

# St. Peter Parish Lenten Program 2024

Lent calls us to repent of sin, which obscures our understanding of God's divine will for us. Embracing the penitential season of Lent awakens the glorious destiny that is ours and empowers us to hasten towards it. This is the preeminent theme presented to us in the Scriptural readings that we will experience over the next forty days. Far from being a merely external act, the Church has retained the use of ashes to symbolize that attitude of internal penitence to which we are called during the season of Lent. Throughout these forty days, we journey with those who are to be initiated into the Catholic Church through the RCIA program.

Lent is not so much about what we do for God. Rather, it is about what God wishes to do for us: that is re-creating us in his life and love. Our sacrifices, our Lenten practices are important because they help us to focus on God. Our acts of self-denial create an opening for God's creative work in us. It is this new life - our life recreated in and by the risen Christ - that we will celebrate at Easter. Enter then, into these forty days with joy.

We gather with our community to pray, to be nourished by the sacraments. We fast so our bodies and spirits may understand this is a sacred time. We give alms so we can recognize our solidarity with all of God's children. God promises life from death. Our vocation is to believe in his call. Lent is a time when we enter into the wilderness, when we journey into the desert with Jesus Christ, but journey where we experience Christ on the cross. We are encouraged to set aside time for PRAYER, FASTING, and ALMSGIVING. This Lenten Program offers helpful suggestions to assist you along your journey to spiritual growth and commitment to Christ's mission.



## LITURGICAL CALENDAR AT A GLANCE

**February 14**

Ash Wednesday

**February 16, 23**

**March 1, 8, 15, 22**

Fridays in Lent

**March 24**

Palm Sunday

**March 28**

Holy Thursday

**March 29**

Good Friday

**March 30**

Holy Saturday

**March 31**

Easter Sunday



**St. Peter Parish**  
*Church • School • Family*



# LITURGICAL CALENDAR

## ASH WEDNESDAY THROUGH EASTER SUNDAY

### **Ash Wednesday – Wednesday, February 14**

Mass at 6:30AM, 8:30AM, and 7:00PM

Liturgy of the Word (with distribution of ashes) at 12 Noon

### **Fridays in Lent – February 16, 23, March 1, 8, 15, 22**

School Stations of the Cross at 1:45PM (excluding February 16)

Stations of the Cross in Church at 9:00AM & 5:30PM

Knights of Columbus Fish Fry in school cafeteria

Dine-in 5:30-7:00PM; Drive-thru 5:00-7:00PM

### **Family Praise and Worship – Saturday, February 17**

6:30 PM in St. Peter Catholic Church

Led by Eric Cedor – Music, a short teaching, adoration and worship, confessions and prayer teams

– Families Welcome!

### **CYO Highschool Adoration and Social – February 20, 27, March 5, 12**

6:00-7:00 PM in St. Peter Catholic Church

7:00-8:00 PM in Youth House

### **St. Peter Presents with Chris Carstens – Thursday, February 22**

6:30 PM in St. Peter Catholic Church; Reception to follow in St. Mary's Hall

### **ROCK/Jr CYO Nights – Friday, February 23 and Saturday, March 23**

5:00-7:00 PM in St. Mary's Hall

### **Parish Anointing of the Sick – Saturday, March 2**

Parish-Wide Anointing during the 4:00PM Mass

### **St. Monica Mass – Wednesday, March 6**

Confessions 5:00-6:00 PM

Mass 6:00 PM

### **Lenten Supper and Substance – Friday, March 8**

Married couples attend Stations of the Cross followed by a meal by the Knights of Columbus in St. Mary's Hall; speakers Allison and Burt Daigle

### **Food Drive – March 9-10, 2024 March 16-17, 2024**

To benefit the Little Light Food Pantry; bags distributed after all Masses on March 9-10 and bring them back weekend of March 16-17

### **St. Joseph Altar – Sunday, March 17, 2024**

Viewing in St. Mary's Hall after all morning Masses

### **Parish Lenten Mission by Fr. Bryan Howard – Monday-Wednesday, March 18-20, 2024**

Monday and Tuesday, Confessions 6:30-8:30PM, Presentation 6:30PM in St. Peter Catholic Church  
Wednesday, Confessions 5:00-6:30 PM, Mass 6:30PM (with presentation as homily)  
Reception to follow Mass on Wednesday in St. Mary's Hall

