

LENT 2016

*Pray • Serve
Give • Learn
Belong*



Saint Clement Parish
642 W. Deming Pl., Chicago, IL 60614

www.clement.org/lent
773-281-0371

What Does Mercy Look Like in Our Day-to-Day Lives?

Pray. Serve. Give. Learn. Belong.

As we can see in Sacred Scripture, mercy is a key word that indicates God's action towards us. God does not limit Godself merely to affirming divine love, but makes it visible and tangible. Love, after all, can never be just an abstraction. By its very nature, it indicates something concrete: intentions, attitudes, and behaviors that are shown in daily living. The mercy of God is loving concern for each one of us. God feels responsible; that is, God desires our wellbeing and wants to see us happy, full of joy, and peaceful. This is the path which the merciful love of Christians must also travel. As God loves, so do God's children. Just as God is merciful, so we are called to be merciful to each other. —Pope Francis, Bull of Indiction of the Extraordinary Jubilee of Mercy

Drawing on Pope Francis's inspirations during the Extraordinary Jubilee of Mercy, this brochure offers material to contemplate and programs for accompaniment on our Lenten journey. The Church invites us to use this season to renew our spirits and "return to [God] with your whole heart." Take some time today to ask yourself, "What does this look like for me?"

The season of Lent during this Jubilee Year should also be lived more intensely as a privileged moment to celebrate and experience God's mercy. —Pope Francis

Pray

Ash Wednesday: Feb. 10

Begin your Lenten journey with the visible reminder that we were shaped from clay by God's hands, and that we will return to God.

- 7:00 a.m. Full Mass with ash distribution
- 9:00 a.m. Full Mass with ash distribution
- Noon Prayer service with ash distribution
- 4:00 p.m. Prayer service with ash distribution
- 5:30 p.m. Prayer service with ash distribution
- 7:00 p.m. Full Mass with ash distribution

Sacrament of Reconciliation

Communal Reconciliation Service

Wednesday, March 2 at 7:00 p.m. in the Church

Through the sacrament of reconciliation, we examine our conscience and consider our relationships with ourselves, other people, and God. We seek healing and solidarity in the presence of others. Only then is our community restored to wholeness and holiness as the Body of Christ, rededicated to bear Christ's peace in the world. On Wednesday, March 2 at 7:00 p.m. in the church, join other parishioners at our Reconciliation Service, followed by the opportunity for individual confession and absolution.

Individual Reconciliation

Reconciliation is offered every Saturday afternoon from 4:00 p.m. to 4:45 p.m. in the chapel.

Lenten Wednesdays

Feb. 17 to March 16

Mass at 6:30 p.m. followed by Stations of the Cross. No Stations on March 2 when Mass will be followed by Reconciliation Service.

Fasting

The Catholic Church's regulations on fasting require those between the ages of 18 and 59 to fast on Ash Wednesday and Good Friday, limiting themselves to one full meal and two smaller meals each day, with no snacking between meals. Catholics age 14 and older abstain from meat on Ash Wednesday, Good Friday and all the Fridays of Lent. When we fast, we unite ourselves with others who suffer from want. We also sharpen our awareness of our dependence on God for all the gifts in our lives.

Pray

The Spiritual Exercises of Saint Ignatius Loyola

Feb. 3 - March 30 from 7:00 p.m. - 8:00 p.m.

God is calling you. Learn to listen to God's voice. The Spiritual Exercises are a compilation of meditations, prayers, and contemplative practices developed by Saint Ignatius Loyola to help people deepen their relationship with God. We will be using Fr. Raymond Gawronski, SJ's DVD series as the basis for the program. For more about Saint Ignatius and the Spiritual Exercises, please visit www.ignatianspirituality.com.

We will meet weekly at Saint Clement Parish. Specific location to be determined. A \$25 fee will be requested to cover the cost of materials. *For questions, or to register, please contact Geoff Hammond at geoffreyrichardhammond@hotmail.com.*

Encountering Christ in Holy Week: A Lenten Evening of Prayer and Reflection

Tuesday, March 15 at 7:00 p.m., Saint Clement Chapel

As we prepare to enter into Holy Week, we will come together to celebrate and reflect on Christ's saving love from the cross and its meaning in our lives. Using each day of the Triduum (Holy Thursday, Good Friday, Holy Saturday, and Easter Sunday) as a different lens for reflection, we will pray, sing, and call to mind our own encounters with Jesus's death and resurrection. Contact Christina Bax at cbax@clement.org.

