

March 9, 2025

First Sunday of Lent



• 1ST SUNDAY
OF LENT •

HIM ALONE SHALL YOU SERVE.

©LPI

St. Columban Parish

506 First St. S | Yelm, WA 98597

Sunday Mass: 10:30 a.m.

Saturday 5 p.m.

Daily Mass Tuesday-Friday 9 a.m.

(Except First Fridays)

Confessions Friday *(if priest is available)* 5:30 p.m.

Saturday 3-4:30 p.m.

Anointing of the Sick By request

Rosary Prayer Group Monday 7 p.m.

Spanish prayer group Tuesday 6:30 p.m., Hall

Sacramental Preparation Contact the office

The church may be open for prayer during office hours upon request.

St. Peter Mission

149 Keithahn St S | Tenino, WA 98589

Sunday Mass 8:00 a.m.

First Friday Mass 9:00 a.m.

Confessions Sunday 7:30-7:45 a.m.

Anointing of the Sick By request

Parish Office at St. Columban

parishoffice@saintcolumbanyelm.org

Monday-Thursday 9:30 a.m.– 2p.m.

Friday by appointment

Sacramental Emergencies

In danger of death call: 360-704-7051

Society of St. Vincent de Paul

Help line 360-458-1904

Christi simus, non nostri

We belong to Christ, not ourselves

For your Prayer and Meditation

Reflect on the Sunday Liturgy

Entrance Antiphon When he calls on me, I will answer him; I will deliver him and give him glory, I will grant him length of days.

Sunday Readings Dt 26:4-10/Ps 91:1-2, 10-11, 12-13, 14-15 (see 5b)/Rom 10:8-13/Lk 4:1-13

First Reading ‘We cried to the LORD, the God of our fathers, and he heard our cry.’ (Dt 26:7)

Moses taught the Israelites the importance of remembering the story of their release from Egyptian slavery. This event defined them as a people loved by God. What is a story from your family that has helped define you?

Psalm Be with me, Lord, when I am in trouble. (Ps 91)

Second Reading For, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. (Rom 10:9)

St. Paul encouraged the Christians in Rome to have a genuine faith in Jesus in both heart and mind. As the season of Lent begins, how might you show others the sincerity of your faith?

Gospel Filled with the Holy Spirit, Jesus returned from the Jordan and was led by the Spirit into the desert for forty days, to be tempted by the devil. (Lk 4:1-2)

We hear how Jesus was tempted by the devil as he was preparing to begin his public ministry. What temptation can you confront this Lent?

Communion Antiphon One does not live by bread alone, but by every word that comes forth from the mouth of God.

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

The English translation of Psalm Responses from Lectionary for Mass © 1969, 1981, 1997, International Commission on English in the Liturgy Corporation. All rights reserved.

Mass Intentions

Parishioners may schedule a Mass intention on our website or by calling the office. Sunday Masses are offered *Pro Populo*



March 11— Pam & Randy Walker

March 12—

March 13—

March 14—

The Code of Canon Law confirms the practice of offering Masses for particular intentions is ancient: "The Christian faithful who give an offering to apply the Mass for their intention contribute to the good of the Church and by that offering share its concern to support its ministers and works" (945 §2).

Prayer Intentions

Loving God, we join with others of your people here asking you to hold in Your hands all of our homebound brothers and sisters and those who have asked for our prayers

For The Sick and Homebound

Robert Fisher, Joe Judge, Pam Henslee, Mary Taylor, Maria Espino, Mort Kimball, Adrian Morales, Judy Cusick, Clay McBride, Theresa Gonzales, Debbie Little, Michelle Haligan, Fr. Victor Olvida, Lorna Edwards, Candy Patterson, Allison Dolliver, Pope Francis

For The Deceased

All the souls in purgatory, especially Marcella Thornton, Eva Mankowski and all those who have no one to pray for them. *May the souls of the faithful departed, through the mercy of God, rest in peace.*

For our young people, that they may eagerly seek and generously respond to their vocations from God.

