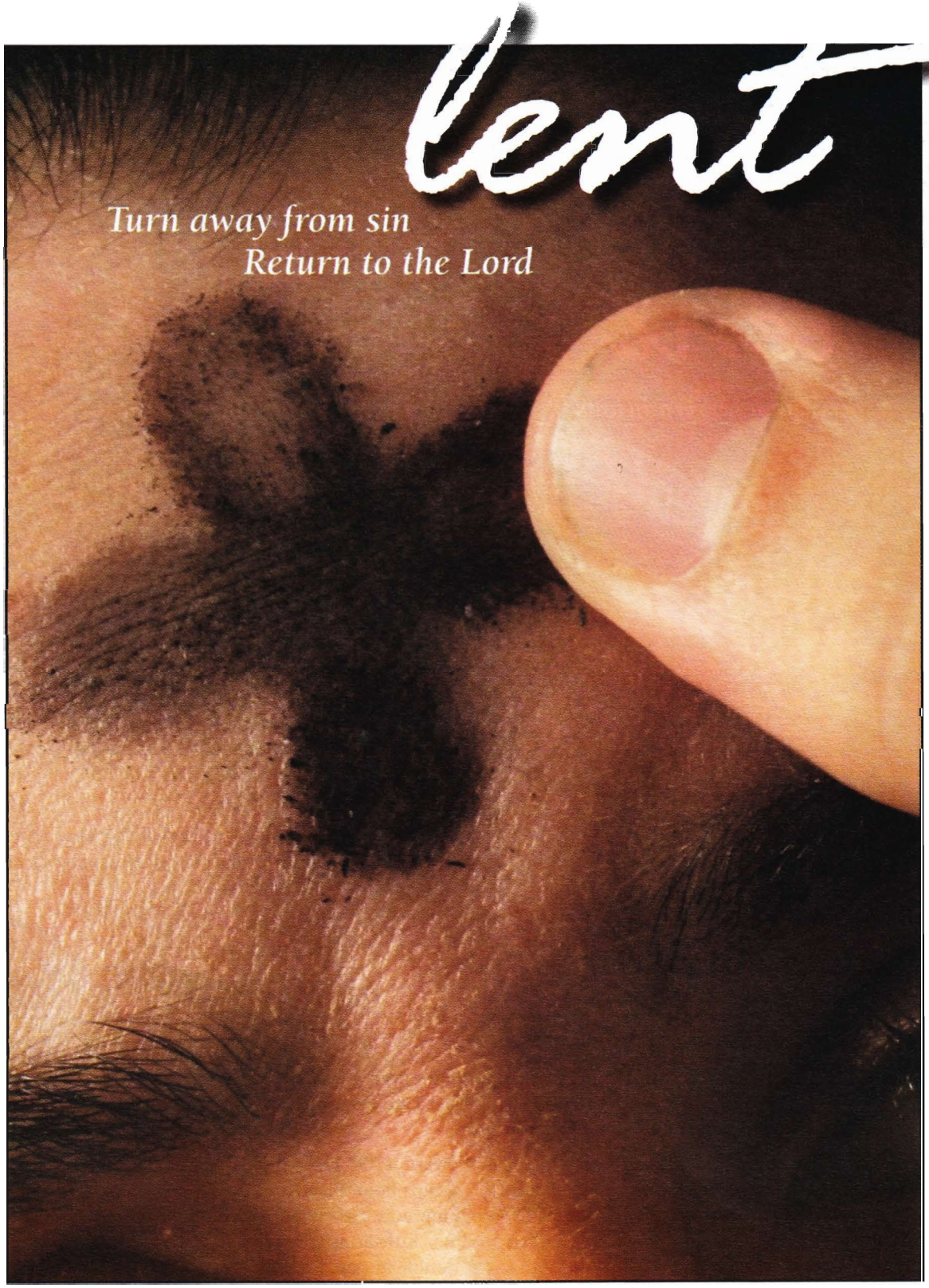
