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CCB Parent Connector
Catholic Community of Billerica
St. Andrew, St. Mary, & St. Theresa



February 2018

Greetings,

Two months ago we were talking about preparing for the birth of Jesus; and now we are already discussing the upcoming Lenten season and how to enter into the Passion of Christ so we can fully celebrate His resurrection on Easter Sunday.

This year Ash Wednesday falls on Valentine's Day, and Easter is on April Fools' Day. The last time Ash Wednesday was on V-day was 1945, and the last time Easter was on April 1 was in 1956! So best plan ahead for dinner plans if you are planning to join in the obligatory fasting and abstinence of Ash Wednesday. You might want to postpone your dinner out until the weekend, or perhaps offer up your fast for Jesus, who loves you more than anyone ever could!

This year I have signed up with Live the Fast and ordered my fasting breads. On Fridays of Lent you eat one high quality nutritious roll for each meal, or you can modify and have a roll for breakfast and lunch and then eat a normal dinner. If you are interested in giving it a try you can go to www.livethefast.com. You can get more information on the website. You might also want to join us for a Lenten Evening with Andrew LaVallee on Sunday, February 25 at St. Theresa Church at 6:30 PM. Andy is the founder of LaVallee Bakeries and Live the Fast and will share his conversion story, why he fasts, and how prayer & fasting will enrich us. I hope you can join us. In any case, here is a prayer to pray if you choose to use fasting as part of your Lenten renewal.



Father, today I resolve to fast. I choose to fast because your prophets

fasted, because your Son, Jesus Christ, fasted, as did His apostles and disciples.

I decide to fast because your servant, Mother Mary, also fasted.

I fast today as a disciple of your Son and I ask for the intercession of the saints and my guardian angel.

Father, I present this day of fasting to you for the ability to discover your Word more and discover what is essential and non-essential in this life.

I present this fast to you for Peace —for peace in my heart, peace with my family, peace with my neighbors, peace in my town/city, state and my country.

I fast for peace in the world, for all troubled spots in the world. I remember those who are hungry and impoverished. I fast today for (your intentions).

Through this fast cleanse me of all bad habits and calm down my passions and let your virtues increase in me. Let the depth of my soul open to your grace through this fast, so that it may totally affect and cleanse me.

Father, please help me fast with my heart. Mary, you were free in your heart and bound to nothing except the Father's will.

Please obtain by prayer the grace of a joyful fast for me today.

Our Father...Hail Mary...Glory Be! Amen.

Adapted from "Fast with the Heart" fasting prayer by Father Slavko Barbaric.



LENTEN CALENDAR

Mardi Gras Potluck Celebration: Tuesday, February 13 at 6:30 PM at St. Andrew's Fr. Wilson Hall.

Bring your family for fun, food, and a last hurrah before the fast of Lent begins. We will have beads, masks, face painting and more! Simply email me at Adrienne.cullen.ccb@gmail.com and let me know! Hope to see you there!!! 😊



Ash Wednesday, February 14 at following times & locations

- 6:30 AM Train Station, 6:45 AM Mass @ St. Theresa, 9 AM Mass @ St. Mary, 12:05 PM Mass @ St. Andrew, 4 PM Service @ St. Mary, 7 PM Mass @ St. Theresa

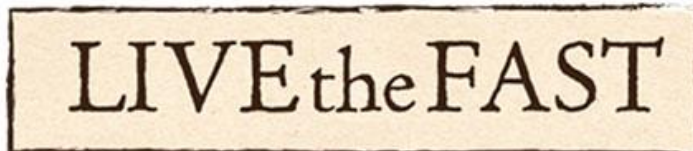
Daily Mass During Lent: 9 AM @ St. Mary (Mon., Wed. & Sat.), 9 AM @ St. Theresa (Tues., Thurs., Fri.) and 12:05 PM Mass @ St. Andrew (Mon.-Fri.)

Stations of the Cross: Fridays in Lent at 6:30 PM at St. Andrew Church (45 Talbot Ave.)

Light is on For You/Adoration: Wednesday evenings during Lent. See our website for info.

A Lenten Evening with Andrew LaVallee: Sunday, February 25 at 6:30 PM at St. Theresa Church. We welcome Andrew LaVallee, founder of Live the Fast and LaVallee's Bakery Distributors to speak to us about *Why Prayer and Fasting is a Team*. Come and hear Andy's story of conversion and how we, too, can incorporate prayer and fasting into our own lives. There will also be time for Q & A.

Fellowship and refreshments will follow in the parish center; Live the Fast materials and Andy's books will be available.



Palm Sunday: March 25th, regular Mass schedule (see website)

Weeping Tree: Monday, March 26th at 7 PM. Join us for a service for holy week written by Joseph M. Martin that uses "beloved hymns, newly composed music, thoughtful narration, and simple sacred symbols to create a touching portrait of the cross."

Have a Happy Valentine's Day!