### **Palm Sunday – March 24, 2024**

### **Candlelight Stations of the Cross (led by St. Peter CYO) – Tuesday, March 26, 2024**

Parish Field adjacent to the Rectory at 7:00PM, weather permitting

### **Deanery Reconciliation Service – Wednesday, March 27, 2024**

Most Holy Trinity Catholic Church starting at 7:00PM

#### **Holy Thursday – March 28, 2024**

No 6:30AM and 8:30AM Masses  
Morning Prayer at 8:30AM  
Mass of the Lord's Supper at 7:00PM with  
silent Adoration after Mass until 10:00PM  
*\*Adoration Chapel will be CLOSED following  
Morning Prayer on Holy Thursday until after the  
Easter Vigil\**

#### **Good Friday – March 29, 2024**

No Masses  
Morning Prayer at 8:30AM  
Stations of the Cross (led by the Knights of  
Columbus) in the Parish Field adjacent to the  
Rectory at 12 Noon, weather permitting  
Passion of Our Lord in Church at 3:00PM

#### **Holy Saturday – March 30, 2024**

No Morning Mass  
Morning Prayer at 8:30AM  
Easter Vigil Mass at 8:00PM

#### **Easter Sunday – March 31, 2024**

Mass at 8:00AM (in Church only), 9:30AM (in  
both Church and St. Mary's Hall) and  
11:30AM (in Church only)  
*\*NO 5:00PM Mass on Easter Sunday\**

### **ABSTINENCE FROM MEAT**

Observed by all Catholics 14 years of age and older on Ash Wednesday, all the Fridays of Lent and Good Friday.

### **FASTING**

Observed on Ash Wednesday and Good Friday by all Catholics who are between 18 and 59 years old. Fasting means eating only one full meal per day. Two smaller meals are permitted if necessary to maintain strength according to one's needs, but there should be no snacking in between. You should know by the end of the day that you have drastically reduced your normal eating habits. The obligation to observe penitential days of the church is serious. The faithful are encouraged to do more rather than less, since fasting and abstinence on these days is a minimal response to the Lord's call to penitence and conversion of life. The United States Council of Catholic Bishops have asked us to truly enter into the spiritual purpose of the self-discipline that we take upon us during Lent. We have been asked to make the Fridays of Lent a time of self-denial, almsgiving to the poor, and prayers for peace.



**The Paschal Fast – The 2<sup>nd</sup> Vatican Council observed: “Let the Paschal Fast be kept sacred. Let it be celebrated everywhere on Good Friday, and prolonged throughout Holy Saturday so that the joys of the Sunday Resurrection may be attended with uplifted and clear mind.”**

## **SACRAMENT OF RECONCILIATION OPPORTUNITIES**

Our regular times offered for Reconciliation will continue throughout Lent with the exception of Holy Thursday, Good Friday, Holy Saturday and Easter Sunday.

The regular times offered for Reconciliation are: Sundays 4:00-4:50PM, Monday-Saturday 8:00-8:20AM, Saturdays from 3-3:50PM, and 1st Saturdays from 7:45-8:30AM

Additional evenings for the Sacrament of Reconciliation and the schedule for Holy Thursday, Good Friday and Holy Saturday are as listed below.

Wednesday, March 6	5:00-6:00PM
Wednesday, March 13	5:00-6:30PM
Monday, March 18 (Lenten Mission)	6:30-8:30PM
Tuesday, March 19 (Lenten Mission)	6:30-8:30PM
Wednesday, March 20 (Lenten Mission)	5:00-6:30PM

### **Holy Thursday – March 28**

No regular 8:00-8:20AM confessions offered  
Confessions following 7:00PM Mass until 9:30PM

### **Good Friday – March 29**

No regular 8:00-8:20AM confessions offered  
Confessions following Passion of Our Lord until 6:00PM

### **Holy Saturday – March 30**

No regular 8:00-8:20AM confessions offered  
Confessions will be offered from 3:00-4:00PM

### **Easter Sunday – March 31**

No regular 4:00PM confessions offered

## OPPORTUNITIES FOR PRAYER

**Prayer** - Prayer places us, our needs and our concerns in God's care. Not only does it put us in God's presence, prayer has the power to transform our relationships with all the needs, people and situations for which we pray.