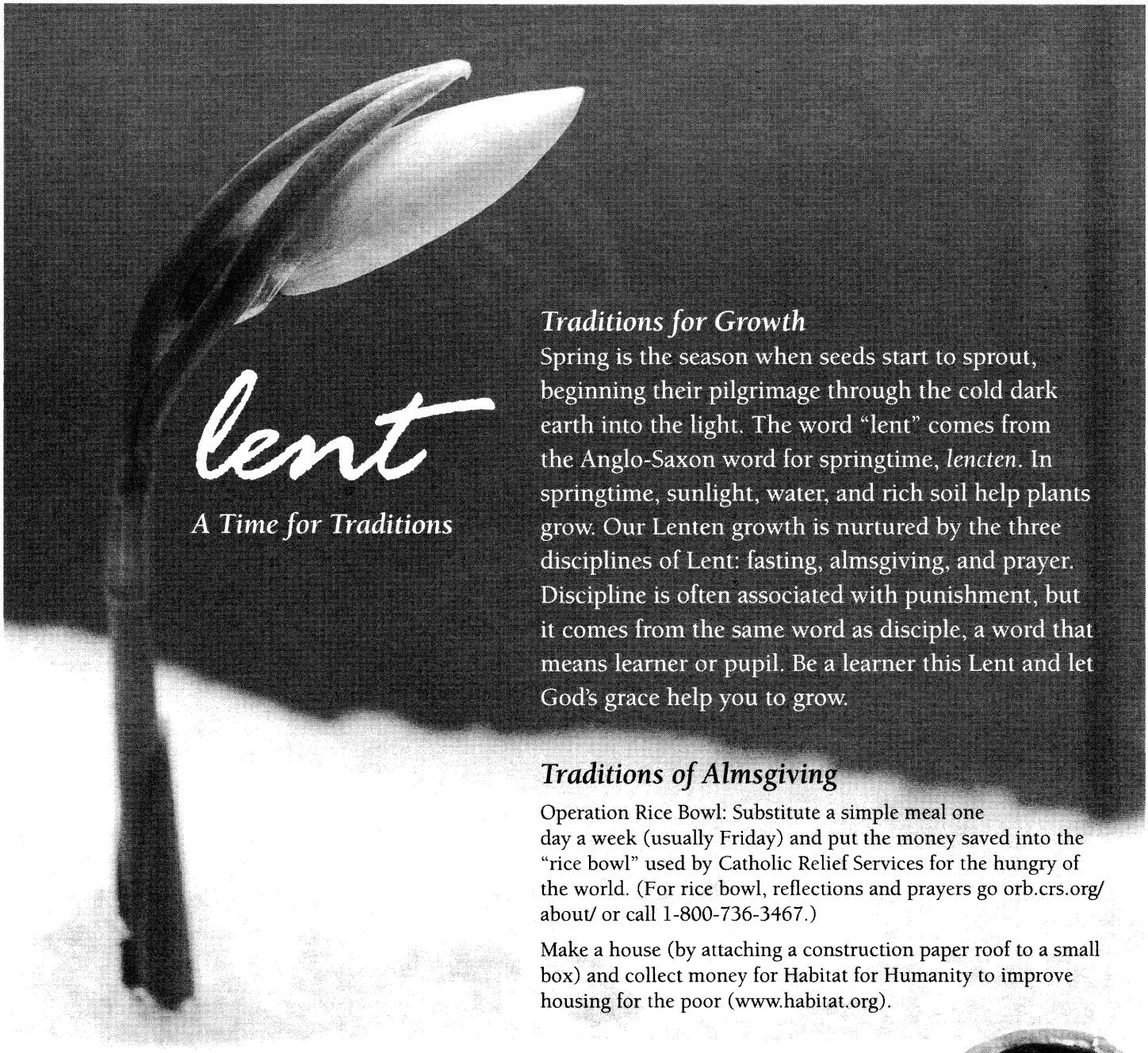


