



Go Deeper This Lent

Lent is a time to go deeper in our relationship with Jesus, both individually and as a community. At Our Lady of the Lake, we can all grow in holiness this Lent, no matter where we're starting from. Venture out into the deep with us!

Community Prayer: The Sorrowful Mysteries

We will each pray the Sorrowful Mysteries of the Rosary one more time per week than we already do. There are several ways we can do this:

- Pray in the sanctuary half an hour before all weekend Masses
- In a parish group you attend, take 15 minutes out of every weekly meeting to pray the Sorrowful Mysteries
- Pray on your own at a time that is convenient for you

Community Lenten Practices

Together, we will engage in the following acts of devotion:

- Fast, abstain from eating meat, and attend the liturgy on Ash Wednesday and Good Friday
- Abstain from eating meat on all Fridays
- Pray the Stations of the Cross on Fridays (at the parish or alone)
- Receive the Sacrament of Reconciliation at least once



Parishioners Are Encouraged to Choose Additional Lenten Practices

Here Are Some Options for You to Consider:

Acts of Sacrifice

What We Give Up for Christ

- Fast on all Fridays and/or Wednesdays.
- Continue the Good Friday fast until the Easter Vigil Mass on Holy Saturday.
- Take only cold, cool, or quick showers.
- Give up all desserts and sweets.
- Give up alcohol.
- Give up soda and sweetened drinks.
- Give up snacking between meals.
- Give up TV, movies, videos, and video games.
- Give up social media, the Internet, and using your smartphone except for necessary communication and essential or work-related tasks.
- Only listen to music and other audio that lifts your soul to God. Make time for silence every day.

Acts of Charity

What We Give to Our Neighbors

- Begin volunteering for a parish ministry, or increase your commitment to one you're already serving in.
- Donate to Catholic Relief Services and/or the CRS Rice Bowl.
- Donate to or volunteer with the St. Vincent de Paul Center, the Holland Rescue Mission, Lakeshore Pregnancy Center, or another organization that serves the poor and vulnerable.
- Donate to an organization that spreads the Gospel.
- Get involved with the diocesan prison and jail ministry.
- Visit someone in the hospital or an assisted living facility.
- Support a friend or family member going through a difficult time.
- Pray for and work to forgive and reconcile with someone who has wronged you.
- Choose a person (living or dead) or group to pray for every day.
- Share your Catholic faith with someone.

Lenten Events and Devotions

Mardi Gras Ministry Fair: March 3

After Both Sunday Masses in the Hall

Ash Wednesday: March 6

Mass and Distribution of Ashes – 9 a.m. and 6:30 p.m.

The Sorrowful Mysteries of the Rosary

Half an Hour Before Every Weekend Mass in the Sanctuary

Every Wednesday – 6 p.m. in the Chapel

Intro to the Rosary Seminar – Tuesday, March 12,
6:30 p.m. in the Chapel

Intro to the Rosary Seminar – Wednesday, April 10,
6:30 p.m. in the Chapel

All Fridays During Lent

Stations of the Cross – 7 p.m. in the Chapel

The Sacrament of Reconciliation

Every Saturday (Not Including Holy Saturday) – 9-10 a.m.
in the Chapel

Wednesday, March 13, 6:30-7:30 p.m. in the Chapel

Thursday, March 21, 6:30-7:30 p.m. in the Chapel

The Light Is on for You – Wednesday, March 27, 5-8 p.m.
in the Chapel

Lenten Penance Service – Sunday, March 31, 3 p.m. in
the Sanctuary

Lenten Parish Events

Mass for the Solemnity of St. Joseph – Tuesday, March
19, 12 p.m. in the Chapel

Bishop Walkowiak: LANE Leadership Series – Tuesday,
March 19, 7 p.m. in the Sanctuary

Rosary for the Solemnity of the Annunciation – Monday,
March 25, 6 p.m. in the Chapel

First Friday Eucharistic Adoration – April 5, 9:30 a.m. to
7 p.m. in the Chapel

Holy Week Celebrations

Palm Sunday: April 14

Procession and Mass – Saturday, April 13, 5 p.m.

Procession and Mass – Sunday, April 14, 9 and 11 a.m.

Holy Thursday: April 18

Reception of the Holy Oils – 6:45 p.m.

Mass of the Lord's Supper (Washing of Feet) – 7 p.m.

Eucharistic Adoration – 8 p.m. to Midnight in the Chapel

Good Friday: April 19

Celebration of the Lord's Passion – 3 p.m.

Holy Saturday: April 20

Blessing of the Easter Food – 10 a.m. in the Chapel

Easter Vigil Mass and Reception – 9 p.m.

Easter Sunday: April 21

Mass – 9 and 11 a.m.

Easter Egg Hunt – 12 p.m. on the Parish Lawn

FORMED Resources for Lent

Go to ourladyofthelake.formed.org, create a free account, and start using these resources and more!

- Sorrowful Mysteries (Audio)
- Praying the Rosary Like Never Before (Audio)
- Stations of the Cross (Audio)
- My Beloved Son: Mediations for Lent (Audio)
- Glimpses Along the Way of the Cross (Audio)
- The Passion of Christ in Light of the Holy Shroud of Turin (Audio)
- Meditations for Lent (E-Book)
- Forgiven: The Transforming Power of Confession (Video Series)
- Into the Desert: A Lenten Study on Prayer (Video Series)