

FAST & ABSTINENCE

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence. For members of the Latin Catholic Church, the norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards.

Prayer, Fasting and Almsgiving: The Three Pillars

Three key pillars characterize the Lenten season: prayer, fasting, and almsgiving (charity).

The [USCCB](#) tells us that during Lent, “we seek the Lord in prayer by reading Sacred Scripture; we serve by giving alms; and we practice self-control through fasting.”

While most Catholics are familiar with “no meat on Fridays” during Lent, fasting and abstinence, there are other important components throughout Lent we may consider. This may look like:

- ◇ Adoration
- ◇ Spending more time in prayer
- ◇ Spending time with family & friends
- ◇ Sharing a meal with the homebound or with men & women in assisted living facilities.

Almsgiving reminds us of Jesus’s call to serve and connects us in solidarity with our brothers and sisters in need.

*St. Pius X
Catholic Church*

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Visit us online at www.piusxf.com.



CHRISM MASS – MARCH 30, AT 11:00 AM

*Bishop Liam Cary cordially invites you to the blessing of the oils and the renewal of priestly promises at the 2023 Chrism Mass
Saint Francis de Sales, 2235 First Street
Baker City, Oregon*

Lectio Divina with Deacon Paul

Deacon Paul Hillyer will offer two sessions of Lectio Divina during Lent.

Wednesday mornings at 10:00 am
Wednesday evenings at 7:00 pm

Lectio Divina is a faith sharing experience based on exploring the Gospel for the upcoming Sunday and answering three questions together:

- ◇ What does it say?
- ◇ What does it mean?
- ◇ How do I apply it to my life?

All are encouraged to attend and learn from each other what God is saying to us each week during Lent.

Both sessions held in the conference room.

House Blessings during Lent

Father Shiju would love to bless your home. Renew the awareness of God's presence in your home with a house blessing. Call the office to schedule 541-884-4242.



Where does Lent come from?

The season of Lent lasts from Ash Wednesday until the evening of Holy Thursday. If Sundays are excluded from the count, the season lasts forty days. The forty-day length of Lent is rooted in the biblical usage of the number forty. Forty is typically indicative of a time of testing, trial, penance, purification, and renewal. In the New Testament, forty days is the length of Jesus’ time of trial in the desert in preparation for his public ministry, proclaiming the Gospel.

The Temptation of Jesus.

At once the Spirit drove him out into the desert, and he remained in the desert for forty days, tempted by Satan. He was among wild beasts, and the angels ministered to him.

The Beginning of the Galilean Ministry.

After John had been arrested, Jesus came to Galilee proclaiming the gospel of God:

“This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel.”

Jesus never tires of reaching out to us—He invites us to journey with Him. Beginning with the ashes we receive on Ash Wednesday, continue to walk with us this Lenten season. Let us allow Jesus to come beside us, let us feel His presence, let us hear His voice. Let us appreciate our brothers and sisters beside us, let us appreciate LIFE. The life God created, who dwells within us.

May we be filled with faithfulness and joy!



February 22nd

Mass with the distribution of
Ashes 7:00 am & 7:00 pm

STATIONS OF THE CROSS

Join us every Friday during
Lent at 7:00 pm

Living Stations
Good Friday at 12:00 noon



Knights of Columbus Fish Dinners for Lent

- Beginning February 24th, the Knights of Columbus Patriotic 4th Degree will sponsor Fish Dinners each Friday during Lent.
- Fish Dinners served from 4:30 thru 6 pm at the Knights Hall 1910 Greenspring Dr. KFO
- Adults \$9 and Kids 12 & under \$6. No reservations needed. To go available.
- Menu is Battered Fried fish-n-chips or Poached Fish-n-chips, Also Fish Taco's, Fresh Coleslaw and fresh baked Roll.

*Knight of Columbus Hall,
1910 Greensprings Dr, Klamath Falls*



Lenten Adoration March 22-24, 2023

Jesus Christ invites us to return to the source and summit of our faith in the celebration of the Eucharist. The National Eucharistic Revival is a movement to restore understanding and devotion to this great mystery here in the United States by helping us renew our worship of Jesus Christ in the Eucharist.

As part of our Lenten journey, we invite you to gather as a community before the Blessed Sacrament and pray before the Lord in solemn adoration. Let us renew our worship of Jesus Christ in the Eucharist and deepen our appreciation of the mystery of the Eucharist in our lives.

In the celebration of the Forty Hours Devotion we witness a fuller expression of our theology of the Eucharist. It is first and foremost about our participation in the Paschal Mystery through our celebration of Mass. In the celebration of Mass, we participate directly in the saving acts of Christ and by the grace of the Holy Spirit unite the sacrifices of our lives with the one sacrifice of Christ on the cross. In this way we give praise and thanksgiving to God for Jesus and participate in the true worship of our God by which we are sanctified as His holy people. Which leads us to live out our lives more fully in Christ. This devotion also gives an opportunity to give voice to our belief in the Real Presence of Christ in the Eucharistic. As our community gathers in prayer before the exposed Blessed Sacrament, it witnesses to our belief, as a Church, that what is before us is bread no longer but truly the Body of Christ.

We begin with a celebration of Mass, **March 22nd 8:30 am.** At the end of this opening Mass the Blessed Sacrament is exposed from 9:00 am to 10:00 pm, March 22-24—the faithful are given the opportunity to assemble in prayer before the exposed Blessed Sacrament. The devotion ends **March 24th, 10:00 pm** with Benediction.

Sign up for Adoration at
<https://signup.com/go/tvVvWhA>



Penance Services

St. Pius X
Monday, April 3, 7:00 pm

Sacred Heart
Tuesday, April 4, 7:00 pm

St. Augustine
Wednesday, April 5, 7:00 pm

April 6th
Last Supper Dinner—5:30 pm
Holy Thursday—7:00 pm

April 7th
Good Friday
Live Stations of the Cross—12:00 pm
The Passion of the Lord—7:00 pm

April 8th
Holy Saturday
Easter Vigil—8:00 pm

April 9th
Easter Sunday, 9:00 am

Confessions available March 22 & 23 from 7-8 pm.