Season of Lent *March 9, 2011 - April 20, 2011*



lent

A Time for Traditions

Traditions for Growth

Spring is the season when seeds start to sprout, beginning their pilgrimage through the cold dark earth into the light. The word "lent" comes from the Anglo-Saxon word for springtime, *lencten*. In springtime, sunlight, water, and rich soil help plants grow. Our Lenten growth is nurtured by the three disciplines of Lent: fasting, almsgiving, and prayer. Discipline is often associated with punishment, but it comes from the same word as disciple, a word that means learner or pupil. Be a learner this Lent and let God's grace help you to grow.

Traditions of Almsgiving

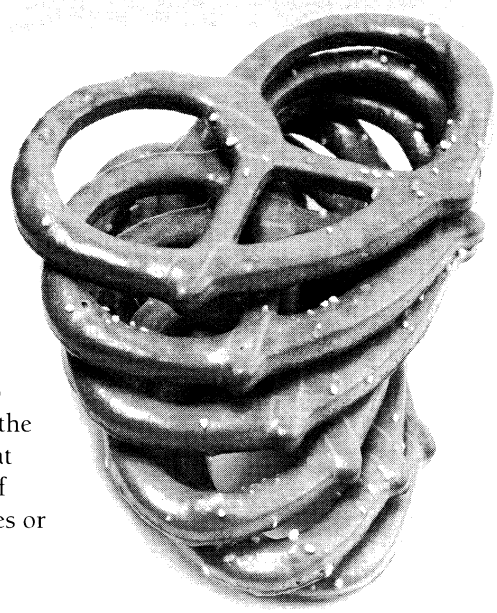
Operation Rice Bowl: Substitute a simple meal one day a week (usually Friday) and put the money saved into the "rice bowl" used by Catholic Relief Services for the hungry of the world. (For rice bowl, reflections and prayers go orb.crs.org/about/ or call 1-800-736-3467.)

Make a house (by attaching a construction paper roof to a small box) and collect money for Habitat for Humanity to improve housing for the poor (www.habitat.org).

Traditional Food for Fasting

Did you know that pretzels are a Lenten food? Their name comes from *bracellae*, "little arms," for their shape of two arms crossed in prayer. These are easy and fun to make.

Mix 1 pkg. active dry yeast with 1 Tbs. sugar in 1½ cups lukewarm (100-110 degree) water. Mixture should bubble. Stir in 1 tsp. salt and 4 cups flour. Place on floured board and knead in ½ cup more flour. Knead about 8 minutes. Divide into pieces, roll into ropes, and shape into pretzels. (As you fold the "little arms" pray the Lord's Prayer or another Lenten prayer.) Let rise until about double in size. Preheat oven to 425 degrees. Place pretzels on greased cookie sheet. Brush with mixture of 1 egg yolk mixed with 2 Tbs. water, and sprinkle with kosher salt. Bake 12 minutes or until golden brown.



Prayer Traditions

Here are several prayers to help your household keep a prayerful observance of Lent. Parish community prayer, like the sacrament of reconciliation and more frequent Mass attendance, are good ways to keep a prayerful Lent.

Lenten Daily Devotion

Kyrie, Eleison.
In your mercy, Lord,
watch over me this day.

Christe, Eleison
Guide me in your ways,
lead me in your truth.

Kyrie, Eleison.
Bring me to the joy of heaven
in your mercy, Lord.

Table Prayer for the Season of Lent

Blessed are you, Lord God of all creation!

You lead us to these Lenten days,
so we may return to you.

Blessed are you, Lord God of all creation!

Help us to fast in body and spirit
from what leads us astray.

Blessed are you, Lord God of all creation!

Let us share our bread with the hungry,
as we hunger and thirst for your holiness.

Blessed are you, Lord God of all creation!

May these days lead us, with Christ,
to his passion, death, and resurrection.

Blessed are you, Lord God of all creation!

Bless this meal, bless our lives
during this time of grace.

Blessed are you, Lord God of all creation!

All materials © J.S. Paluch Company: In accordance with c. 827, since this work has been found to conform to Church teaching, permission to publish has been granted by the Very Reverend John F. Canary, Vicar General of the Archdiocese of Chicago, on October 22, 2010.

Lenten Examination of Conscience: The Act of Contrition

My God, I am sorry for my sins with all my heart.

- *Do I bring God a truly contrite spirit? Do I hold anything back?*

In choosing to do wrong and failing to do good,

- *What choices have made me fail? Did I make them consciously?*

I have sinned against you whom I should love above all things.