For peace in the world, for God's protection on those in danger, the defeat and true repentance of unjust aggressors, and mercy for those who have died by violence.

For all the faithful of the archdiocese, that during this holy season of Lent, we may grow in prayer, penance and discernment.

Monthly Intentions of the Pope: *For families in crisis.* Let us pray that broken families might discover the cure for their wounds through forgiveness, rediscovering each other's gifts, even in their differences.

Connect with us

WEBSITE saintcolumbanyelm.org

PHONE (360) 458-3031
Ministries x1, Spanish/Español x2

LIVESTREAM
youtube.com/@stcolumbanyelm

SOCIAL MEDIA
facebook.com/saintcolumbanyelm
instagram.com/saintcolumbanyelm

ONLINE GIVING
pushpay.com/g/saintcolumbanyelm

MOBILE APP
"Our Catholic Community"
(Apple App Store & Google Play) 

FREE CATHOLIC STREAMING CONTENT
FORMED.org 

PARISH STAFF

(360) 458-3031

Fr. Bryan Ochs
Pastor
parishoffice@saintcolumbanyelm.org
*not private

Fr. William Dodoma
Parochial Vicar

Fr. Martin Bourke
Senior Priest in residence

Jennifer Langham In Office: M-Thu
PA for Admin, Liturgy, & Music
jennifer@saintcolumbanyelm.org x1

Matthew Tolar
PA for Admin, Bookkeeping & Records
matthew@3hearts.org
(360) 491-0890 Ext. 1107

St. Columban Finance & Pastoral Council Please be patient as this council is being restructured. Members will be posted once they have been officially appointed by our Pastor.

St. Peter Advisory Commission Sherry Bachmann (Chairperson), Marilyn Ritter, Bernie Schwarz, Bob Bacon, Diane Weston

Gabriela Makinster In Office: Tu-Th
Elementary & Adult Faith Formation,
gaby@saintcolumbanyelm.org x2
*habla Español

Chad Lucero
Youth Ministry & Confirmation
chad@saintcolumbanyelm.org x3

Steven Slater
St. Columban Maintenance
steven@saintcolumbanyelm.org

Gilberto Espino St. Peter Maintenance
gilberto@saintcolumbanyelm.org

St. Columban Parish proclaims the Roman Catholic faith to the communities of McKenna, Nisqually, Rainier, Roy, Tenino, and Yelm in southeast Thurston and southwest Pierce counties. Our community has grown since its origins at the former St. Margaret Mary Church in McKenna, and our current church in Yelm is named for the Irish-born 6th century missionary to Europe St. Columbanus of Bobbio. We have also been present in Tenino since 1891 through St. Peter Mission, named for the apostle and first pope.

Since July 2024, Sacred Heart Parish in Lacey, St. Columban Parish, and St. Peter Mission formed into Parish Family 40 under our pastor, Very Rev. Bryan Ochs.

A Word from our Pastor

This is the latest installment of Fr. Bryan's series on the Sacrament of Reconciliation. We recommend that you consult the bulletin from the weekend of March 2nd in order to understand the context of this column.



Dear Parishioners,

Before we get too deep into the sacrament of confession, we should probably spend some time reflecting on what sin even is. When we were children, most of us were taught that a sin was what happened when we broke one of God's rules. Certainly, that is true, but sin is much more than that.

The Hebrew word for sin that we see in the Old Testament is *Chata* (The Ch is more like a K). The definition of this word means, "Missing the Target," or, "Failing to achieve a Goal." The Greek word for sin, *Hamartia* has the same meaning. It is not breaking a rule, so much as it is trying to hit a target and missing.

A sin, then, is someone's attempt to find some type of fulfillment or to experience love or to flourish in some way and missing. It is committing some other act that doesn't quite give us what we desire. Sin is breaking a commandment only because God's commandments are trying to help us aim for the love we desire. When we lose our trust that God is helping us aim and try to fulfill this desire in some other way, then we *chata*, or *hamartia*, or, "Sin."

