



CCB Parent Connector

The Catholic Community of Billerica

St. Andrew, St. Mary, & St. Theresa



March 2017

www.billericacatholic.org

Dear Parents,

Well, we are almost a week into Lent. How's it going? Whether or not you were able to receive ashes, or if you made a plan for what you wanted to do this Lent... it is not too late to begin now. As parents of young children, life is busy. But that doesn't mean you can't make time for prayer and work on your relationship with Jesus. It means that you need Jesus even more! Here are 10 suggestions for making this a fruitful Lent:

1. *Take time each day, even if for only five (5) minutes, to sit quietly and be present to God.*
2. *Assess your present spiritual state. Ask yourself: What habits do I engage in that are harmful to my spiritual health? What material things am I too attached to? Are there areas in my life that are unbalanced? To what do I devote/spend too much or not enough time?*
3. *Based on your assessment above, what might you want to give up or limit this Lent? For instance, sweets, coffee, television, Facebook, .. what might you want to increase? Prayer, family time...*
4. *Perhaps you might want to attend Mass more. If you don't already attend weekend Mass, do so! Or, perhaps attend a weekday Mass if you are able to do so. (see full Lenten schedule next page!)*
5. *Make a good Examination of Conscience and go to Confession. (see schedule next page!)*
6. *Start saying Grace at meals as a family. A simple, "Thank you Lord for this food" will suffice.*
7. *Begin bedtime prayers with your children, and/or read them a story about Jesus.*
8. *Sign up to receive daily video reflections at <http://dynamiccatholic.com/bestlentever/>.*
9. *Reach out to an elderly neighbor, friend or family member with a kind gesture.*
10. *Read the Sunday Gospel or daily readings and reflect on God's Word.*

<http://usccb.org/bible/readings/030617.cfm>

Whatever you do, do it with love, and realize your children are learning from your example.

Have a blessed Lent,

Adrienne



Lenten Schedule for The Catholic Community of Billerica

Daily Mass: 9 AM at St. Mary (Monday, Wednesday & Saturday)

9 AM at St. Theresa (Tuesday, Thursday & Friday)

12:05 PM at St. Andrew (Monday-Friday)

Stations of the Cross: Fridays March 3, 10, 17, 24, 31 and April 7

6:30 PM St. Theresa Church

Light is on For You (Confession and Adoration):

Wednesdays from 6:30 -8 PM on the following dates and locations...

March 8 (St. Andrew), March 15 (St. Theresa), March 22 (St. Mary),

March 29 (St. Andrew), April 5 (St. Theresa), April 12 (All 3 churches)

Two Lenten Evenings of Reflection: Turning Your Face to God: Disciplines of Discipleship

Sunday, March 19th and Monday, March 20th at 7 PM at St. Mary Church

The Weeping Tree: Monday, April 10th at 7 PM at St. Andrew

Morning Prayer: April 13, 14 and 15 at 9 AM at St. Mary Church

Holy Thursday Mass: April 13 at 7 PM at St. Theresa

Good Friday Service: April 14 at 3 PM (St. Andrew) and 7 PM (St. Mary)

Holy Saturday Confession: April 15 from 10 AM – noon at St. Theresa

Easter Sunday Mass: 7:30 AM (St. Andrew), 8 AM (St. Theresa), 9 AM (St. Mary),

10 AM (St. Andrew), 10:30 AM (St. Theresa, Church & Hall), Noon (St. Mary)

It is up to you to decide how you live out your Faith this Lenten Season.

Ask yourself; what do I want my family to be about?

And then ask God to give you the strength and grace to lead your family on this Lenten journey together.