- *How does my sin violate God's covenant with me? With God who is present in my neighbor?*

I firmly intend, with your help, to do penance, to sin no more,

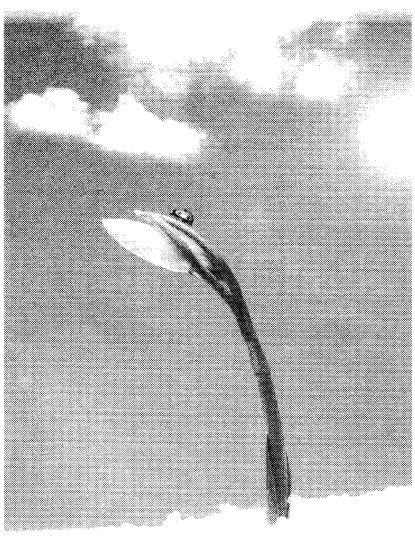
- *Do I try to live a good life all on my own? How does God's grace help me?*

and to avoid whatever leads me to sin.

- *Are there times in my daily life that lead to sin? What can I do to avoid them?*

Lord Jesus, Son of God, have mercy on me, a sinner.

The English translation of the Act of Contrition from the *Rite of Penance*, © 1974, ICEL. All rights reserved.



Permission is granted to make multiple copies of this text. Copyright © 2011, World Library Publications, the music and liturgy division of J.S. Paluch Co., Inc. All rights reserved.

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished.
(Matthew 4:1–2, *NRSV*)

For reflection: Do I accept that sometimes the Spirit leads me to times of trial? How does the Spirit lead me in the disciplines of fasting, prayer, and almsgiving?

Prayer: Spirit of power and might, lead me today and every day. In times of trial or hardship, in all my daily living, guide me by your grace. Amen.

But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you. (Romans 8:10–11, *NRSV*)

For reflection: In what ways is Christ truly present and alive in me through the Spirit? Do I look forward to the Spirit of resurrection leading me to eternal life?

Prayer: Spirit of everlasting life, help me to know Christ in my life. Bring me, with all the faithful, to the eternal glory of heaven. Amen.

The Spirit of Lent

Create in me a clean heart, O God, and put a new and right spirit within me. Do not cast me away from your presence, and do not take your holy spirit from me. (Psalm 51:10–11, *NRSV*)

For reflection: What needs to be cleansed from my life, so God can renew my spirit? How does my spiritual dwelling welcome the Holy Spirit?

Prayer: Holy Spirit of the living God, come into my heart today. Renew me, revive me, re-create in me the grace of my baptism. Amen.

But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth. (John 4:23–24, *NRSV*)

For reflection: What are some ways I can tell I have worshiped in spirit and truth? Am I open to God seeking me out when I worship?

Prayer: Spirit of truth, be with me today as I come to you in worship. Help me to seek God the Father in my life, as the Father seeks me. Amen.

of Norwood, Inc.
LANO EQUIPMENT
www.lanoequipofnorwood.com
952-467-2181

Hilgers Plumbing, Heating & Cooling
• BONDED • INSURED • Lic. #059109-PM
LENNY & CINDY HILGERS
952-467-3441

making good things happen
KleinBank
www.kleinbank.com
100 Grand Years 1907-2007
Member FDIC
Norwood Young America
800 Faxon Rd.
952-467-2313
Cologne
210 Paul Ave.
952-466-2265

Johnson Funeral Home
141 East First Street • Waconia, MN 55387
952-442-2121
www.johnsonfh.com
Email: info@johnsonfh.com

particular tours
952.445.2056 agent@ptitours.com
HONEYMOONS
WEDDINGS • GROUPS
Your Personalized Vacation

Waconia Deputy Registrar
Marlene Robinson
Ascension Parishioner
Hours: Mon & Fri 8 AM-5PM
Tue-Wed-Thu 8:30 AM-5 PM
Sat. 8 AM-11:30 AM
952-442-4038 222 W. Main St.
www.waconiadmv.com Waconia