One of the most common sins of God's chosen people in the Old Testament was idolatry. The target was peace, security, and prosperity. Unfortunately, they started lose their trust that God wanted this for them and they started to look to other Gods who let them down. They missed the target. These God's didn't give

them anything they really desired.

So, really, all sin is a lack of trust. All sin is when we question whether or not God is really on our side or if he isn't. When we lose this trust, we start to do things our own way. Thus, sin always tends to drain our love for God and replace it with an unhealthy love of self. Sin makes us very self-centered. Sin reinforces our desire to control God and others.

Because of this, sin always has a tendency to isolate us. All sin tends towards isolation. Heaven is referred to as the "Communion of Saints," because of the closeness that the saints have with God and each other. They are deeply unified. It makes sense, then, that Hell is best understood as our eternal isolation. Being completely cut off from God and everyone else.

Thus, all sin is going to erode our trust in God and others and make us lonely. It is ironic isn't it? The target we are aiming for is love and communion, and what we receive in return is loneliness and isolation. Often, this is experience in feelings of shame, where we need to hide from God and others. Shame is isolation and loneliness due to sin.

Part of the reason confession is important is that it pushes back against shame. Many people don't want to go to confession because they are ashamed of their sins, and the sadness of that is that the isolation lingers. To be able to bring your sins to Confession and experience mercy is a great gift. It is a remedy to the shame and isolation that our sins cause.

Remember this when you prepare for your next confession: You can prepare for confession more deeply by not only reflecting on how you broke God's rule but by reflecting on what you were trying to accomplish by doing that sin. What was the target that you were trying to hit when you chose to trust in your own ways? What were you trying to achieve, and how did this fail? Knowing that when you confess might make your confession bear more fruit.

Lots more to come, so stay tuned!

Fr. Bryan



Announcements

Stations of the Cross & Lenten Soup Suppers.

Join us for prayer every Friday in Lent at both St. Peter & St. Columban at 6 p.m. followed by a meatless soup supper at both locations. For other times in our parish family please visit sacredheartlacey.com.

Open position in our Parish Family here at St. Columban!

We are searching for an Organist/Choir director to serve as our PAA for Music and Liturgy. St. Columban Parish ordinarily makes use of antiphonal chants and traditional hymns and uses the organ almost exclusively. The parish is in a beautiful, small but growing rural community, with two weekend masses: Saturday evening and Sunday morning. The person in this part time role will also assist with planning and executing all liturgical celebrations at the parish including funerals and weddings. Compensation ranges from \$21 per hour to \$25 per hour depending on experience. Please contact Jennifer Langham for more information on how to apply at jennifer@saintcolumbanyelm.org.

Are you a skilled photographer able to help us out?

The Faith Formation office is looking for a volunteer to take pictures during upcoming sacramental Masses on April 19 and May 2. Contact Gaby or Chad if interested.

The Winter Clothes Closet is now closed for the season. We are no longer accepting donations. Thank you for all for your support this year, as well as in past seasons.

Catholic Relief Services Rice Bowl

Since 1975, Catholics across the United States have come together each Lent to respond to global hunger through the CRS Rice Bowl program. Learn how people like you have made a local and global impact on the lives of our sisters and brothers in need and why our prayers and almsgiving are still needed today. During this holy season, let us recommit to sharing bread for life with our global family so that all people can reach their God-given potential. Visit crsricebowl.org/week-1 to read this week's Story of Hope.

Check your emails!

We send registered parishioners an emailed version of the bulletin every week with more up-to-date information than this printed edition due to early deadlines by the bulletin publisher. If you're not registered, please stop by the Parish Office so we may welcome you and assist you. You may also register online at saintcolumbanyelm.org

Faith Formation

From the Catechism of the Catholic Church

2478 To avoid rash judgment, everyone should be careful to interpret insofar as possible his neighbor's thoughts, words, and deeds in a favorable way:

Every good Christian ought to be more ready to give a favorable interpretation to another's statement than to condemn it. But if he cannot do so, let him ask how the other understands it. and if the latter understands it badly, let the former correct him with love. If that does not suffice, let the Christian try all suitable ways to bring the other to a correct interpretation so that he may be saved. [St. Ignatius of Loyola, Spiritual Exercises, 22]

Sunday Faith Formation Classes Schedule

NO CLASS March 9; Next classes: March 16, 23, 30; April 6.