Prayer Yoga Winter Series

Tuesdays at 7:00 p.m., Chapel

Saint Clement parishioner Dina Wolf invites you to join the Prayer Yoga community for a rejuvenating and spiritual winter yoga session in the Chapel. Winter gives us a time to focus inward, to store our body's energy as we regenerate our body and rest. During our yoga practice, we move mindfully to free our body, mind and heart, to open ourselves fully to the Holy Spirit that guides us as we live out Christ's abundant love for us. Sessions typically include opening prayer, strengthening, and contemplative prayer. All experience levels welcome. Please bring your own mat if you have one.

To register, email Dina at Dina_L_Wolf@yahoo.com.

Pray

Eucharistic Adoration

Thursdays starting at 4:00 p.m., Rosary at 6:00 p.m. and Benediction and Reposition at 6:30 p.m.

Seeking to “give up something for Lent?” Try giving up noise and screens in a quiet, low-lit, sacred space. You need not read or recite prayers, just sit, breathe, and be in the presence of Christ, with no goals or expectations. Peace may not be as elusive as it seems.

Extended hours: The first Thursday of the month (March 3) Benediction will begin at 7:45 p.m.

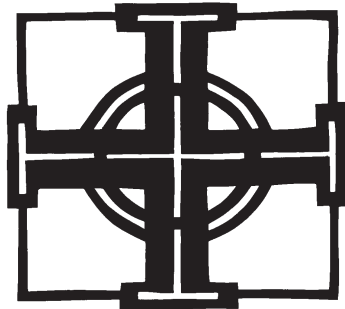
Little Black Books

A resource for personal prayer in everyday life. Daily reflections that help you remember to put God at the center of your life. Praying just six minutes a day in communion with fellow parishioners can change your life. Books are available in the vestibule.

Silent Overnight Retreat for Women

April 8-9, 2016

Join this silent overnight retreat “The Marys Jesus Knew” with retreat masters Mary McKeon and Lynn Sprehea. The retreat is located at the Bellarmine Jesuit Retreat House. To register, visit www.jesuitretreat.org. The cost of the overnight retreat is \$185.00.



Serve

Donate-a-Day

The season of Lent reminds us that Jesus calls us to serve one another. The Saint Clement Donate-a-Day ministry offers many opportunities to serve in the community. Events are typically planned for weeknights or weekend afternoons for two to three hours, and are open to individuals, couples, families or groups. Opportunities include:

- Making sack lunches and serving coffee for the homeless
- Preparing and serving a meal at the Lincoln Park Shelter
- Taking part in a work day at the Mission of Our Lady of the Angels
- Serving soup and sandwiches at the Franciscan Outreach Shelter, and more.

Please see the weekly bulletin and parish website for a listing of specific dates and times for these upcoming service opportunities or contact Joanna Krynski at jkrynski@clement.org.

Sign Up for Service Day

Called to Serve One Another: Saturday, April 23, 2016

This year's 11th annual parish-wide Service Day will take place on April 23. Join family, friends and fellow parishioners as we celebrate our parish stewardship of Pray, Serve and Give. Teams of adult and teenage parishioners (6th grade and older) will participate in a variety of service projects at organizations throughout the city, such as homeless shelters, child care centers, soup kitchens and senior homes. Children grades K-5 will take part in age-appropriate service projects at the school. Last year over 440 parishioners participated in the day! Planning for this event is underway, and we invite new members to the Service Day Planning Committee.

Help is needed in the areas of:

- Marketing & publicity
- Team captain recruiting
- Administration and site coordination

If interested, please contact Maggie Hanley at mhanley@clement.org. Registration will begin on March 12 at www.clement.org/serviceday.

Volunteer during Holy Week

Volunteer to serve in a new liturgical role during Holy Week, such as Foot Washers on Holy Thursday or Cross Bearers on Good Friday. *Contact Flo Merkl-Deutsch at fmd@clement.org.*

Give

The Romero Scholarship

Our parish-wide Lenten almsgiving will be the Romero Scholarship of Saint Clement Parish. The Scholarship benefits students from our sister parish, Immaculate Conception and community of 22 de Abril in El Salvador. These students are in economic need, and have the desire and academic potential to attend high school or college, as well as a commitment to service and solidarity. By supporting the Romero Scholarship, we will be helping young people receive an education that will change their lives, families, and the Colonia 22 de Abril itself. Your donation will go directly to pay for the students' tuition, books, uniforms and transportation. A donation of any size helps.



ROMERO SCHOLARSHIP
of Saint Clement Parish

Please make your check payable to: Saint Clement Parish – Romero Scholarship

School Children – Please bring alms to class by March 22 in the box provided or in an envelope marked Romero Scholarship.

