

LENT

A SEASON OF REFLECTION,
RENEWAL, AND PREPARATION



You are invited to participate in Catholic Relief Services' Operation Rice Bowl. Throughout Lent we will pray, fast, learn and give as a way to reach out in solidarity with our brothers and sisters around the world. Please be sure to take home a Rice Bowl packet and follow this simple yet powerful Lenten practice.

RICE BOWLS ARE AVAILABLE IN THE NARTHEX

CRS Rice Bowl: Your Lenten alms change lives globally and in your own community. 75% of donations support CRS programs around the world. 25% of donations stay in the Diocese of Kalamazoo and support local hunger and poverty alleviation efforts. Your donations will help provide lifesaving support to more than 159 million people in more than 100 countries. Visit www.crsricebowl.org for resources for families and parishes.



THE LITTLE BLACK BOOKS

with Lenten reflections
are available in the narthex.

LENTEN FASTING AND ABSTINENCE REGULATIONS

Abstinence from eating meat is to be observed by all those 14 and above on Ash Wednesday, Good Friday and all the Fridays in Lent. On Fridays outside Lent, they may substitute another penitential act in place of abstinence. Fasting is required of those ages 18 to 60 on Ash Wednesday and Good Friday. The USCCB has defined fasting in the United States as one full meal and two smaller meals not equaling another full meal together. Snacking is not permitted. (People may be excused from these practices for certain reasons, e.g. pregnant mothers.)



PRIVATE RECONCILIATION
here at St. Tom's
Every Wednesday 6:00 - 7:00 p.m.;
Saturday & Sunday 5:00-5:30 p.m.

Kalamazoo Area Lenten Penance Services

Priests in the Kalamazoo area parishes are working together during the Lenten season to offer a schedule that meets the needs and convenience of many people. Rather than every parish having its own service and trying to find priests to assist at each one, we are going to offer several services throughout the area and priests will be available at the end of each service for individual confessions. Everyone is invited to attend at the location that best suits your needs.

St. Ann Gull Lake — Wednesday, March 1, 6:30 p.m.
12648 East D Avenue, Augusta

St. Catherine of Siena — Tuesday, March 7, 6:30 p.m.
1150 W. Centre Avenue, Portage

St. Thomas More — Monday, March 20, 6:30 p.m.
421 Monroe Street, Kalamazoo

St. Monica — Thursday, March 23, 6:00 p.m.
434 W. Kilgore Road, Kalamazoo

St. Martin of Tours — Sunday, March 26, 3:00 p.m.
5855 East W Avenue, Vicksburg

St. Joseph — Monday, March 27, 5:30 p.m.
936 Lake Street, Kalamazoo

St. Ambrose — Tuesday, March 28, 6:00 p.m.
1628 East G Avenue, Parchment

St. Augustine Cathedral — Wednesday, April 5, 6:30 p.m.
542 W. Michigan Avenue, Kalamazoo

COLLECTING SHEETS AND TOWELS

NOW THROUGH PALM SUNDAY, APRIL 2 FOR THE ALEMAN CENTER

Do you have spare linens you can share? Both new and used sheets and towels are needed. The Aleman Center serves over 400 families each year, migrant workers who come to Michigan from the south to pick summer produce. Living conditions on the farms are sparse, and families arrive with few possessions, clothing, or household items. St. Tom's parishioners generously provide groceries, donated clothing, and volunteers to help every summer. One of the biggest needs often goes unmet because we do not receive enough donations of sheets and towels. You can help make a difference for these families. During Lent we will be collecting sheets and towels for families who need them this spring and summer. Donations may be placed in the box located near the toilet paper collection area. If possible, please label sheets with the size (we need all sizes).

Sheets and towels only, please; clothing and other household items will be collected during the summer. Thanks so much for your willingness to help these families in need.