Children & Adults, contact: Mrs. Makinster

Elementary & Adult Faith Formation,
gaby@saintcolumbanyelm.org 360-458-3031 x2
habla Español

Youth Ministry, contact: Mr. Lucero

chad@saintcolumbanyelm.org

Youth Ministry Saturdays: March 29, 9 a.m.-1 p.m.; April 26, 9 a.m.-1 p.m.

Mandatory Confirmation Retreat: March 22 at St. Frances Cabrini Lakewood

Parents, check your emails! *We will communicate with you directly over email regarding YM events.*

Bible Study Thursday evenings at 6:30 p.m. in the RE Bldg. and Wednesday mornings at 10 a.m. at St. Peter Tenino.

Parents of Children & Youth in First Holy Communion & Confirmation Prep,

Mass Attendance Cards were distributed last week. After attending Sunday Mass, you may assist your child but they must be the ones to present the card to Father.

Order of Christian Initiation for Adults (OCIA)

Join us for the Rite of Election of our catechumen and candidates at Sacred Heart Lacey this **Tuesday, March 11** at 7 p.m. Please also pray for them as they prepare to join the Church this Easter.

Parish Ministries & Events

Weekly Calendar

All events are at St. Columban unless otherwise noted.

MONDAY March 10

Rosary Prayer Group 7:00p.m. Church

TUESDAY March 11

Daily Mass 9:00a.m. Church

St. Peter Circle Meeting 9:30 a.m. St. Peter

Youth FRFC Class 6:00 p.m. RE Bldg.

Spanish Prayer Group 6:30p.m. Church

WEDNESDAY March 12

Ash Wednesday Mass 9:00a.m. St. Peter

Bible Study 10:00a.m. St. Peter

Ash Wednesday Mass 7:00p.m. Church

THURSDAY March 13

Daily Mass 9:00a.m. Church

Altar Society Weekly Cleaning 9:30a.m. Church

Bible Study 6:30p.m. RE Bldg.

FRIDAY March 14

Daily Mass 9:00 a.m. Church

Confession 5:30 p.m. (If priest is available) Church

Stations of the Cross 6:00 p.m. Church & St. Peter

Lenten Soup Supper, hosted by Spanish Prayer Group
6:30 p.m. Hall & St. Peter

SATURDAY March 15

Confession 3:00 p.m. Church

Anticipatory Sunday Mass 5:00p.m. Church

SUNDAY March 16 **Second Sunday of Lent**

Confession 7:30-7:45 a.m. St. Peter

Sunday Mass 8:00a.m. *Int.: Pro Populo* St. Peter

Religious Ed 9-10:15 a.m. RE Bldg.

Confirmation Classes 9-10:15 a.m. Hall

Sunday Mass 10:30a.m. *Int.: Pro Populo* Church

Fellowship 11:45a.m. Parish Hall

Altar Society

A team of talented parishioners beautifully maintain and clean the Church every Thursday after Daily Mass.



Daughters of Mary

Meets monthly on the fourth Tuesday of the month. Join us for our next meeting **March 25** at 6 p.m. in the Hall. All women of the parish are invited and bring your favorite snack to share!



Liturgical Ministries

parishoffice@saintcolumbanvelm.org

Altar Servers, Choir, Greeters/Ushers, Readers
Please check your emails and respond to confirm that you will be serving on your scheduled date.



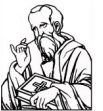
Knights of Columbus

The Council and Assembly meet on the third Wednesdays of every month at 6p.m. in the hall, with Vespers beginning at 5:30 p.m. **Next meeting: Wednesday, March 19.**



St. Peter Circle

Meets second Tuesdays every other month at St. Peter Tenino. Next scheduled meetings: **March 11 and May 13 at 9:30 a.m.**



Society of St. Vincent de Paul

Meets monthly, on the third Thursday of the month in the parish hall at 7 p.m. **Next meeting March 20.**



After Mass Breakfast & Coffee Hospitality

Join us after the 10:30 a.m. Mass in the Parish Hall.