Religious Ed Children – Please bring alms to a Sunday Mass collection in the box provided or in an envelope marked Romero Scholarship.

Donations can be dropped off to the parish anytime. In order to insure that all donations go directly to the scholarship fund, please bring alms in the form of a check to avoid bank fees for change and small bills.

Food Collection

At all Masses Feb. 27 and 28

We have implemented an ongoing food drive on the last Sunday of each month to support local parish-operated food pantries. Please place all items in the boxes located in the back of the church.

Items needed: Non-perishable items such as canned fruits, tuna, stew, vegetables, soups and juice, as well as hygiene products such as deodorant, soap, toothpaste and diapers.

“First Fruits” of Time

How do you prioritize your day? Do you take time each day to reflect on how to respond to the needs of others but also to nurture your own well-being? Lent is an ideal time to develop new fruitful habits.

Learn

Discover Your Strengths

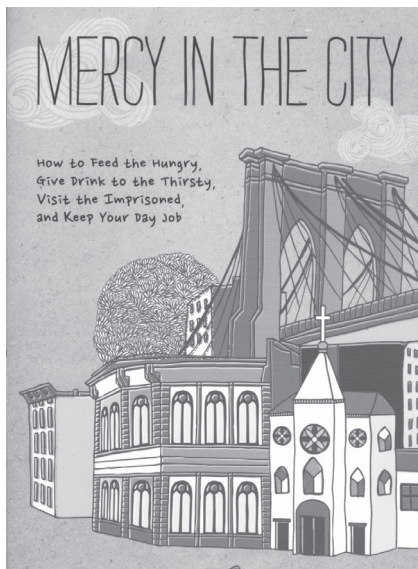
"We are God's work of art, created in Christ Jesus for the good works which God has already designated to make up our way of life" (Eph 2:10).

More than 500 parishioners have participated in this common journey and have overwhelmingly expressed their gratitude and enthusiasm. Strengths for the Journey enriches each parishioner's awareness and understanding of their unique God-given gifts; enhancing our home, work, community, parish, and spiritual lives. Lent is a great time to experience this journey. Participants meet in small groups once a week for four weeks. Sessions are offered on different days and times to accommodate many schedules.

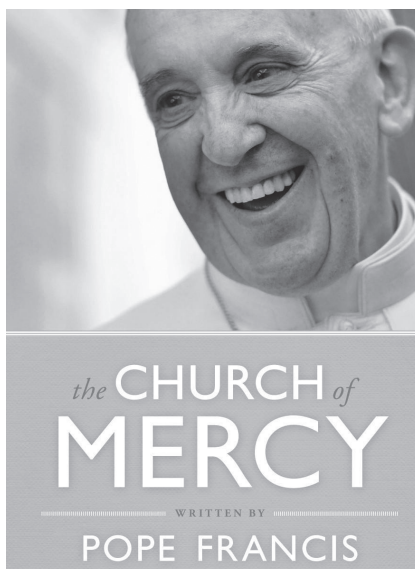
Register at www.clement.org/strengths-journey-registration. Contact Lisa Friedlander at lfriedlander@clement.org.

Lenten Book Recommendations

Mercy in the City
by Kerry Weber



The Church of Mercy
by Pope Francis



Belong

Lenten Faith Sharing Groups

Encountering Christ, Encountering Others: A Journey of Mercy with Pope Francis

We invite you to join other Saint Clement parishioners in our Lent 2016 discussion series beginning the week of Feb. 7. Small groups will meet weekly at the parish center or homes of parishioners to participate in Encountering Christ, Encountering Others: A Journey of Mercy with Pope Francis. Topics that will be covered are:

Session 1 Introductory Session: A Journey with Pope Francis

Session 2 How our Economy Excludes People

Session 3 How our Immigration System Excludes People

Session 4 How our Criminal Justice System Excludes People

Session 5 How Environmental Injustice Excludes People

The final session will take place on March 16 at Saint Clement with all groups coming together to reflect with Fr. Ken Simpson on our Lenten journey. Content for each meeting is drawn from a variety of sources, including scripture, the writings of Pope Francis, current data on the session's topic, videotaped recordings of individuals struggling with injustice as well as individuals who have been changed through direct encounters with the marginalized in our society.

For questions contact Allen Wesolowski at acwchicago@rcn.com.

