

Lent Events and Opportunities

For healing and support...



Healing **Wednesdays:** at 7pm

March 4 –

*healing for those who grieve,
who have lost a loved one*

March 11 –

healing of memories

March 18 –

healing for physical illness



March 25 –

Parish Reconciliation Service

*Come conclude the Healing series with
the Sacrament of Reconciliation*

Stations of the Cross **Fridays:**

12:00 noon in the church,
followed by the Rosary

CRS **Rice Bowl** giving opportunity

www.crsricebowl.org (get the app!)

Friday walks for Restorative Justice

Feb 27 6:30PM, Thy Word Ministries, 8915
International Blvd, Oakland

Mar 6 @ 6:30PM, Allen Temple, 8501 Interna-
tional Blvd, Oakland

Mar 13 @ 6PM, Bethany Baptist, 5400 Ade-
line, North Oakland

Mar 20 @ 6:30PM, Cosmopolitan Baptist, 988
-85th Ave, Oakland



Soup & a Movie **Mondays:** at 5:30pm

February 23 –

“Shoes of the Fisherman”

March 2 –

“A Man for All Seasons”

March 9 –

“The Lion, the Witch and the Wardrobe”

March 16 –

“The Mission”

Monday, **March 30** at 6pm

Passover Seder

Families encouraged to attend



St Columba

Catholic Church

6401 San Pablo Ave

Oakland, CA 94608

510-654-7600

stcolumba1989@gmail.com

www.stcolumba_oak.com

Fr Aidan McAleenan, pastor

Fr Kwame Assenyoh, SVD (in residence)

Weekend Mass Schedule

Saturday 4:00 PM

Sunday 8:00 AM

Sunday 10:30 AM

Weekday Mass Schedule

Monday — Friday 8:00 AM

(Mother Lydia Side Chapel)

Church will be open Mondays—Thursdays

during Lent from 9AM—4PM

Lent 2015

God's Promise of disruption



DWENNIMMEN

"ram's horns"

symbol of humility together with strength

The *Adinkra* symbol from west Africa takes its signifi-
cance from the ram that will fight fiercely against an
adversary, but it also submits humbly to slaughter,
emphasizing that even the strong need to be humble.

St Columba Catholic Church

Your way, O Lord, make known to me; teach me your path. Guide me in your truth and teach me, for you are my Savior. —Psalm 25

“The annual observance of Lent is the special season for the ascent to the holy mountain of Easter. Through its twofold theme of baptism and repentance, the season of Lent disposes both the catechumens and the faithful to celebrate the paschal mystery. Catechumens are led to the sacraments of initiation by means of the rite of election, the scrutinies, and catechesis. The faithful, listening more intently to the work of God and devoting themselves to prayer, are prepared through a spirit of repentance to renew their baptismal promises.”

(Ceremonial of Bishops, 249)

LENT

Some of the Lenten Guidelines

- Lent runs from Ash Wednesday until the Mass of the Lord’s Supper exclusive on Holy Thursday.
- Ash Wednesday and the days of Holy Week take precedence over all Solemnities and Feasts.
- All Memorials of saints occurring during Lent are observed as optional.
- Alleluia is not sung or said from the beginning of Lent until Easter Vigil.
- The holy water fonts are not to be emptied until Holy Week. (Sand and rocks should not be used.)

The nature of the season is both penitential and baptismal.

- During Lent the altar should not be decorated with flowers, and musical instruments may be played only to give necessary support to those singing.
- The color of Lent is purple and décor of church should be simple and minimal.

Practices of Lent

Traditionally the Church calls the faithful to a more intentional time of **prayer, fasting** and **almsgiving**.

Spend more time in prayer— use the *Sacred Space* reflection booklet; reading the daily readings.

Fasting includes no meat on Fridays and only one full meal on Ash Wednesday and Good Friday. But fasting also includes refraining from those things which distract from your relationship with the Lord, such as gossiping or gaming.

Almsgiving is not only about giving money but also giving time, engaging in actions of solidarity with the poor. Check out the Rice Bowl giving this year. Around for 40 years, they share stories of people given a new opportunity through the funds from the Rice Bowl collection. Pick up a Rice Bowl packet. Check out more info at www.csricebowl.org.

Colors of Lent

On the Fourth Sunday of Lent the color is rose (“dusty rose”) and on Palm Sunday the color is red.

During the Triduum, the purple is put away for the white of Holy Thursday, the red of Good Friday and the white and gold of the Easter Vigil and Easter Sunday.



Triduum Schedule

Holy Thursday 4/2 *Mass of the Lord’s Supper* 7PM (including washing of feet, exposition of Blessed Sacrament)

Good Friday 4/3 *Celebration of the Lord’s Passion* 12 NOON (including veneration of the cross); Stations of the Cross 2PM

Holy Saturday 4/4 *Great Vigil of the Lord’s Resurrection* 8PM (including Service of Light, Baptism-Confirmation-Eucharist)

Easter Sunday 4/5 Liturgies at 8AM & 10:30AM



Readings for the Sundays of Lent

First Sunday of Lent: Genesis 9.8-15; 1 Peter 3.18-22; Mark 1.12-15

Second Sunday of Lent: Genesis 22.1-2, 9-13, 15-18; Romans 8.31-34; Mark 9.2-10

Third Sunday of Lent: Exodus 20.1-17; 1 Corinthians 1.22-25; John 2.13-25

Fourth Sunday of Lent: 2 Chronicles 36.14-16, 19-23; Ephesians 2.4-10; John 3.14-21

Fifth Sunday of Lent: Jeremiah 31.31-34; Hebrews 5.7-9; John 12.20-33

Sixth Sunday of Lent (Palm Sunday): Mark 11.1-10; Isaiah 50.4-7; Philipians 2.6-11; Mark 14.1—15.47

Readings for Triduum

Holy Thursday: Exodus 12.1-8, 11-14; 1 Corinthians 11.23-26; John 13.1-15

Good Friday: Isaiah 52.13—53.12; Hebrews 4.14-16, 5.7-9; John 18.1—19.42

Easter Vigil: Genesis 1.1—2.2; Genesis 22.1-18; Exodus 14.15—15.1; Isaiah 54.5-14; Isaiah 55.1-11; Baruch 3.9-15, 32—4.4; Ezekiel 36.16-28; Romans 6.3-11; Mark 16.1-7

Easter Sunday: Acts 10.34, 37-43; 1 Corinthians 5.6-8; John 20.1-9

Visit www.usccb.org/bible/readings for today’s readings.