DEER RUN GOLF CLUB
Tom Abts
Head Golf Professional
www.deerrungolf.com•Victoria, MN

PLUMBING BRAUNWARTH HEATING
Braunwarth Plumbing & Heating
Sales & Service on Gas & Oil Heating
Repair on Major Appliances
Also Inner Seeding & Lawn Vacuuming/De-Thatching
952.467.3698 cell: 612.749.4705 • Norwood Young America
Licensed, Bonded & Insured #57425-MR

Yetzer's
HOME FURNISHINGS & FLOOR COVERINGS
DOWNTOWN WACONIA
WWW.YETZERS.COM 442-4242

MAYER
MAYER LUMBER COMPANY, INC.
www.mayerlumber.doitbest.com
201 Ash Ave. So., Mayer, MN
952-657-2291

SPORT CARS
Specializing in Quality, Late Model, Sport and Collectable Cars & Trucks
We Clean and Detail Cars
Roger Kleman www.sportcarsmn.com
Norwood Young America 952-467-3800

Help Your Church
RE/MAX
5% of my commission will be donated to your church.
Nobody sells more Real Estate than RE/MAX
Brian Klingelhutz
612-508-9707
Restrictions Apply
Call for Details
RE/MAX Action West

Central Auto Inc.
• Front End Alignment • Towing
• Custom Exhaust • Engine Rebuilding
952-467-2540
210 Railroad St. Norwood Young America

Minnesota
Single Catholics

CatholicMatch.com/MINNESOTA

econofoods
Shop Fresh, Shop Smart!
710 Faxon Rd., NYA
952-467-1999

LANO LANES
• Bowling • Birthday Parties
• Indoor Batting Cage • Golf Simulator
305 E. Wilson
NYA 952-467-3500

THIS SPACE FOR RENT!

"State of the Art Family Dentistry"
Norwood Dental
Daniel J. Ross, DDS
Brandon E. Bussler, DDS
952-467-3518
222 E. Wilson St. • www.norwood-dental.com

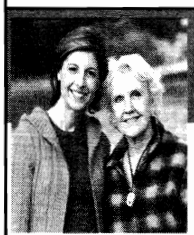
+ Academics
+ Faith
+ Leadership
+ Service
Now taking applications for fall!
Well prepared students for tomorrow's world!
St. Bernard CATHOLIC SCHOOL
308 Church Street East • Cologne, MN 55322
(952) 466-5917

STORMS
WELDING & MFG. INC.
Equipment Repairs & Mfg.
952-466-3343
P.O. Box 76, Cologne 513 W. Lake St.
www.stormsweldingmfg.com

MIDTOWN
FAMILY RESTAURANT
• Breakfast • Lunch • Dinner
Open 6 AM Daily
Jim & Donna Richter, Parishioners
NYA 952-467-2721

CITIZENS INSURANCE SERVICES
Jeffrey R. Hebeisen, CIC
Agent/Owner
Norwood-Young America
952-467-2535

WILLEMS CABINETS & WOODWORKING, INC.
Cabinets, Furniture & Formica Work
203 Playhouse St. East
Cologne 952-466-2522


Are You Living Alone?
What if you fell and could not reach a telephone?
Lifewatch, the Personal Emergency Response System, can get you help with just a press of the lightweight waterproof button! Referred by doctors, hospitals and social workers. Personal Caring Service Since 1980.
LIFEWatch USA
Nationwide Service. Personal Caring Service Since 1980
TOLL FREE 1-800-998-5837
www.Lifewatch-USA.com
Lifewatch helps people who live alone keep their independence.
You're Never Alone With Lifewatch!
Specials $12.95 a Month

SCHMIDT CHIROPRACTIC CENTER
"Experience the Difference"
• Natural Healthcare for All Ages
• Massage Therapy & Ear Candling
320 Hill St., NYA 952-467-2505

Dr. Julie Schmidt

Citizens STATE BANK
NORWOOD YOUNG AMERICA
952-467-3000
WE WANT TO BE YOUR BANK!
EQUAL HOUSING LENDER
www.CitizensStateBankNYA.com
MEMBER FDIC