March 9—Altar Society & Daughters of Mary

March 16—Youth Ministry (Coffee & Donuts)

March 23—Knights of Columbus



LENT 2025 Pilgrims of Hope

March 5–April 19

Soup Supper Sponsors at St. Columban

Donations collected go towards our St. Vincent de Paul ministry.

March 14— Faith Formation & Youth Ministry

March 21— Knights of Columbus

March 28— Daughters of Mary & Altar Society

April 4— Altar Servers

April 11— Society of St. Vincent de Paul

Lenten Fasting & Abstinence for Catholics

Fasting on Ash Wednesday & Good Friday -
Persons ages 18-59

Abstinence from eating meat - Persons ages 14 and older, every Friday of Lent

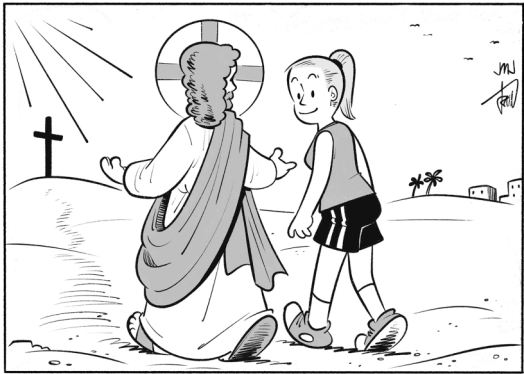
How do we fast? When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to another full meal.

Who is excused from fasting and abstinence?

The physically or mentally ill, including individuals suffering from chronic illnesses such as diabetes, as well as pregnant or nursing women.

Sunday Features

“Why did the athlete give up running for Lent?”



“She wanted to **walk** with Jesus.”

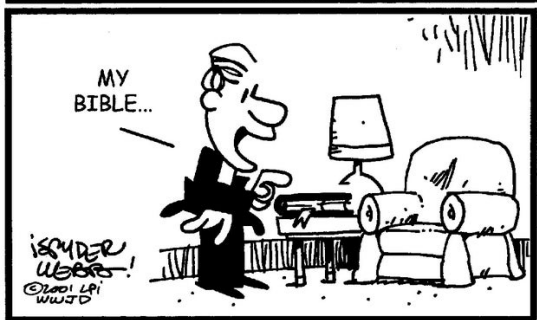


FUN FACT! Lent is a time when we strive to bring our hearts back to better union with Christ. To really walk with Him and be with Him in all that we do. Whether in our fasting or praying, it's important to spend the season of Lent journeying with Christ to the cross and our salvation!

GLP

1st SUNDAY OF LENT

Father Flood © LPi



Why do we do that? Catholic Life Explained

Question: After attending our parish retreat and feeling much better and stronger about my faith, I want to make this Lent worthwhile. What can I do to keep the spirit and practice of Lent?

Answer: You've already taken the first step by going on the parish retreat. It is important for us to "tune up" our faith, taking some time to renew ourselves through prayer, meditation and education. By deepening our knowledge and understanding of faith, we are often better attuned to its richness and meaning for our life.

Lent is an intense retreat, a forty-day period of reflection and penance that prepares us to celebrate the passion, death and resurrection of Christ. Our communication with God and our awareness of him is the purpose of prayer. Setting aside extra time each day helps intensify the season. Prayer includes daily Mass, Stations of the Cross, communal penance services and private confession. Making restitution for sin as well as disciplining our hearts and minds to focus on God is the purpose of penance. It helps us restore a sense of balance to our souls, thrown off kilter by sin. Penance includes personal sacrifice, self-denial, fasting, almsgiving and charitable works.

