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the

Liturgical

flame

ADDRESSING THE NEEDS OF ST. STEPHEN THE MARTYR
LITURGICAL MINISTERS

Being Versus Doing

We all know that there are a lot of ministers needed at each Mass and I appreciate all of your help very much. There are even those unexpected times when you are not scheduled and you are asked to help out and I thank you very much for your help then as well.

Due to the demands of our parish and all the Masses that are celebrated each weekend, it is easy to get all focused on the doing and forget being present to what the Lord desires for you to receive. A minister at any parish is not entrusted with just an ordinary task.

You are being asked by God, Himself to do an extraordinary task. Some of us will be asked to proclaim His Holy Word. While others will be asked to place his body, blood, soul, and divinity in the palm or the mouth of His holy people. Do you ever take to pray what is happening inside of your heart as you place Jesus in the hands of His people? Do you ever pray around what is happening inside your heart as from your mouth proclaims that very word of God?

Lent is such a good time for us to be drawn to the heart of the Father. God is doing everything He can to detach us from our earthly good and attach our hearts to His. That is why we are fasting and doing all the almsgiving this Lenten Season. Lent is not about testing our will power. Lent is about growing deeper in the love of the Father.

Karen's Corner

Lent is upon us, and what a wonderful time to grow in your faith and become closer to Christ. There are so many opportunities for you to develop that relationship. This article just highlights some of the many things that you can do during this Lenten Season. You can attend the Spiritual Mardi Gras, participate in a FISH group, participate in Stations of the Cross, attend Daily Mass, join a Bible Study...the list is never ending. We are so blessed in our Parish and our Archdiocese to have so many wonderful opportunities to pray and study together on the pathway to Our Lord. The Catholic Voice is full of other parish offerings that are occurring during lent. I challenge each and every one of you to find something that you can do during Lent to grow in your faith. Instead of giving up something for Lent plan on doing more for yourself and your Catholic Family around you.

God Bless! Karen Hardy, Worship Coordinator

Never let this ministry just become another thing you have to do I hope and pray for all of you that you give yourself some time to reflect on how your ministry is drawing you deeper into the love of God.

Again thank you for all you do for Saint Stephen's, you are a blessing to all of us and a ray of hope. In my prayers you remain.

Most grateful, I am,

Andrew L. Sohm,

Associate Pastor of Saint Stephen the Martyr





LENT 2010
St. Stephen the Martyr Parish

Tuesday, February 16: Interfaith Mardi Gras Service — 7:00 p.m. in Church

Wednesday, February 17: ASH WEDNESDAY

Masses — 6:30 a.m., 8:15 a.m., 12:00 noon, 4:00 p.m., 5:30 p.m., and 7:00 p.m.
SOUP SUPPER! (Hosted by Youth Ministry) 5:00 – 8:30 p.m., proceeds to the poor.

Day of Fast and Abstinence

Fridays of Lent are days of abstinence from meat—age 14 and older.

Fridays of Lent: Stations of the Cross at 6:00 p.m.

Fish Fries by Knights of Columbus beginning at 5:00 p.m.

Have fun, socialize, and support the Knights who support the Parish!

Stations of the Cross led by the school students at 2:30 p.m. February 26, March 5, March 12, and March 26.

Parishioners are welcome to attend.

PrimeTimers Day of Recollection: Thursday, March 11 with Fr. Jim presenting.

8:15 to 1:00 p.m. Optional “out to lunch” afterwards.

Chili Challenge: Saturday, March 6. Help support tuition assistance.

Communal Reconciliation Service (confessions): Thursday, March 18, 7:00 p.m. with several priests assisting.

FISH Groups: Bring your regular group together, join an existing group, or start a new one. Six weeks. Call Sister Clarice at 861-4508. We will be using either Henri Nouwen’s *The Return of the Prodigal Son* or Timothy Keller’s *Prodigal God*.

Adult Formation: Check the bulletin each week or our parish website for the most current studies available to you.

HOLY WEEK SCHEDULE: March 28 – April 4

March 28	Palm Sunday: regular Mass times
April 1	Holy Thursday: 7:00 p.m.
April 2	Good Friday: 3:00 p.m., 7:00 p.m. 5:00 p.m. (youth Stations)
April 3	Easter Vigil: 8:30 p.m.
April 4	Easter Sunday: regular Mass times

Confessions
Tuesday, March 30 4:30 – 5:30 p.m. & 7:30 – 8:30 p.m.
Wednesday, March 31 4:30 – 5:30 p.m. & 7:30 – 8:30 p.m.
Thursday, April 1 11:00 a.m. – 12:00 p.m. & 8:15 – 9:00 p.m.

