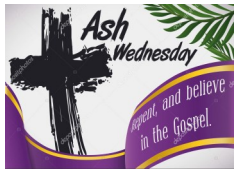


WHAT IS LENT?

Lent is the Liturgical Season that begins on Ash Wednesday and ends at midnight on, the Wednesday of Holy Week. As Christians, we journey together in Faith & Hope, preparing to celebrate Easter.

Lent is a penitential season. The three key themes for Lent are: Pray, Fast, Give.

During Lent, we are inviting the whole parish community to join together in Prayer, Fasting and Giving.



Ashes remind us of our mortality. They remind us that our time on earth is limited and that we should focus on GOD. They are also an outward sign of our willingness to do penance and to atone for our sins.

WHAT HAPPENS DURING LENT?

At Mass, many things are different. The first thing to notice is that the priests' vestments are a different colour, changing from green to purple/violet. This colour is associated with penance. Also the Gloria is no longer said/sung during Mass and the Gospel Acclamation is different, we do not sing or say 'Alleluia' during Lent.

HOW CAN I CELEBRATE THE SEASON OF LENT?

Keep in mind those 3 key words:

PRAY - take an honest look at your prayer life. Could you do better? If so, how?

FAST - is there some way that you could fast safely from something during Lent? Bear in mind, it is supposed to be a sacrifice, so if you rarely eat chocolate then fasting from it might not be the best choice. Get creative, you could fast from TV or Social Media. Take a look at



your reading material, maybe read a spiritual book instead of a novel. It's up to you.

GIVE - be as generous as you can afford to be within your means. Perhaps consider donating to St Vincent De Paul society, Trócaire or one of the many homeless charities. Maybe you donate some of your time. Again, get creative.

TRÓCAIRE LENTEN APPEAL



Each year during Lent the international aid agency of the Irish Catholic Church, Trócaire, holds their annual campaign. This year their campaign focuses on Somali under the theme taken from the prophet Hosea: *"Hold fast to love and justice."* Hos.12:5. The Trócaire campaign is run through the schools. There are boxes available in all our churches. Being a part of the campaign reminds us that we belong to a universal Church, the word Catholic means 'Universal'. Please take one home and remember your small change could make a huge difference to the life of someone in Somalia. As Nelson Mandela said: *"Be the change that you would like to see in the world."*

WHAT'S HAPPENING IN OUR PARISHES?

HOLY HOUR AND THE SACRAMENT OF PENANCE (CONFESSION)

Every Friday evening at 7pm, Fr Francis will lead an hour of silent prayer before the Blessed Sacrament in the Church of Ss Mary & Laurence in Crookstown. There will also be, each week, the opportunity for individual Confession.



LENTEN PRAYER EVENINGS: We are delighted that the Lenten Prayer evenings have returned. Each Wednesday evening at 7:30pm you will have the opportunity to pray, to relax and to reflect.

- **March 1st – Moone**
- **March 8th – Crookstown**
- **March 15th – Castledermot**
- **March 22nd – Kilmead**
- **March 29th – Athy refreshments served afterwards**

GUIDED MEDITATION: Join us every Wednesday after 9:30am Mass and the Rosary in the Church of Ss Mary & Laurence in Crookstown for a guided meditation on the next Sunday's Gospel. This is very gentle way to enter into the Gospel and encounter Jesus. Everyone is welcome and no experience of Christian Meditation is needed, just come as you are. For further information contact Conor on 086-7905654.

LENTEN SCRIPTURE REFLECTIONS –

"RETURN TO ME WITH ALL YOUR HEART"

You are invited to come to weekly scripture reflection every Tuesday @ 10:00am after mass in St. Michael's Church Athy. We will be reading "RETURN TO ME WITH ALL YOUR HEART" by Gerard Gallagher. A daily reflection on scripture during the season of Lent. Each Tuesday we will be reflecting on our week's readings. If you are interested we will meet each Tuesday during Lent, where you can get a copy of the book and discuss our Lenten journey through Scripture. If you have any queries contact Natasha on 087-6730300.

STATIONS OF THE CROSS

Join us as we pray the Way of the Cross, every Friday during Lent after 9:30am Mass in St Michael's Church, Athy. Everyone is welcome.



OPERATION SOUL TRANSFORMATION

During Lent, there will be daily challenges made available to help us on our journey through Lent. These challenges will be available each weekend for the week ahead. There will be prayer challenges, fasting challenges and almsgiving/charity challenges. The challenges will be available on our weekly bulletins, on our parish websites and on our social media. You decide what you take on, it's up to you!

SE THINGS TO REMEMBER

- Pray as you can not as you can't...but don't be afraid to try something new.
- When fasting, keep in mind any medical conditions you may have. People with serious medical conditions as well as pregnant and nursing mothers are exempt from fasting. Also those over the age of 60.
- When giving alms, giving to charity, you are not required to leave yourself short, you should only give what you can afford to give.

SOME USEFUL INFORMATION

All the information on Lent will be available on our parish websites.

For Athy: www.parihofathy.ie

For Narraghmore & Moone:
www.narraghmoreandmoon.ie

You can also find us on Facebook,
Narraghmore and Moone are also on
Twitter and Instagram

PARISH PRAYER FOR LENT

Loving Father,
at Baptism, You called us into
a relationship of love.
To help us, You give us the
light of Faith.
To comfort us, You fill our
hearts with Hope.
As we journey together
through Lent,
we call on Your Holy Spirit to
accompany us,
to rekindle the light of Faith,
to renew in us the joy of Hope,
that we may arrive to the
celebration of Your Son's
passion, death and
resurrection,
with Mary our Mother and the
Angels and Saints,
in the company of our sisters
and brothers,
with faith rekindled and hope
renewed.
Through Christ our Lord.
Amen.



Parishes of Athy, Narraghmore & Moone

Journeying in Faith and Hope



Celebrating the season of Lent 2023