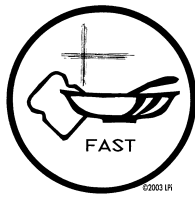


# St. Helena & St. Patrick Lenten Calendar of Events



"Come to me"



"I am the bread of life"



## Lenten Regulations

The penitential days for the Universal Church are each Friday of the entire year and the season of Lent. Ash Wednesday marks the beginning of Lent. This season is an opportunity to prepare our hearts and minds for the highest feast of the year, Easter, the Resurrection of our Lord and Savior, Jesus Christ. The Universal Church and the Diocese of Fargo provide the following regulations:

### Abstinence

Catholics 14 years of age and older must abstain from eating meat on Ash Wednesday, Good Friday and all the Fridays of Lent.

### Fasting

Catholics between the ages of 18-59 are required to fast on Ash Wednesday and Good Friday. Fasting means the eating of only one full meal a day, with two smaller meals permitted. The two smaller meals combined are not to be greater than the full meal.

### Sacrament of Reconciliation

All the faithful who have reached the age of reason are bound faithfully to confess their grave sins at least once per year. Anyone who is aware of having committed a mortal sin must not receive Holy Communion without previously having been to sacramental confession.

### Holy Communion

Catholics who have received First Holy Communion are obliged to make a worthy reception of Holy Communion at least once a year during the Easter Season.

## Eucharistic Miracles Display

Deepen your faith in the Eucharist:

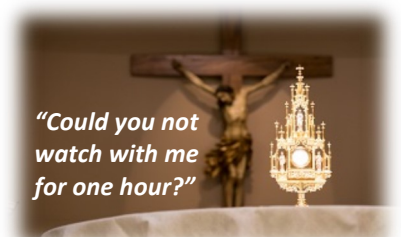
The display includes over 100 posters documenting miracles from around the world. The display is open to the public. All are welcome. Visitors have the opportunity to purchase books and to make a free-will donation to support the event.

Parish Education Center  
Friday, Feb 23, 3:30pm-8:00pm  
Saturday, Feb 24, 8:30am-8:00pm  
Sunday, Feb 25, 9:00am-2:00pm

## Eucharistic Adoration

Tuesday Evenings  
7:00pm-8:00pm  
February 20, 27,  
March 6, 13, 20

Spend an hour with Jesus. Pray and spend some much needed quiet time with the Eucharistic presence of our Savior.



"Could you not watch with me for one hour?"

## Stations of the Cross

### St. Helena

Stations of the Cross  
Wednesdays at 6:15 pm

### St. Patrick

Stations of the Cross  
Fridays at 5:30 pm



## A Lent to Remember

A Lenten Encounter with Mercy



Using the highly-acclaimed Augustine Institute programs Symbolon and Forgiven: The Transforming Power of Confession, A Lent to Remember...

Suggested Videos:

**Week one: Where Are You?**  
**Week two: An Encounter With Mercy**  
**Week three: Embraced in Mercy: The Rite Explained**  
**Week four: The Paschal Mystery**  
**Bonus: For Children: How to make a Good Confession**

**NOT ON FORMED YET?**

IT'S EASY AND FREE TO REGISTER!

- 1 Go to [helenapattick.formed.org](http://helenapattick.formed.org) and click "Register"
- 2 Enter your name, email, and desired password
- 3 Go to Study, then A Lent to Remember
- 4 Use the Leader Guide for discussion

**Don't have access to the internet or wish to watch with others?**

Join us Wednesday evenings after the Stations of the Cross. February 21, 28, March 7, and 14.

## FROM OUR PASTOR

### Is Lent necessary every year?

“The purpose of Lent” writes Pope Benedict XVI, “is to keep alive in our consciences and our life the fact that *being* a Christian can only take the form of *becoming* a Christian ever anew. Christians need the power to stand fast against the natural tendency to let themselves be carried along.” Lent permits us to become God’s children most fully as we “struggle against the tendency simply to vegetate.” We need Lent, Benedict says, because, “Our world is so full of what immediately impinges on our senses that we are in danger of seeing only details and losing sight of the whole. It takes effort to see beyond what is right in front of us and to free ourselves from the tyranny of what directly presses upon us.” These words are even more relevant today. **The big picture is our salvation!** Lent offers us the chance to refocus our gaze on the events that matter most for us.

