



Fourth Week of Lent 2010

Your Season for Spiritual Growth

Prayer and Worship Opportunities

Week of March 14 – March 20

Morning Mass

Monday, Thursday, Friday & Saturday at 8:30 AM
Wednesday at 8:40 AM

Afternoon Mass

Tuesday, March 16 at 12:10 PM
(followed by soup and sandwich lunch)

Liturgy of the Hours – Evening Prayer (Chapel)

Monday, March 15 at 5:15 PM

Marian Devotions & Rosary (Chapel)

Tuesday, March 16 at 7:30 PM

Lenten Fish Fry (Social Hall)

Friday, March 19 at 4:30 PM

Stations of the Cross (Church)

Friday, March 19 at 2:20 PM only

Guest Speaker: Holy Week as Seen Through the Eyes of the Apostle John (Church)

Friday, March 19 at 6:30 PM

Adoration of the Blessed Sacrament (Chapel)

Monday, March 15 from 9:00 AM – 9:00 PM
Tuesday, March 16 from 6:00 AM – Noon

Individual Reconciliation (Chapel)

Tuesday, March 16 from 11:30 AM - Noon
Saturday, March 20 from 4:00 PM – 5:00 PM

The fourth Sunday of Lent (March 14), is called *Laetare* Sunday. *Laetare* means “Rejoice!” and the opening prayer began with that word. We are at the midpoint of the Lenten journey. This week, it would be appropriate each day to write down those insights or blessings, however small, that give us joy, and for which we are grateful. Thank God for these gifts before you go to bed each evening.

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Feel free to take a prayer card from the St. Vincent de Paul house in the narthex to help you pray for those who are *hurting*.
A different prayer card, written by Fr. Bill Mehrkens, will be available each weekend of Lent.

Fasting

“This, rather, is the fasting that I wish: releasing those bound unjustly, untying the thongs of the yoke; setting free the oppressed...” (Is 58)

We are often stymied by this directive from Isaiah chapter 58 not knowing who are “those bound unjustly” or what we can do to “set free the oppressed”. These people and situations seem far removed from our lives.

But if we look at our own relationships, we may become aware of people we have imprisoned with guilt because we refuse to forgive them. There may be others we have imprisoned with positive expectations by placing unrealistic demands on them or those we have imprisoned with negative expectations anticipating they will never succeed in our eyes. These are the ones *bound unjustly* - the ones we actually have the power to *set free*.

Today, consider who in your life may not feel free because of some way in which you have bound them. Choose to set them free and do it with a note, a phone call, or an apology.

Almsgiving

Churches United is a collaborative of Bemidji area churches organized to serve and meet the needs of homeless, persistently poor, and impoverished individuals and families, by providing financial assistance and referrals in an empowering manner while also seeking the cause of poverty with the goal of reaching a solution to the immediate concerns.

Trained volunteers meet privately (at the *Churches United* Office) with individuals seeking help to determine what is needed. If help is needed, vouchers are provided according to established policies. New volunteers receive training are always paired with an experienced volunteer. If you are interested in volunteering at least one four-hour shift a month, please contact Sarah Einerson, 444-1380.

You can support *Churches United* and other local charities by placing your almsgiving in the **St. Vincent de Paul** house in the narthex during Lent. By giving time or financial support your

Lenten Deeds are Meeting Local Needs