Sunday Giving Commitment and Clement Commits

Do you know where our Sunday collections go? Take some time to inform yourself on how our stewardship efforts support parish operations, and learn about the work of the charities we support through Clement Commits, such as the Catholic Charities Refugee Resettlement Project, the Lincoln Park Community Shelter, or Madonna House. How do your funds support healing and peacebuilding in our fractured world? A good starting point is our annual Stewardship Report which can be found at the parish reception desk or at www.clement.org/give.

Reflecting on Relationships

EACH OF US belongs to multiple communities: church, neighborhood, city, country, and world and every community faces challenges to its health, growth, and harmony. How are your relationships with these communities?

Lent is a time of preparation, renewed repentance of our sins, and a new turn to God on our journey toward the fullness of Easter joy. Sin impacts our social relationships as well as our relationship with God, thus the pursuit of healing and wholeness requires reconciliation to the communities with which we belong.

Pope Francis, in his message for *World Communications Day*, challenges us to explore mercy in the context of communication and relationships, offering wisdom for us to contemplate and integrate into our daily encounters with others. Here are some quotes from that message coupled with questions for reflection:

When I witness wrongdoing, do I respond in a helpful or judgmental manner? Do I get caught up in gossip? Do I bring others into community or do I push them out?

May our way of communicating help to overcome the mindset that neatly separates sinners from the righteous... [Mercy can help to alleviate] life's troubles and offer warmth to those who have known only the coldness of judgment.

What kinds of messages and tone do I engage in on social media?

Use the power of communication to build bridges and heal wounds, not generate hatred or misunderstanding... "How beautiful it is when people select their words and actions with care, in the effort to avoid misunderstandings, to heal wounded memories and to build peace and harmony... The Internet can help us to be better citizens [and can build a world that is] healthy and open to sharing."

How do I represent the Church in the world?

Only words spoken with love and accompanied by meekness and mercy can touch our sinful hearts. Harsh, moralistic words and actions risk further alienating those whom we wish to lead to conversion and freedom, reinforcing their sense of rejection and defensiveness.

Do I build bridges with others in the world? Do I engage in thoughtful, constructive, dialogue with others?

See society not as a forum where strangers compete and try to come out on top, but above all as a home or a family, where the door is always open and where everyone feels welcome.

Corporal Works of Mercy

The Corporal and Spiritual Works of Mercy are actions we can perform that extend God's compassion and mercy to those in need.

Corporal Works of Mercy:

The Corporal Works of Mercy are these kind acts by which we help our neighbors with their material and physical needs.

- Feed the hungry
- Give drink to the thirsty
- Clothe the naked
- Shelter the homeless
- Visit the sick
- Visit the imprisoned
- Bury the dead



Spiritual Works of Mercy:

The Spiritual Works of Mercy are acts of compassion, as listed below, by which we help our neighbors with their emotional and spiritual needs.

- Counsel the doubtful
- Instruct the ignorant
- Admonish (advise in a friendly, loving, and earnest manner) sinners
- Comfort the afflicted
- Forgive offenses
- Bear wrongs patiently
- Pray for the living and the dead

2016 Holy Week & Easter Schedule

Lenten Wednesdays—Feb. 17 to March 16

Mass at 6:30 p.m. followed by Stations of the Cross.

No Stations on March 2

Passion Sunday—March 20

Masses at 5:00 p.m. (Saturday)

8:00 a.m., 9:30 a.m., 11:15 a.m., and 7:00 p.m. (church)

9:30 a.m. (chapel)

Tenebrae—Wednesday, March 23

7:00 p.m. (church)

A liturgy of readings and candlelight, pondering the symbols of light and darkness in relation to the mystery of Christ's life and passion.

The Triduum

Holy Thursday—March 24

Morning Prayer at 9:00 a.m. (church)

Mass of the Lord's Supper at 7:00 p.m.

Night Prayer at 9:15 p.m. (chapel)

Good Friday—March 25

Morning Prayer at 9:00 a.m. (church)

Children's Stations of the Cross at 10:00 a.m. (chapel)

Stations of the Cross at Noon (church)

Liturgy of the Passion at 7:00 p.m.

Night Prayer at 9:15 p.m. (church)

Holy Saturday—March 26

Morning Prayer at 9:00 a.m. (church)

Blessing of Easter Food at 1:00 p.m.

Easter Vigil at 8:00 p.m.

(no 5:00 p.m. Mass)

Liturgy of the Resurrection of the Lord

Easter Sunday—March 27

Masses at 8:00 a.m. (church)

9:30 a.m. (church, chapel, gym)

11:15 a.m. (church, chapel)

(no 7:00 p.m. Mass)

Easter Masses at The Cabrini Shrine (2520 N. Lakeview Ave.) at 8:00 a.m. & 10:00 a.m.