays, February 23; March 2, 9, 23 and 30
5:00 p.m.
Chapel

**Fast for Peace**
Ash Wednesday
February 18, all day

In collaboration with the Edmundite Center for Peace & Justice

**Evening Prayer in the Style of the Community of Taizé**
Monday, March 30, 7:30 p.m.
Cathedral Church of St. Paul
2 Cherry Street, Burlington, VT

Evening Prayer is sung in the manner of the Taizé Community, an ecumenical monastic community in France. The community works ecumenically at furthering peace within the human family by engendering reconciliation and healing of divisions among Christians. The Brothers developed a style of prayer consisting of simple meditative chants as well as periods of silence. A candle-lit service lasting about an hour includes quiet chant from both within and outside the Taizé Community, readings from the scripture, sung and spoken prayer, incense, icons, and periods of meditative silence.

**The Way of the Cross**
Friday, March 27
5:00 p.m., Chapel

Were you there in the crowd that Friday? As we pray the Stations of the Cross, please join us as we journey with Jesus during His passion and experience what it might have been like through the eyes of those who were there such as James, Judas, the Chief Priest, a soldier, Mary, Mary Magdala and others. This presentation of the Stations of the Cross was inspired by the scriptural way of the cross that was celebrated in Rome by Pope John Paul II on Good Friday each year.

**Ash Wednesday**
February 18, 11:30 a.m. and 4:30 p.m.
Chapel

*Please don’t forget to pick up your Rice Bowl today!*

**Palm Sunday Mass**
March 29, 11:00 a.m. and 7:00 p.m., Chapel

A dramatic proclamation of the Passion narrative with the Sacred Dance Ensemble Directed by Claire Monachino ’97

**Triduum Services**
**Holy Thursday**
April 2, 7:00 p.m.
Chapel

**Good Friday**
April 3, 7:00 p.m.
Saint Lawrence Church, Essex Junction

**Holy Saturday**
April 4, 7:00 p.m.
Saint Pius X, Essex Junction

**Easter Sunday**
April 5, 9:00 a.m. and 11:00 a.m.
Chapel

No 7:00 p.m. Mass

CHRISTIAN SERVICE

**Mobilization of Volunteer Efforts (MOVE) Rice Bowl Project**

Distribution of rice bowls begins on Ash Wednesday, February 18 and students will collect them on Palm Sunday, March 29. The Rice Bowl activity is intended to encourage groups of friends, teams, townhouses, floors, and campus-wide departments to collect funds that can be distributed to organizations served by Catholic Relief Services. Make a sacrifice this year by adding more to your bowl than just a little loose change. Rice bowls will be available in the Chapel throughout the season of Lent.