

#### PRAYER OF ABANDONMENT

Father,

I abandon myself into your hands; do with me what you will. Whatever you may do, I thank you: I am ready for all, I accept all. Let only your will be done in me, and in all your creatures— I wish no more than this, O Lord.

Into your hands I commend my soul; I offer it to you with all the love of my heart, for I love you Lord, and so need to give myself,

to surrender myself into your hands, without reserve,

and with boundless confidence,

For you are my Father.



CHARLES DE FOUCAULD

# LENT: METANOIA -

"We see that we cannot partake deeply of the life of God unless we change profoundly. It is, therefore, essential that we should go to God in order that he should transform and change us and that is why we should ask for conversion. The first impact of conversion is to modify our sense of values: God being at the center of all."

#### Metropolitan - Anthony Bloom

It is Lent 1985 and the notion of a "resolution for Jesus" creeps to mind. Last year I can remember week after week promising God after Sunday Mass that I'd "be better," pray more, swear less and I did none of the above. On Holy Saturday 1984 I resolved to do better next year. What are we called to do during this liturgical season? We are called

We are called to be Christians, to do no more or less than live in Christ. Lent is the season when we are called to reconcile ourselves to a man slain on a tree for sin: personal sin, global sin. It is the season when we attempt to change ourselves in the midst of our world.

> Lhe Ash Wednesday readings are like a primer for Lent. The prophet Joel urges us to return to God with prayer, fasting and libations. The letter of Paul to the Corinthians calls us to be ambassadors for Christ, to be God for others. The Gospel lays out how to be an ambassador in his likeness by private prayer, almsgiving and fasting. These acts are what will bring about our conversion to God, that will allow us to see clearly the joy of the Cross. To pray, to take time, not to ask, but to listen to his voice, to fast with humility as our sustenance and to do works of charity allowing Christ to truly act in us, "Not I but Christ in Me."

MASS			
SUNDAY			
Nain Church			(Saturday Vigi)
	9:00		
	10:30	am	
	12:15	pm	
Crypt	6:00	am	
	7:15	am	
	8:15	am	
	9:30	am	
	10:45	am	
	12:15	рm	
WEEKDAY MASS			
Main Church	11:30	am	(Mon Sat.)
	5:15	рm	(Mon Sat.)
Crypt	6:30	2m	(Mon Sat.)
	7:15	am	(Non Fri.)
	12:10	pm	(Non Fri.)
			(Mon Fri.)



JOIN US in the DAILY CELEBRATION of the EUCHARIST

There are places where prayer finds its natural climate: those places are churches, fulfilling the promise "I will make them joyful in my house of prayer."

Notre Dame's campus certainly makes



available to each of us places to pray: hall chapels, Sacred Heart Church, the Solitude of St. Joseph are open and beckoning us to take time with God. It might be wise to heed the advice of Pope John XXIII when one is unaware as we all are about how to begin to pray - "Let us meditate on the Gospels. Amidst the confusion of so many human words, the Gospel is the only voice that enlightens and attracts, that consoles and quenches thirst."



## CATECHUMENS' JOURNEY

Historically, Lent has been the time of the liturgical year when faithful ready themselves the τo welcome the newly baptized into the Catholic Community. So it is on the 1st Sunday of Lent that the faithful "elect" those catechumens who have been studying the Catholic tradition. During the Rite of Election on the 24th of February at the 12:15 Liturgy at Sacred Heart, six catechumens will publicly profess their intention and desire to be baptized during the Easter Vigil.

Nine candidates continue their study of the Catholic faith to prepare themselves for <u>full</u> <u>communion</u> with the Roman Catholic Community. These men and women, who were baptized in another tradition, will celebrate the sacraments of Confirmation and Eucharist for the first time on April 2nd at the 5:15 Liturgy at Sacred Heart Church.

### FAST and ABTINENCE

All faithful Christians in imitation of our Savior's fasting and prayer in the desert, should do penance in their own personal way. There might also be a common observance of the experience of the sacrament of Penance. On Ash Wednesday and Good Friday all Catholics between the ages of 18 and 60 are obliged to fast, that is to have only one full meal a day and two smaller meals, eating nothing between meals. American Catholics who are 14 years or older, are also obligated to abstain from meat on Ash Wednesday and on all the Fridays of Lent.



## OTHER THINGS TO DO

Almsgiving Charitable Works Stations of the Cross Prayer - Silent Reflection Daily Eucharist