**Daily Eucharist** - The Eucharist is available daily at St. Peter Catholic Church Monday through Saturday 8:30AM and Tuesday through Friday 6:30AM

**Eucharistic Adoration** - Perpetual adoration chapel is available 24/7 for our parishioners to spend time with Jesus in the Blessed Sacrament. If you are interested in volunteering for a regular hour of adoration, call the parish office for more information.

**RCIA Prayer Partner** - Please continue to pray for all of those individuals at St. Peter Catholic Church and throughout the world who are preparing to enter into full communion in the Church at the Easter Vigil.

**Family Praise and Worship** - February 17, 2024 at 6:30 PM

**St. Peter Presents** - Fr. Chris Carstens "How to Pray the Mass Better" February 22, 2024 6:30PM in St. Peter Catholic Church

**Parish Anointing of the Sick** - March 2, 2024 at 4:00PM during the Vigil Mass

**Lenten Parish Mission** - Fr. Bryan Howard presents our Parish Lenten Mission titled *The Mystery of the Body of Christ: The Gift of God Himself* March 18-20, 2024 beginning at 6:30PM each evening.

**Sacrament of Reconciliation** - Daily Monday-Saturday 8:00AM-8:20AM. Saturday 3:00-3:50PM, Sunday 4:00-4:50PM. Additional evenings Wednesday, March 6 5:00-6:00 PM, Wednesday, March 13 5:00-6:30 PM, Monday, March 18 6:30-8:30 PM, Tuesday, March 19 6:30-8:30 PM, Wednesday, March 20 5:00-6:30 PM

**Stations of the Cross** - Every Friday at 9:00AM and 5:30PM. You are also welcome to join our parish school community for the Stations of the Cross on Friday afternoons at 1:45PM.

**Holy Triduum Morning Prayer** - 8:30AM on Holy Thursday, Good Friday, Holy Saturday. Morning Prayer or Lauds is celebrated throughout the world as a formal prayer of giving thanks to God through Scripture, Psalms, Canticles and hymns and silent reflection.

## OPPORTUNITIES FOR ALMSGIVING AND WORKS OF CHARITY

**Poor Box** - deposit a monetary gift in the poor box which gives witness of a desired change in your life which will affect others (The Body of Christ) in a positive way. Your donations to the poor box are greatly needed. Poor box donations benefit St. Peter Charities.

**Second Collections during Lent** - Please contribute to the collections for St. Peter Charities on February 14; the Catholic Charities of the Archdiocese of New Orleans on February 24-25; St. Peter Parish Building & Maintenance Fund on March 2-3; Archdiocesan Seminarian Education Fund on March 16-7; Holy Land on Good Friday March 29.

**Heifer International** - With approval of Fr. Bru, in lieu of the Catholic Relief Service Rice Bowls, this year we invite you to donate to Heifer International. Heifer International is a non-profit working to end hunger and poverty in a sustainable way by supporting and investing alongside local farmers and their communities. Pick up a flyer in the back of church or visit the Lenten page of the parish website for more details.

**Food Drive** - Benefiting the Little Light Food Pantry, bags will be distributed the weekend of March 9 & 10. Please return your donations March 16 & 17.

**St. Joseph Altar** - Located in St. Mary's Hall, Sunday March 17.

**St. Peter Charities** - Little Light Food Pantry, Open Thursdays 1:00-4:00PM in the Ministry Center

## IDEAS FOR FASTING DURING LENT

### The Usual

Give up candy and sweets / Give up television time / Give up eating snacks between meals / Give up or limit coffee or soda / Give up or limit video games / Spend more time with family / Give to the poor / Do an extra chore each day / Perform a random act of kindness / Spend more time in prayer

### Prayer

Pray a particular book of the bible using Lectio Divina / Attend Mass on a weekday / Pray the rosary every day with your family / Pray the liturgy of the hours / Attend adoration weekly / Commit to examining your conscience every evening / Pray the "Jesus" prayer every day / Pray the Angelus at noon

### For those addicted to Popular Culture

Switch from regular radio to 690AM / Avoid shows with sex and violence / Give up or limit television / Drive to work in silence each day / Read a work of classic literature / Read a story to a child



