



# Campus Ministry Online

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*“Hell is full of desires, whereas heaven is full of workers.”*

**Keep these things in mind for a great Lenten season:**

- **Take some time to read the Scriptures.**
- **Make an effort to simplify your lifestyle.**
- **Perform a Work of Mercy.**
- **Eat at home around the table**
- **Pray**

## Prayer, Fasting & Almsgiving

Lent is a special time of prayer, penance, sacrifice and good works in preparation of the celebration of Easter. In the desire to renew the liturgical practices of the Church, *The Constitution on the Sacred Liturgy* of Vatican Council II stated, "The two elements which are especially characteristic of Lent -- the recalling of baptism or the preparation for it, and penance -- should be given greater emphasis in the liturgy and in liturgical catechesis. It is by means of them that the Church prepares the faithful for the celebration of Easter, while they hear God's word more frequently and devote more time to prayer"

## The History of Ashes

Biblical societies relied very heavily on wood fires for heating and cooking, which meant that keeping ashes under control was a major housekeeping task. Then as now, if a person was preoccupied with something serious, they didn't always tend to the housekeeping—it's the least of their concerns. Imagine that there is a death in the family. A friend stopping by to pay their respects might gently say, "Did you know you have ashes on your face?"

So ashes became a sign of remorse, repentance, and mourning. Today someone might wear a black armband to signify that they are in mourning; back then people put ashes on their foreheads.

You can find biblical examples of this in 2 Samuel 13:19, Esther 4:1-3, Job 42:6, and Jeremiah 6:26. During Lent, ancient Christians mourned their sins and repented of them, so it was appropriate for them to show their sincerity by having ashes on their foreheads. The custom has persisted in the church as secular society has changed around us.

It is most appropriate on Ash Wednesday, when we begin a period of sober reflection, self-examination, and spiritual redirection.

## Lenten Activities

Lent is a special time for Mater Dei. On Ash Wednesday the Mater Dei community will gather for an all-school Mass in our gym and receive ashes. Each day our area priests graciously offer the opportunity for Mass in our Chapel. Morning prayer is available every Friday morning and opportunities for the Stations of the Cross will also be provided. Mid-Lent the entire student body will attend Reconciliation Services.

*These newsletters are a service of Mater Dei Campus Ministry in an attempt to:*

- 1. Share information about our Catholic faith to keep our community aware of some of the teachings of our tradition.*
- 2. Update our community of changes in understandings and rituals*
- 3. Assist parents with the faith formation of their youth.*
- 4. Provide links to sites with helpful information on faith and parenting.*

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## Fasting & Abstinence

'Christ Himself said that His disciples would fast once He had departed' Lk. 5:35

**Abstinence.** The law of abstinence requires a Catholic 14 years of age until death to abstain from eating meat on Fridays in honor of the Passion of Jesus on Good Friday. Salt and freshwater species of fish, amphibians, reptiles and shellfish are permitted.

**Fasting.** The law of fasting requires a Catholic from the 18th Birthday (Canon 97) to the 59th Birthday (i.e. the beginning of the 60th year, a year which will be completed on the 60th birthday) to reduce the amount of food eaten from normal. The Church defines this as one meal a day, and two smaller meals which if added together would not exceed the main meal ...

## Reconciliation Opportunities

Although many parishes provide weekly opportunities for the Sacrament of Reconciliation, a special effort is made to provide Penance Services during the season of Lent. The following will give you the parishes and times for the Sacrament in our area:

### Mater Dei

Wednesday, March 17	Juniors & Seniors	9:15 a.m.
	Freshmen & Sophomores	1:15 p.m.

### Parishes

St. Anthony, St. Augustine, St. Dominic	@ St. Dominic	Thursday March 18	7:00 pm
St. Bernard, St. Damian	@ St. Damian	Sunday March 14	1:00 pm
St. Boniface	@ St. Boniface	Sunday March 14	4:30 pm
St. Cecilia	@ St. Cecilia	Tuesday March 16	7:00 pm
St. Felicitas, St. Teresa	@ St. Teresa	Wednesday March 10	7:00 pm
St. Francis	@ St. Francis	Sunday March 21	3:00 pm
St. Lawrence	@ St. Lawrence	Wednesday March 17	6:45 pm
St. Mary's Carlyle	@ St. Mary's	Sunday March 14	3:00 pm
St. Mary's Centralia	@ St. Mary's	Tuesday March 23	7:00 pm
St. Mary's Trenton	@ St. Mary's	Sunday March 21	4:30 pm
St. Paul	@ St. Paul	Monday March 22	7:00 pm
St. Rose	@ St. Rose	Tuesday March 9	7:00 pm

## Helpful Websites

U.S.Conference of Catholic Bishops	<a href="http://www.usccb.org">www.usccb.org</a>
Center for Parent/Youth Understanding	<a href="http://www.cpyu.org">www.cpyu.org</a>
Diocese of Belleville	<a href="http://www.diobelle.org">www.diobelle.org</a>
TEC Retreats	<a href="mailto:chairperson@bellevilletec.com">chairperson@bellevilletec.com</a>
Quest Retreats	<a href="mailto:washed_up_dj@yahoo.com">washed_up_dj@yahoo.com</a>