

Lent at St. James, 2019

Dear Brothers and Sisters in Christ,

The 2019 Lenten season is upon us. It begins on March 6th with Ash Wednesday and ends on April 21st with Easter Sunday. Instead of focusing on “giving up” something for 40 days this season, we should instead focus on gaining a deeper relationship with Jesus through prayer, service/almsgiving, and fasting. We will be offering many opportunities here at St. James during Lent, and we encourage you to explore other resources, such as the “Best Lent Ever” from Dynamic Catholic, that will help in your Lenten journey.

Your Servant in Christ, Fr. Matt Foley, Pastor



Ash Wednesday—March 6, 2019

6:30am
7:30am
2:00 School Mass
5:00pm
7:00pm

All Masses are in the Parish Center

Eucharistic Miracles Exhibit

The weekends Mar. 9/10 & Mar. 16/17
8:00am –6:00pm

Gathering Space in Parish Center

Come view the Eucharistic Miracles Exhibit from the collection of Saint John Paul II

See page 4 for more information.

Fast and Abstinence During Lent

Abstinence from meat is to be observed by all Catholics 14 years old and older on Ash Wednesday and on all the Fridays of Lent. **Fasting** is to be observed on Ash Wednesday by all Catholics who are 18 years of age but not yet 59. Those who are bound by this may take only one full meal. Two smaller meals are permitted if necessary to maintain strength according to one’s needs, but eating solid foods between meals is not permitted. The special Paschal fast, as well as abstinence, are prescribed for Good Friday and encouraged for Holy Saturday. (Archdiocese of Chicago, 2018)

Lenten Opportunities for Reconciliation

We will offer **Multi-Parish Reconciliation** during Lent on four consecutive days during the month of April. Each service contains the same components, and you may attend at any of the **five** parishes listed below:

Mon. April 8 -**Our Lady of the Wayside** -7:30pm
Tues. April 9 -**St. Edna** -3:00pm
Tues. April 9 -**St. Mary, Buffalo Grove** -7:30pm
Wed. April 10 -**St. James** 7:30pm (In the Church)
Thurs. April 11 -**St. Colette** 7:30pm -Spanish available

During Lent...St. James will offer Confessions on Saturday afternoons from 3:30-4:30pm in the Chapel (on the west side of Arlington Heights Road).

Lenten Weekday Masses

Join us in the Parish Center for our daily 7:30am Mass, Monday—Friday, during the Lenten season. **Our 12:00 Noon Mass will resume when the church renovations are complete and the church is opened.**

Other Lent Opportunities:

1. Attend Dynamic Catholic event on Saturday, April 6 in our church 7:00pm -10:45pm. See page 5
2. Join a bible study. Email: mmarcheschi@stjamesah.org
3. Sign up for Prayer Mediation Class given by Joy Anderson. Page 5
4. Lenten Stations of the Cross with Focus on Suffering Due to Cancer. Friday, March 8th at 7:00pm in the Parish Center Chapel. See Page 6
5. Over 50 Social Club will host Lenten Gospel Reflections on Wed. April 3 at 12:30 in the O’Brien Room

Daily Lent Reflections

What Is BEST LENT EVER?

It’s a free email program that will guide you on an incredible journey toward the-best-version-of-yourself. From Ash Wednesday to Easter, you’ll discover ways to transform your life in forty days.

How Does It Work?

1. You will receive Daily Emails
2. Watch Inspirational Videos- Starting Ash Wednesday (March 6), you’ll receive daily emails with short inspirational videos, practical tips for your life, and personal stories from the Dynamic Catholic team.
3. Become a-Better-Version-of-Yourself. You’ll learn simple yet powerful ways to transform your life in forty days—and you’ll be well on your way to becoming the person God created you to be.
4. SIGN UP at bestlentever.com