



**Saint Edward Church**  
4212 South Mead Street  
Seattle, Washington 98118

NON PROFIT ORG  
US POSTAGE  
PAID  
SEATTLE, WASH  
PERMIT #404

## Letter from Father Scott

Dear Families

Many of us feel as though Lent started last year and has continued through the summer, into the fall and now here we are again facing another Lent. The pandemic has certainly challenged us and made us aware of our own frailties and need for God's grace more than ever. Many of us are ready for a time of renewal and hope. That being said, I would hope that all of us take this Lenten Season with a sense of renewal in our own spiritual life. Instead of asking, "What did you 'give up' for Lent?" we should also ask, "What is something extra that I plan to do this Lent?" Fasting is one component of Lent, but so too are Prayer and Almsgiving. Hopefully this brochure will help you to put some of these priorities in perspective and prioritize what is really most important. If anything, this past year has shown me how important my relationships are — both with God and other people. Let's make that our focus this Season and prepare ourselves well for the coming of the Resurrection and the Hope of Easter. I'm so grateful to Lauren, Anne, and Vince for helping put this flyer together for Lent. We wanted to put everything together in one place. Please put the calendar up on your fridge and participate where you can.

Yours in Christ,  
*Fr. Scott Connolly*  
Fr. Scott Connolly, Pastor

Queridas familias

Muchos de nosotros sentimos que la Cuaresma comenzó el año pasado y ha continuado durante el verano, hasta el otoño y ahora aquí nos enfrentamos nuevamente a otra Cuaresma. La pandemia ciertamente nos ha desafiado y nos ha hecho más conscientes que nunca de nuestras propias debilidades y necesidad de la gracia de Dios. Muchos de nosotros estamos listos para un tiempo de renovación y esperanza. Dicho esto, espero que todos aprovechemos esta Cuaresma con un sentido de renovación en nuestra propia vida espiritual. En lugar de preguntar, "¿A qué 'renunciaste' durante la Cuaresma?" también deberíamos preguntar, "¿Qué es algo extra que planeo hacer esta Cuaresma?" El ayuno es un componente de la Cuaresma, pero también lo son la oración y la limosna. Esperamos que este folleto le ayude a poner algunas de estas prioridades en perspectiva y priorizar lo que es realmente más importante. En todo caso, este último año me ha demostrado lo importante que son mis relaciones, tanto con Dios como con otras personas. Hagamos de ese nuestro enfoque en esta Temporada y preparémonos bien para la llegada de la Resurrección y la Esperanza de la Pascua. Estoy muy agradecida con Lauren, Anne y Vince por ayudarnos a preparar este volante para la Cuaresma. Queríamos poner todo junto en un solo lugar. Por favor, ponga el calendario en su refrigerador y participe donde pueda.

Suyo en Cristo.  
*Fr. Scott Connolly*  
Fr. Scott Connolly, Pastor

## Upcoming Holy Days

### Ash Wednesday Masses on February 17, 2021

**St. Edward:** 10:30 a.m. and 7:00 p.m. (bilingual)

**St. George:** 8:30 a.m. and 7:00 p.m.

**St. Paul:** 8:30 a.m. and 7:00 p.m.

**St. Peter:** 10:30 a.m. and 5:00 p.m.

### Stations of the Cross during Lent

**St. Edward:** 7:00 p.m. on Fridays

**St. George:** 9:00 a.m. on Fridays

**St. Paul:** 6:30 p.m. on Tuesdays

**St. Peter:** 3:00 p.m. on Fridays

### Stations of the Cross on Good Friday

**St. Edward:** 3:00 p.m.

**St. George:** 9:00 a.m.

**St. Paul:** 12:00 p.m.

### Reconciliation Opportunities

February 26 7:00 p.m. St. Edward

February 27 3:00 p.m. St. Paul

March 5 9:00 a.m. St. George & 3:00 p.m. St. Peter

March 12 7:00 p.m. St. Edward

March 19 9:00 a.m. St. George & 3:00 p.m. St. Peter

March 20 3:00 p.m. St. Paul

March 26 7:00 p.m. St. Edward

### Palm Sunday of the Lord's Passion on March 28

Join us at regular Mass times for each parish including a blessing of the palms. *Please note there will be no processions*

