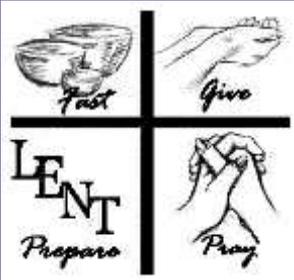


A Seasonal Ministry Update



GETTING READY FOR LENT 2015

A Newsletter from Kildare and Leighlin Faith Development Services
for
Parish Team Members and people involved in parish ministries

In this edition:

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- ✠ Exploring the phrase 'a spirit of compunction'

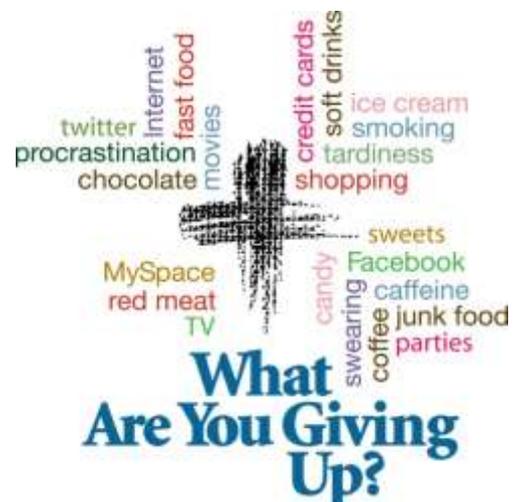
Things to know about Lent:

- ✠ Lent exists for the sake of Easter! It is the forty day period of preparation for the Church's celebration of Easter.
- ✠ Lent begins on Ash Wednesday (this year, February 18) and ends before Mass of the Lord's Supper on Holy Thursday (this year, April 2).
- ✠ Lent has six Sundays (Palm Sunday being the sixth Sunday.)
- ✠ There is a double focus in Lent – **baptism** and **penance**. It is the final stage of preparation for adults who will be baptised at the Easter Vigil. For those already baptised it is a time to recall their baptism and prepare to renew it at Easter.
- ✠ Lent calls us to a time of self-reflection, penance and turning back to God as we ready ourselves to renew our baptism.
- ✠ It is a time to reflect on God's word to us in our lives today, to **pray, fast** and reach out to others in **charitable action**.
- ✠ We can look at Lent as a communal journey of the Christian community back to God...our **annual retreat** culminating in the joy of Easter.

The Meaning of the word 'Lent'

The English word 'Lent' comes from the Anglo-Saxon word *Lencten*, meaning 'Spring'. In other languages the word comes from the Latin, *Quadragesima* – a period of 40 days.

In the Christian tradition the forty days is understood to refer to a time of intense prayer and preparation; we remember the biblical stories of Noah and the flood of 40 days, the forty years the Israelites spent wandering in the wilderness and Christ's forty day fast in the desert in preparation for his earthly ministry.





Tapping into the Spirit of the Season...

A parish liturgy group might find it helpful to consider the following questions together before turning their attention specifically to the liturgies of this season:

- ✠ **What words/actions/colours/ textures do you associate with the Season of Lent?**
- ✠ **Are there certain visuals, rites, actions, prayer experiences that seem to 'make' the season?**
- ✠ **What is happening in nature and the world at this time?**
- ✠ **What is happening in people's lives: what are the concerns/deepest hopes of people today?**
- ✠ **This year, what words of faith do people need to hear?**

Key Questions for Liturgy Groups, Music Ministers and Parish Teams:

How will the Sunday liturgy in its tone, actions and prayers convey the journey of Lent we are making?

How will we reach out from the Sunday liturgy to support people's Lenten journey?

Chrism Mass 2015

The Chrism Mass will be celebrated in the Cathedral of the Assumption on **Monday, March 30 at 7:30 p.m.** followed by refreshments.

This diocesan celebration will be led by Bishop Denis and concelebrated by the priests of the diocese. During this Mass the oil of the sick and the oil of Catechumens are blessed by the Bishop and the oil of Chrism is consecrated.

All are very welcome to join the Bishop for this joyful celebration.

Stations of the Cross for our Times: Published version now available!



Stations of the Cross for Our Times was devised a number of years ago by the Faith Development Services Team at the request of the Vicars Forane of the diocese.