Finally, spiritual practices help us sharpen our understanding and insight into the meaning and understanding of our faith. When you take your faith seriously, you do what is necessary to follow Jesus more closely, to integrate your life and your faith more carefully..

(Text ©LPi, our bulletin publisher)

This Lent, go on a pilgrimage of hope through prayer, conversion and penance as we journey to our final destination of renewal and rebirth. This Lenten theme of hope aligns with Jubilee 2025, which Pope Francis established as a year of spiritual significance in the life of the Church:

“We must fan the flame of hope that has been given us and help everyone to gain new strength and certainty by looking to the future with an open spirit, a trusting heart and far-sighted vision. The Jubilee can contribute greatly to restoring a climate of hope and trust as a prelude to the renewal and rebirth that we so urgently desire...”

~2022 letter announcing Jubilee 2025

For Lenten inspiration and resources, go to archseattle.org/lent.



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St. Joseph: Our Spiritual Father

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Our parish has a Formed subscription. Visit formed.org/signup and select our parish. Scan the QR code to download the Formed app to your phone.



Other Events & Announcements

From the Archdiocese

For a complete list of events happening around the Archdiocese of Seattle visit archseattle.org/eventslist

Did you know our Archdiocese was once called the 'Diocese of Nesqually'?

The Archdiocese is celebrating its 175th anniversary this year, marking this anniversary with special Masses and a Season of Service. Learn more at archseattle.org/175

Jubilee 2025 Learn how to participate locally at archseattle.org/Jubilee2025

10-DAY JUBILEE PILGRIMAGE
Jubilee 2025

Explore the
Shrines of France
with Archbishop Paul D. Etienne

SEPTEMBER 21-30, 2025

REGISTRATION CLOSING MARCH 15

In our Parish Family

For Mass times, schedule, and more happenings in our Parish Family, please visit sacredheartlacey.com. Contact the Sacred Heart parish office thru staff@3hearts.org or by calling 360-491-0890.

Dialogue for Justice: Catholic Advocacy to Reduce Poverty

What would it be like to “live on bread alone” (Lk 4:4)? In practical terms, one would grow tired of a diet that was so one-sided. We like variety – meat, dairy, fruits and vegetables provide us with different flavors and textures. Then there is the benefit of the nutrients we find in having a varied diet. Certain vitamins are found in some foods and not others. Our bodies need them all to receive an

overall health benefit. Yet, we know there are millions of hungry people who would love to have a single loaf of bread to eat. They are that desperate! They don't just miss a meal now and then, but day after day they struggle to take in enough food to sustain life. Poverty and hunger in America is not an unknown fact. One in six people in America face hunger. The USDA defines "food insecurity" as the lack of access, at times, to enough food for all household members. In 2023, 35% of single parent households reported food insecurity. This means 14 million children do not receive adequately nourishing food on a consistent basis! Sacred Heart Catholic Church has a faithful and reliable group of parishioners who provide financial and/or food support to our Food Pantry. This is one way to assist families in reducing the stress on their budgets...thus doing something to create a more just society. “The just person...is distinguished by habitual right thinking and the uprightness of conduct toward our neighbor” (CCC 1805).

Peace and all good,
Deacon, Terry Barber, ofs

Lenten Vespers

Monday evenings, **5-5:30pm March 10 - April 14**, in the Church at Sacred Heart Lacey. Join the parish family for Vespers, the praying of Evening Prayer from the Liturgy of the Hours, the official prayer of the Church.

A Journey in Lent with the Psalms of Ascent

Tuesday evenings **March 11-April 15 6:30-8 p.m.** or Wednesday mornings March 12-April 16 10-11:30 a.m. in Sacred Heart's Hallen Hall. Join in a six-week series of weekly presentations and discussions about the “Psalms of Ascent” (Psalms 120-134), facilitated by parishioner Jon Talbot. Free, sign-up through the Sacred Heart parish office.

The Parish Nurse Invites you to a *Communicating Effectively*,

an event to equip caregivers with effective communication strategies for interacting with individuals living with dementia. Thursday, **March 13, 1-2:30 p.m.** at the Virgil Clarkson Lacey Senior Center. Contact KarenEHyde@outlook.com for more information.