My prayer this Lent is that all of us will grow closer to Christ in the Eucharist and deepen our faith and understanding of this great sacrament. This is a life-long task. Our parish is offering several items to assist you: The Eucharistic Miracles display, bulletin blurbs explaining various parts of the Mass and short articles on the Eucharist. Also, **Eucharistic adoration** will be available Tuesdays at 7pm. This prayer time will last one hour; however, you are welcome to come for any amount of time—Jesus is waiting for you to come before him. Please take advantage of this holy season to awaken your faith in Jesus Christ. Fr. Asselin

### Fish Fry

Friday, March 23  
5:30pm-7:00pm



Join us for our annual Lenten Fish Fry. All you can eat: fish, baked potato, dinner roll, cole-slaw, desserts and beverage. Free-will offering. All proceeds will be used for our Vacation Bible School program.

All are welcome!

### Simple Suppers

Wednesdays at 5:00pm

February 21, 28 March 7, 14, 21, 28

Simple suppers are offered at St. Helena’s on Wednesday evenings. All are invited to share a simple meal. Sign-up sheets for the meal are located in the church entryway.

A free-will donation will be used to support Pregnancy Help Center in Park River, ND

All Are Welcome!

### Daily Mass Schedule

St. Helena, Ellendale

8:00 am Tuesday-Saturday

St. Patrick, Fullerton

9:00 am, Thursday

During the season of Lent will you make time to attend daily Mass—even once per week?



### CRS Rice Bowl

CRS Rice Bowl is Catholic Relief Services’ Lenten program which offers us opportunities for prayer, fasting and almsgiving. And, it’s an opportunity for us as a parish to come together as a community and reflect on what it means to live out our Gospel call to go out and encounter those most in need.

### Holy Week Schedule

#### Palm Sunday, March 25

5:00pm Mass (Sat. March. 24th, Prince of Peace)

8:30am Mass St. Patrick, Fullerton

10:30am Mass St. Helena, Ellendale

#### Chrism Mass, Tuesday, March 27

11:00am Mass at St. Mary’s Cathedral, Fargo  
(No Mass at St. Helena’s)

*Bishop Folda will bless the Sacred Oils that will be used throughout the diocese. The priests of the diocese renew their priestly promises at this Mass. All are invited to attend.*

#### Wednesday, March 28

8:00am Mass, St. Helena’s

#### *The Paschal Triduum*

#### Holy Thursday, March 29

Mass of the Lord’s Supper

7:00pm St. Helena

Eucharistic Adoration following Mass

#### Good Friday, March 30

Passion of the Lord, 3:00pm St. Helena

#### Holy Saturday, March 31

Easter Vigil Mass, 8:30pm St. Helena

(no other Masses today)

*This Mass fulfills the Sunday obligation*

#### Easter Sunday, April 1

Mass of the Resurrection of the Lord

8:30am St. Helena, Ellendale

10:30am St. Patrick, Fullerton



### Rosary for Vocations

Fridays of Lent following 8am Mass

Our Mother Mary is “Queen of families.” She desires to bless us with vocations to the priesthood and the religious life. Let’s implore Mary’s intercession for all young people to know God’s calling in their lives. Fr. Asselin will lead the Rosary immediately after Mass on Friday mornings.

### Confession Schedule

Before Daily Mass

7:30am-7:50am Tue-Sat

Saturday

3:30pm-4:30pm

Sunday

Before Mass St. Helena 8:00—8:20 am  
**Hours of Confession During Holy Week**

*At St. Helena’s, Ellendale*

Monday, March 26, 7:30pm-8:30pm

Wednesday, March 28, 11am-12pm & 7:30-8:30pm

Thursday, March 29, 10:00am-Noon

#### Area Penance Services

Sunday, March 4, 3:00pm—Ashley

Tuesday, March 13, 7:00pm—LaMoure

Sunday, March 18, 2:00pm—Edgeley

Sunday, March 18, 3:00pm—Jamestown

**Wednesday, March 21, 6:30pm—Ellendale**