### **For Internet Users / Bloggers**

Set time limits of overall usage time / Limit social media time / Share a spiritual link/video via social media every week / Blog about the poor once a week / Add a spiritual blog to your frequently viewed sites / Subscribe to a prayer podcast like Catholic Underground / Leave an encouraging or positive comment on social media each day

### **For those who need to be more Grateful**

Each week write a letter of thanks to clergy beginning with your bishop or parish priest / Write a thank you note to your parents / Get a stack of sticky notes and write one sentence of thanks each day, and stick it on the door of a family member for the entire season of Lent / Find the psalms of praise in the bible and pray them

### **For those with Lives out of Balance**

Go for a walk each day with a loved one and talk about life and faith / Take the kids to the park for some carefree time / Fast from lunch a couple of times per week; give the money to charity / Exercise each day / Spend at least half an hour each day in meaningful conversation with your spouse / Participate in a prayer group / Go on a Lenten retreat / Give up your most unhealthy habit

### **For those who need Spiritual Nourishment**

Read the documents of Vatican II, especially *Gaudium et Spes* / Read the Catechism of the Catholic Church / Attend some of the many opportunities for prayer in and around your parish / Participate in the Stations of the Cross / Find a spiritual director / Read *The Imitation of Christ* / Listen to some of Archbishop Sheens conferences on YouTube / Read the Introduction to the Devout Life / Read a spiritual autobiography (i.e. St. Augustine's Confessions, St. Therese's Story of a Soul, Pope St. John XXIII's *Journal of a Soul*, the biography of Pope St. John Paul II a *Witness to Hope*

### **For those who need to increase their Service to the Needy**

Volunteer at the Food Bank / Contribute to the Food Bank / Offer to visit the sick or bring them some food / Volunteer at Catholic Charities in Covington / Make visits to the residents at a nursing home / Become a hospital volunteer / Become part of St. Peter Charities food pantry outreach / Make rosaries, and give them away

### **For those who need to be more active in St. Peter Parish**

Volunteer in our parish school / Join a ministry / Become a lector / Become an usher / Become an extraordinary minister / Become an altar server / After Mass, stay a while and introduce yourself to someone you don't know / Assist with our parish PSR program / Join the choir

### **Lagniappe**

Receive the sacrament of reconciliation weekly / Give up foul language / Give up gossiping / Study the lives of the saints / Begin to pray the Chaplet of Divine Mercy / Carry extra food in your car to give it to street corner beggars / Give your spouse a break, cook dinner for them once or twice a week

## *Lenten Recipe - Crawfish Boulettes*

In Louisiana, one of the most economical and tastiest dishes that you can serve to your family is a platter of fish boulettes. Actually, folks elsewhere in the country would call them fish cakes or patties. But, in Cajun country, we roll them into balls which is what boulette means in French. In this recipe we substitute crawfish in the place of fish for a delightful twist on a time-honored recipe.

### INGREDIENTS:

- 2 pounds chopped crawfish tails
- ¼ cup chopped green onions (fine chop)
- 2 cups white potatoes
- ¼ cup chopped parsley
- ¼ cup minced celery
- ¼ cup diced red bell pepper (fine chop)
- ¾ cup minced yellow onions
- 2 generous tablespoons diced garlic
- 2 eggs (beaten)
- 2 or 3 dashes Louisiana hot sauce
- 1 cup all-purpose flour
- 1 teaspoon Creole seasoning
- vegetable oil for sautéing

### PREP TIME:

1 Hour

### MAKES:

8 – 10 Boulettes



Place cubed potatoes in lightly salted water and poach until fork-tender. Drain and cool. In a large mixing bowl, combine all ingredients other than flour and oil. Using your hands or a large mixing spoon, blend until all ingredients are incorporated. Since the crawfish are cooked, you should taste the mixture and adjust seasonings if necessary. Preheat oil in a ten-inch skillet over medium-high heat. Sprinkle in approximately half of the flour or more as needed to hold the mixture together. Form the mixture into meatball-style boulettes. Dust the boulettes with remaining flour and sauté until golden brown on each side. Boulettes may be eaten as an appetizer, as a sandwich or cooked in a crawfish stew.