Having been in popular use across the diocese for a number of years, they were published in booklet form in 2014. The result is an **18 page publication**, with graphics and an easy to use, participative lay out. Each station follows a similar format and takes up one page in the booklet.

These stations can be used individually or by a group. Supporting PowerPoint slides are downloadable under the resource section of www.kandle.ie.

Each booklet costs: **€1.50 + p.&p.** and can be ordered through Faith Development services.

Scripture Booklets for Lent 2015

Faith Development Services are taking orders for this year's Lenten scripture booklet.

If you haven't used this booklet before, perhaps this is the year to give it a try – either on your own or, even better, as part of a parish group. If there isn't a group in your parish you might be the one to start it!

To place an order, call or email Christine on 059 9164084 / fds@kandle.ie

Booklets cost €2.50 + p.&p.

A Spirit of Compunction: Ash Wednesday Prayer over the People

Writing about this phrase found in the Prayer of Ash Wednesday, Fr. Philip Bochanski points out that it comes from the Latin *pungere* 'to poke' and is the root from which words like 'puncture' and 'point' are derived. In Christian writing it is often referred to as a piercing of the heart. It is the 'poke' that the conscience gives to the will to spur a person on to do good, to warn them of impending evil or to remind them of past faults. The spirit of compunction prods us along the path which leads us deeper into relationship with God and points out the obstacles along that path which our Lenten penance can remove.



Trócaire Resources for Lent 2015

TRÓCAIRE
Working for a Just World

This Lent Trócaire is talking about climate justice. The resources introduce us to Mahlet from Ethiopia. This year's campaign seeks to help us realise the impact climate change is having on her and on her community.

The Parish Lenten Pastoral and Liturgical Resource include the following:

- ✠ A weekly bulletin insert.
- ✠ Sample Prayer of the Faithful.
- ✠ A weekly liturgical action based on the Seven Last Words of Christ (and using seven candles, one to be extinguished each Sunday)
- ✠ Stations of the Cross.
- ✠ A weekly reflection.

Regulations for Fasting in Lent

As Catholics we are asked to abstain from meat and to fast on two days in the year, **Ash Wednesday** and **Good Friday**

Fasting means that one full meatless meal can be eaten in the day. Two other meatless meals may be taken to maintain strength but together they should not exceed one full meal. Liquids, including milk and fruit juice, may be taken between meals.

The fasting regulation **applies to** all Catholics ages 18 to 59 while those aged fourteen and above are asked to abstain from meat.

Some people are not required to fast; these include those who are sick, pregnant or nursing women and manual labourers according to need. In the past Irish Catholics were required to abstain from meat every Friday. While still not a requirement, the Irish Bishops' Conference has suggested it as a form of **Friday Penance** during Lent.

Triduum Resources on www.kandle.ie

Looking ahead to the Triduum, the following resources are available for parish use on our diocesan website:

- ✠ Liturgies of Triduum Overview
- ✠ Holy Thursday Ritual Notes (with music & ritual worksheet)
- ✠ Holy Thursday Parish Reception of Holy Oils
- ✠ Night Prayer for Holy Thursday and Good Friday
- ✠ Good Friday Ritual Notes (with music and ritual worksheet)
- ✠ Taizé Prayer around the Cross on Good Friday
- ✠ Notes for Easter Vigil
- ✠ Ritual worksheet for Easter Vigil
- ✠ Music Worksheet for Easter Vigil

Sunset on Holy Saturday, April 4

20:05 p.m.



Remember that we are called to begin the Easter Vigil in darkness around the Easter fire.

Sunrise on Easter Sunday, April 5

6:48 a.m.



Short Introductory Videos to the Liturgies of the Triduum



Liturgy group members might find it useful to watch the following short videos from iCatholic.ie before they begin to actively prepare the liturgies of the Triduum.

- An introduction to the Triduum
- Celebrating the liturgies of the Triduum: Holy Thursday
- Celebrating the liturgies of the Triduum: Good Friday
- Celebrating the liturgies of the Triduum: Easter Vigil

To find the videos, from the ICatholic.ie home page go to 'Select Category' and click on 'liturgy'.