Your generosity to our Easter collection is appreciated.

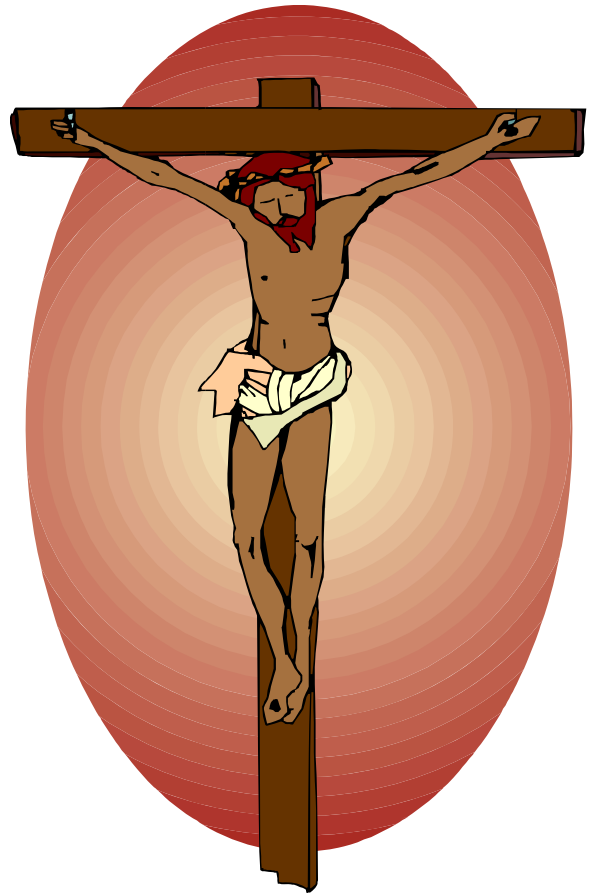
Preparing for Lent

Lent is a solemn and reflective season of the liturgical year that assists us in preparing for the Easter Season. Shrovetide or Fat Tuesday is the day prior to Ash Wednesday. The days leading up to Lent are times of feasting and merriment in many countries.

Shrovetide is a term utilized in Ireland, United Kingdom, Canada and Australia. It received its name because to “shrive” is to hear confession, assign penance and give absolution. These are days of glad tidings and merry occasions prior to the rigors of Lent.

Fat Tuesday or Mardi Gras in French was the carnival celebration where people feasted on rich foods and pastries in anticipation of the Lenten Season. The goal of Mardi Gras was to utilize certain foods that were not kept in the home during the 40 days of Lent.

The year at St. Stephen the Martyr we are holding a Spiritual Mardi Gras in conjunction with several area Christian churches. Please consider joining your fellow Christian brothers and sisters in an evening of prayer, song and fellowship.



Interfaith Spiritual Mardi Gras

Friends in Shared Hope (FISH) is hosting an interfaith Spiritual Mardi Gras Celebration on Tuesday, February 16 at 7:00 PM in the Worship Space.

Fellowship will follow in the dining room.

We will be joined by congregations from Faith Presbyterian, Celebration Covenant, Faithful Shepherd Presbyterian, Community Covenant, St. Columbkille, Living Faith United Methodist and St. John the Baptist (Fort Calhoun).

This event is the kickoff for the six-week faith sharing small group sessions that will meet during Lent. We invite you to celebrate with us.

Please consider becoming a member of a small group and incorporate the meaning of this celebration into your Lenten journey.



Lent is a Journey

Lent is the season of grace and conversion, of penance and reconciliation, of renewal of our baptismal promises. The Lenten season consists of six Sundays and forty weekdays that prepare us for the high feast of Easter. Lent begins on Ash Wednesday and ends with the beginning of the Mass of the Lord's Supper in the evening on Holy Thursday.

Ash Wednesday we come to church to receive ashes on our foreheads. The receipt of the ashes on the forehead is to remind us that without God we are simply dust. Ash Wednesday is not a holy day of obligation, however we are encouraged to attend Mass on that day to mark the beginning of the Lenten Season. The ashes on Ash Wednesday are made by burning palms that were blessed on the previous year's Palm Sunday.

The distribution of ashes reminds us of our own mortality and calls us to repentance. In the early Church, Ash Wednesday was the day on which those who had sinned and wished to be readmitted to the Church, would begin their public penance. The ashes that we receive are a reminder of our own sinfulness, and we wear the ashes on our foreheads as a sign of humility.

Fasting and Abstinence must be observed on Ash Wednesday.



