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 during Lent

Reconciliation

Sunday, March 22
after 11:00 a.m. and 7:00 p.m. liturgies
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

Reconciliation Service

Fr. Richard O'Donnell, homilist

Tuesday, March 31, 4:30 p.m., Chapel

Ever wonder about those big banners hanging on the side of the Chapel during Advent and Lent and who came up with them?

In preparation for Advent and Lent each year, a group of Saint Michael's College students, faculty and staff gather several weeks prior to each season to pray and reflect on the Sunday Scripture readings of the current liturgical year. We do this to intentionally discover a common thread in all the Sunday celebrations rather than simply celebrating each Sunday in isolation. Using a liturgical planning process, we weave together the seasonal Scripture readings as a whole fabric, extracting a focus statement which ties them all together. This focus statement, born of *God's Word*—the Sunday readings themselves, becomes the basis for focusing our devotional and worship activities for the particular liturgical season. ***Now you know! Pray with us...***

Scripture Readings for the Sundays during Lent:

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

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

Third Sunday, March 15
Ex 20: 1-17 • 1 Cor 1: 22-25
John 2: 13-25

Fourth Sunday, March 22
2 Chr 36: 14-16, 19-23 • Eph 2: 4-10
John 3: 14-21

Fifth Sunday, March 29
Jer 31: 31-34 • Heb 5: 7-9
John 12: 20-33

Emmaus: March 6-8

Emmaus is an overnight, weekend retreat developed by the Jesuits of the New York Province. It is based on Ignatian principles and uses a combination of private meditations and group exercises that provide the opportunity for candidates to deepen their relationship with the risen Christ and to share their faith with others. The Ignatian principle "seeing God in all things" is stressed and candidates are invited to become aware of God in their everyday lives recognizing the Lord's presence in others and in daily life. Open to college students ages 18-25 and invited Saint Michael's faculty and staff.

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. The reflections were written with attentiveness to our Lenten focus, *Let Christ lead you to become the good work of God*, that was extracted from the Sunday readings by our Lenten liturgical preparation team. 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://www2.smcvt.edu/cministry/lent09

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

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Saint Michael's College

Let Christ lead you to become the good work of God.

Lent 2009

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 doing not 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 Lent guidelines 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, March 10 and April 7
8:00 p.m. - 9:00 p.m.

Benediction beginning at 8:50 p.m.

Chapel

Hosted by ***Stephanie Daudelin '09 and Luke Manning '12***

Rosary for Peace

Wednesdays, March 4, 11, 25; April 1 and 8
12:15 p.m. (immediately following daily Mass)

Chapel

Hosted by
Gabrielle Mailloux '10

The Way of the Cross

Thursday, March 26
5:00 p.m., Chapel

Hosted by ***Matt Seklecki '11 and Denelle Noyes '11***

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.

Fast for Peace

Ash Wednesday

In collaboration with the Edmundite Center for Peace & Justice

February 25, all day

Hosted by
Lauren Fish '12

Sign up at the Edmundite Center for Peace & Justice or Edmundite Campus Ministry office.

Community Book of Intentions

Chapel vestibule

Hosted by
Erin Doyle '09

Pray for your loved ones in a special way during the Season of Lent by coming to the Chapel vestibule and writing down their names in the Book of Intentions.

Masses during Lent

Monday, 4:30 p.m.
Chapel

Tuesday - Friday, 11:45 a.m.
Chapel

Sunday, 11:00 a.m. and 7:00 p.m.
Chapel

No 7:00 p.m. Mass on March 15 and April 12 due to student break

Ash Wednesday

February 25, 11:45 a.m. and 4:30 p.m.
Chapel

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

Palm Sunday Mass

April 5, 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 9, 7:00 p.m.
Chapel

Good Friday

April 10, 7:00 p.m.
Holy Family Parish, Essex Junction

Holy Saturday

April 11, 7:00 p.m.
Saint Lawrence Parish, Essex Junction

Easter Sunday

April 12, 9:00 a.m. and 11:00 a.m.
Chapel

Lenten Mission

Monday, March 9 ◉ 7:00 p.m., Chapel

Steve Angrisano is recognized as one of the most dynamic and effective communicators with Christian youth in the country. A singer, songwriter and storyteller, Steve creates relevant, dynamic music for liturgy and listening, proclaiming that through Christ we have the power to carry out God's work. He's been featured at major youth events nationally and internationally, including two World Youth Days, four National Catholic Youth Conferences and countless parish, school, camp and diocesan events. Steve has also given workshops at both National Federation of Catholic Youth Ministers and National Catholic Youth Conference events. A parish musician, music director and youth minister for 11 years, Steve's focus is, and has always been, one of honest ministry. What he shares, both in story and song, is a witness of the love and life of Jesus.

Christian Service

Mobilization of Volunteer Efforts (MOVE)
Rice Bowl Project

Distribution of rice bowls **begins on Ash Wednesday, February 25** and students will collect them on Palm Sunday, April 5. 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.

Hosted by Rachael Sparks '11