Holy Family School, a private independent Catholic school in Lacey, serving PK-8. Visit Holyfamilylacey.org or call 360-491-7060.

Pope John Paul II High School, a Catholic, college-prep high school in Lacey. Visit popejp2hs.org or call 360-438-7600.

Resources

Project Rachel—Hope and Healing After Abortion

English: (206) 920-6413 / Español: (206)-450-7814

projectrachel@ccsww.org. Find hope and healing after abortion at a Rachel's Vineyard Retreat.

LENT 2025

Pilgrims of Hope

March 5 – April 19

Lent Schedule for St. Columban Yelm & St. Peter Tenino

Ash Wednesday | March 5

Mass with Distribution of Ashes

9 a.m. St. Peter

7 p.m. St. Columban

Fridays of Lent | March 7- April 11

5:30 p.m. Confessions, St. Columban (*If priest is available*)

6 p.m. Stations of the Cross, St. Columban & St. Peter

6:30 p.m. Meatless soup suppers, *immediately following Stations at both St. Columban & St. Peter*

Saturdays of Lent | March 8- April 12

3 p.m. Confessions, St. Columban

5 p.m. Anticipatory Mass at St. Columban

Sundays of Lent | March 9 -April 13

7:30-7:45 a.m. Confessions, St. Peter

8 a.m. Mass, St. Peter

10:30 a.m. Mass, St. Columban

Palm Sunday of the Passion of the Lord | April 13

Regular Sunday schedule, Mass at St. Columban begins in the Parish Hall with the Blessing of Palms

Holy Wednesday | April 16

7 p.m. Tenebrae, St. Columban

Holy Thursday | April 17 (No 9 a.m. Mass)

7 p.m. Mass of the Lord's Supper, St. Columban
Followed by Adoration of in the Parish Hall

Good Friday | April 18 (No 9 a.m. Mass)

3 p.m. Stations of the Cross, St. Columban & St. Peter

7 p.m. Celebration of the Passion, St. Columban
No Confessions on Saturday, April 19

Weekday Mass

9 a.m. St. Columban *Tues-Fri, March 6-April 16, except First Fridays*

9 a.m. St. Peter *First Fridays March 7 & April 4*

Soup Supper Sponsors at St. Columban

March 7 Spanish Prayer Group

March 14 Faith Formation & Youth Ministry

March 21 Knights of Columbus

March 28 Daughters of Mary & Altar Society

April 4 Altar Servers

April 11 Society of St. Vincent de Paul

Parish Family Reconciliation Service

Individual confessions with multiple priests available

Thursday, March 27

7 p.m. Sacred Heart Lacey *Please arrive early*

For other liturgy & devotions times, as well as other events and offerings for Lent in our Parish Family, please see sacredheartlacey.com

Lenten Fasting & Abstinence for Catholics

Fasting on Ash Wednesday & Good Friday - Persons ages 18-59

Abstinence from eating meat - Persons ages 14 and older, every Friday of Lent

How do we fast? When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to another full meal.

Who is excused from fasting and abstinence?

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LENT 2025

Pilgrims of Hope

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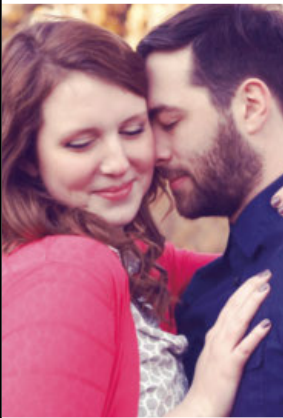
“We must fan the flame of hope that has been given us and help everyone to gain new strength and certainty by looking to the future with an open spirit, a trusting heart and far-sighted vision. The Jubilee can contribute greatly to restoring a climate of hope and trust as a prelude to the renewal and rebirth that we so urgently desire...”

~2022 letter announcing Jubilee 2025

For Lenten inspiration and resources, go to archseattle.org/lent.



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Camarie Fox

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