

*Palm Sunday*

*Holy Week*

*Easter Sunday*

**Saturday/Sunday, March 27/28**

**Palm Sunday Masses**

**Saturday, 5:30 pm,**

**Sunday 9:30 am, 12 Noon, 5:30 pm**

**Monday of Holy Week, March 29**

**12 Noon, Weekday Mass**

**Tuesday of Holy Week, March 30**

**12 Noon, Weekday Mass**

**7 pm, Chrism Mass**

**Wednesday of Holy Week, March 31**

**12 Noon, Weekday Mass**

**Holy Thursday, April 1**

**12 Noon, Midday Prayer**

**7 pm, Mass of the Lord's Supper**

**Good Friday, April 2**

**12 Noon, Stations of the Cross**

**7 pm, Passion of Our Lord**

**Holy Saturday, April 3**

**8:30 pm, Easter Vigil**

**Easter Sunday, April 4**

**9:30 am and 12 Noon Masses**

www.cathedraloftheassumption.org  
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## *What are you doing to make Lent more meaningful this year?*

### **Suggestions:**

- ◆ Begin each morning with the prayer: "Lord, I offer you this day, and all that I think, and do, and say."
- ◆ Attend Daily Mass as often as possible.
- ◆ Pray the Sorrowful Mysteries of the Rosary.
- ◆ Make the Stations of the Cross at home or in a parish celebration.
- ◆ Read Scripture for 10 minutes every day.
- ◆ Pray the Seven Penitential Psalms (Psalm 6, 32, 38, 51, 102, 130, and 143).
- ◆ Spend some time in quiet prayer before the Blessed Sacrament.
- ◆ Abstain from meat for an extra day or two each week.
- ◆ Listen to spiritual music or a spiritual speaker.
- ◆ Keep a Lenten journal with your spiritual thoughts, special intentions, people you want to pray for, hurts and disappointments that you want to offer up, and progress reports on your Lenten resolutions.

### **Additional tips:**

- Slow Down—Set aside 10 minutes a day for silent prayer or meditation. It will revitalize your body and your spirit.
- Read a good book—You could choose the life of a saint, a spiritual how-to, an inspiration book or one of the Holy Father's new books.
- Be kind—Go out of your way to do something nice for someone else every day.
- Get involved—Attend a Lenten lecture or spiritual program.
- Volunteer at your parish—it will give you a chance to help others.
- Reach out—Invite an inactive Catholic to come with you to Mass.
- Pray—Especially for people you don't like and for people who don't like you.
- Tune out—Turn off the television and spend quality time talking with family members or friends.
- Clean out closets—Donate gently used items to the St. Vincent de Paul Society.
- Donate—consider supporting *Feed My Neighbor*, *House of Ruth*, *Operation Rice Bowl*, or *Sister Parish in Haiti*.

### **Lenten Links:**

<https://www.crsricebowl.org/>

<https://stpaulcenter.com/>

<https://bible.usccb.org/daily-bible-reading>

<https://ascensionpress.com/>

<https://www.sacredspace.ie/>

<https://onlineministries.creighton.edu/CollaborativeMinistry/daily.html>

## *Ash Wednesday Through Easter Sunday 2021*



### **THE THREE PILLARS OF LENT**

*Cathedral of the Assumption  
Louisville, Kentucky*



### Prayer

In addition to our regular weekday and weekend Masses, this Lent there are several other opportunities for prayer and spiritual enrichment.

### Masses

Weekday, Monday-Friday, 12 Noon  
Weekend, Saturday, 5:30 pm, Sunday, 9:30 am, 12 Noon, 5:30 pm

### Confessions

Wednesday, 11:00-11:45 am  
Saturday, 4-5 pm (except Holy Saturday)

### Stations of the Cross

Each Friday of Lent following Noon Mass

Please note different schedule during Holy Week & Easter.

We invite you to join in prayer daily at 7 pm, wherever you are, for relief from Covid 19. You may wish to use the prayer below.

### Prayer to Combat the Coronavirus Pandemic

Most Merciful and Triune God, we come to You in our weakness. We come to You in our fear. We come to You with trust. For You alone are our hope.

We place before You the disease present in our world. We turn to You in our time of need. Bring wisdom to doctors. Give understanding to scientists. Endow caregivers with compassion and generosity. Bring healing to those who are ill. Protect those who are most at risk. Give comfort to those who have lost a loved one. Welcome those who have died into Your Eternal Home.

Stabilize our communities. Unite us in compassion. Remove all fear from our hearts. Fill us with confidence in Your care.

Jesus, I trust in you.

Amen



### Fasting

On Ash Wednesday and every Friday during Lent, Catholics age 14 and over (and in good health) are asked to abstain from eating meat. On Ash Wednesday and Good Friday, those over the age of 18 and younger than 60 (and in good health) are asked to observe fasting by eating only one full meal, two lesser meals, and nothing between meals.

In his encyclical *Laudato si'*, Pope Francis challenges all peoples to protect our environment from climate change and other destructions caused by humanity. "Everything a baptized person does each day should be directly or indirectly related to the corporal and spiritual works of mercy." Simple things such as fasting from meat once a week have great implications for the environment, and many environmentalist groups advocate for meatless Mondays (this includes fish).



### Almsgiving

**Feed My Neighbor** - We serve a nourishing lunch daily to those in need in our community in the Cathedral's Sandefur Dining Room. Consider volunteering or donating funds to Feed My Neighbor.

**Sister Parish in Haiti** - The Cathedral is committed to providing a healthy lunch to the students of St. Therese Montessori, a school of Cathedral St. Louis Parish in Jérémie, Haiti. This lunch may be the only meal those children have each day.

**Operation Rice Bowl** - We are all invited to participate in Catholic Relief Service's Operation Rice Bowl this Lent. Money donated helps the poorest of the poor here at home and throughout the world.

In the pamphlet rack, there are envelopes for the Poor and for Haiti as well as any Rice Bowls remaining after parish distribution on February 14.

# February

### Wednesday, February 17

Confession, 11-11:45 am  
Ash Wednesday Masses  
12 noon, 5:30 pm  
Cathedral

### Wednesday, February 24

First of 5 Wednesday Scripture Studies of the Gospel of Matthew, 7-8:30 pm  
Call the parish office to register.  
Zoom

# March

### Sunday, March 7

9:30 am, Mass  
First Scrutiny for RCIA Candidates and Catechumens  
Cathedral

### Saturday, March 13

7 am, Mass, Helpers of God's Precious Infants  
Cathedral

### Sunday, March 14

9:30 am Mass  
Second Scrutiny for RCIA Candidates and Catechumens  
Cathedral

### Friday, March 19

Feast of St. Joseph  
12 Noon Mass and Dedication of Statue of St. Joseph  
Prayers to St. Joseph until 7 pm  
Cathedral

### Sunday, March 21

9:30 am, Mass  
Third Scrutiny for RCIA Candidates and Catechumens  
Cathedral

### Wednesday, March 24

7 pm Tenebrae Service  
Cathedral

### Thursday, March 25

Feast of the Annunciation of the Lord  
12 Noon Mass  
Cathedral

### Friday, March 26

6 pm Soup Supper, No charge, RSVP by calling office  
Undercroft

7:30 pm, Lenten Service  
Dupré/Claudel Stations of the Cross  
Dr. Philip Brisson, Organist  
Dr. William P. Bradford II, Reader  
Cathedral