**REMEMBER MAN YOU
ARE DUST
AND
TO DUST YOU SHALL
RETURN**

Feast Day of St. Joseph

St. Joseph has been honored on March 19th since the tenth century. He was declared the patron of the Universal Church by Pope Pius IX in 1870. The entire Month of March is Dedicated to St. Joseph.

Joseph was the foster father of Jesus. Many say that Jesus learned how to be a man from the examples that Joseph provided. We now very little information about St. Joseph. We now that he lived in Nazareth, went to Bethlehem and lived in exile in Egypt.

We know that Jesus was a just man who protected Mary from disgrace after she was found to be pregnant with Jesus.

Joseph is also honored on May 1st as an optional feast day for St. Joseph the Worker

A Prayer for Lent

Almighty and Everlasting God,
You have given the human race
Jesus Christ our Savior as a model of hu-
mility.
He fulfilled Your Will by becoming Man
And giving His life on the Cross.
Help us to bear witness to You
By following His example of suffering
And make us worthy to share in His Res-
urrection.
We ask this through our Lord Jesus
Christ, Your Son.

Amen.

The Way of the Cross

Most Catholic Churches have fourteen pictures of scenes from the Passion and Death of Christ. These are found around the walls of the church and have a cross above or below the scene. The crosses are known as the Stations of the Cross.

The Stations of the Cross originated as pilgrimages to Jerusalem. Early Catholics wanted to reproduce the holy places throughout the world. During the fifteen century the Franciscans began to build outdoor shrines throughout Europe to duplicate the locations in the Holy Land. During the 1600's, Pope Innocent XI granted the Franciscans the right to erect stations within their church walls.

The Way of the Cross devotion can be done as an individual or in a public setting. It is very common for churches to participate in the devotion of the Stations of the Cross on Fridays during Lent.

The devotion consists of walking around the church, visiting the fourteen stations and meditating on the events of each individual station. The pictures are there to help us in our meditation on the Passion and Death of Christ.

Stations of the Cross

1. Jesus is condemned to death.
2. Jesus takes up his cross.
3. Jesus falls the first time.
4. Jesus meets his mother.
5. Simon helps Jesus carry the cross.
6. Veronica wipes the face of Jesus
7. Jesus falls the second time.
8. Jesus meets the women of Jerusalem.
9. Jesus falls the third time.
10. Jesus is stripped of his garments
11. Jesus is nailed to the cross.
12. Jesus dies on the cross.
13. Jesus is taken down from the cross.
14. Jesus is laid in the tomb.

We have Stations of the Cross every Friday evening during the Lenten season at 6:00 p.m. in the Worship Space. Stations of the Cross are also held during the school day at 2:30 p.m. on 2/26; 3/5; 3/12 and 3/26. Anyone is welcome to attend the school Stations of the Cross. Please consider participating in this beautiful devotion as you travel on this year's Lenten Journey to the Season of Easter.

Liturgical Ministers Needed

Please consider assisting with our Ash Wednesday Services. The sign-up booklet is on the Gathering Space Table.

Mid-way through Lent, an additional sign-up book will be placed for the Holy Week Liturgies.

We are always in need of more individuals to assist us with our various liturgical ministries. Please prayerfully consider becoming an Usher, EMHC, Lector, Greeter, Hospitality Minister or Server.

If you have questions regarding the above ministries, please contact Karen at 861-4537 or k.hardy@stephen.org.



Ask the Liturgical Team?

Q: What are the fasting and abstinence days?

A: Fasting days are defined as those days on which we are allowed to take only one full meal. This means that you eat just one full meal, or two smaller meals and avoid eating between meals. The individual should avoid meat altogether.

Days of abstinence are days on which we are forbidden to take flesh-meat and soups made from meat.

The fasting days are Ash Wednesday and Good Friday. Abstaining days are the remaining Fridays of the Lenten Season.

Q: Why does the Church command us to fast and abstain?

A: The Church commands us to fast and abstain so that we may express penance for personal sin.

Q: Why do we make the Sign of the Cross?

A: We make the Sign of the Cross, first, to put us in mind of the Blessed Trinity, and secondly to remind us that God the Son died for us on the Cross.

We are reminded that Christ died for us on the Cross by the very form of the Cross which we make upon ourselves.

**ASK THE
LITURGICAL
TEAM?**

**PLEASE SEND
YOUR
QUESTIONS TO
K.HARDY@
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Liturgy Office

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**CHECK OUT PAST
ISSUES OF THE
LITURGICAL FLAME
AT STEPHEN.ORG
UNDER THE
LITURGY SECTION**