### Holy Thursday on April 1, 2021

**St. Edward and St. Paul:** Shared 7:00 p.m. Mass at St. Edward

**St. George and St. Peter:** Shared 7:00 p.m. Mass at St. George

### Good Friday on April 2, 2021

**St. Edward and St. Paul:** Shared 7:00 p.m. service at St. Paul

**St. George and St. Peter:** Shared 7:00 p.m. service at St. Peter

### Easter Vigil on April 3, 2021

**St. Edward and St. Paul:** Shared 8:30 p.m. Vigil at St. Edward

**St. George and St. Peter:** Shared 8:30 p.m. Vigil at St. George

### Easter Sunday on April 4, 2021

8:30 a.m. and 10:30 a.m. at all parishes & 1:00 p.m. at St. Edward in Spanish

## What Is Lent?

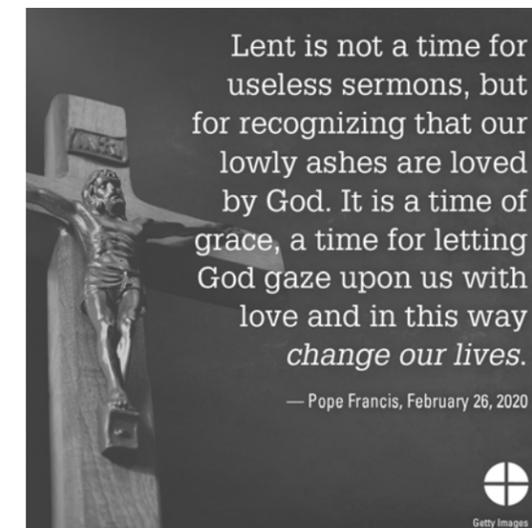
Lent is our season of repentance, reflection, and renewal—the word itself comes from an old English word meaning “spring” or “a new birth”. In the season of Lent, we renew our lives as Catholics through prayer, fasting, and almsgiving as we journey with Jesus through his passion and death before rejoicing in his resurrection.

**Prayer:** Prayer is the cornerstone of our Lenten journey as in prayer we are able to draw closer into relationship with God. How can you deepen your prayer life this Lent?

**Fasting:** In our faith tradition, those between the ages of 18 and 59 are required to fast on Ash Wednesday and Good Friday. This means having only one full meal and two smaller meals that together are not equal to a full meal. Additionally, those 14 and older are to abstain from meat on Ash Wednesday and Fridays during Lent. When we fast, we are reminded how hungry we are to be in close relationship with God. Is there something you can abstain from this Lent that may allow you to draw closer to God?

**Almsgiving:** This is the opportunity for us to live out in gratitude for all that God has given us. We are called to respond to His love and mercy. Learn about one way of almsgiving this Lent on the next page with CRS Rice Bowl.

*Traditionally, we mark the beginning of Lent by receiving ash on our foreheads for Ash Wednesday. Please note that due to the COVID-19 pandemic instead of receiving ashes applied to the forehead, ashes will be sprinkled on top of the head. This is traditionally how ashes are applied in other parts of the world such as Italy and the Philippines.*



Learn more about Lent on the USCCB website here:  
<https://www.usccb.org/prayer-and-worship/liturgical-year-and-calendar/lent/questions-and-answers-about-lent>

Or watch a video series from CRS on what is Lent:  
[https://www.youtube.com/playlist?list=PLt5PsPjLAk-2zjLW0kdmG1r7\\_J2rNGiCI](https://www.youtube.com/playlist?list=PLt5PsPjLAk-2zjLW0kdmG1r7_J2rNGiCI)

## Catholic Relief Services: Rice Bowl Campaign

CRS is the international outreach arm of the Catholic Church assisting the poor and vulnerable overseas while promoting the sacredness of human life and the dignity of the human person. Within the United States, CRS engages Catholics to live their faith in solidarity with the poor and suffering people of the world. You likely recognize their work through the Lenten Rice Bowl Campaign.

CRS Rice Bowl is a Lenten faith-in-action program where you can engage daily with prayer, fasting, and almsgiving. Each parishioner is invited to collect and fill a rice bowl during Lent with the savings from your Lenten fasting or even your change from cash purchases during Lent. The funds collected then support the mission of CRS overseas as well as locally here in our Archdiocese. If you cannot pick up a Rice Bowl at your parish, consider making one at home. You can print a DIY Rice Bowl label on by visiting [www.crsricebowl.org/families](http://www.crsricebowl.org/families) Rice Bowl allows us learn, reflect, and encounter the works of mercy for our brothers and sisters around the world in new ways.

There are many resources available for parishioners to access at [www.crsricebowl.org](http://www.crsricebowl.org). On the website you will find a



Lenten calendar that you can use to help guide your practice of prayer, fasting, and almsgiving this Lent. You can hear the stories of communities in Madagascar, El Salvador and Timor-Leste where CRS is at work. The website has recipes for simple, meatless meals from these countries that you can cook at home. It is in these stories that we will have opportunities to deepen our understanding of Catholic Social Teaching and how our faith can be lived out during Lent and beyond.

One way CRS calls us to live out our faith beyond Lent is with a new CRS chapter here in our South Seattle Deanery. You can join other Catholics committed to building collective action and advocacy by working each month towards one specific action of ending global poverty. Email [lauren@ccsww.org](mailto:lauren@ccsww.org) to learn more.

## Our Faith In Action

There are many ways that our faith calls us to love in action and Lent provides us opportunities to be renewed in this call. How can you be a spirit of love, justice, and mercy for others?

**With Lent, consider renewing your call to serve the poor by joining a St. Vincent de Paul conference.** In joining a conference, you not only help those who are in need in our own community, you also will grow in God's love and the desire to share that love with others. Many of our ways to get involved have become virtual during the pandemic. If you are possibly hearing the call of the spirit, email [lauren@ccsww.org](mailto:lauren@ccsww.org) to learn more. We saw the great work that a St. Vincent de Paul conference can do at the end of 2020. During Advent, parishioners in the Cluster responded to the call of local South Seattle Families in need through the PrePS Christmas Giving Tree, a jacket drive for Mercy Housing, and other direct asks. These efforts were coordinated through the renewed St. Vincent de Paul conference at St. Edward. Thank you to all who participated!

**All parishioners are invited to participate in the first-ever virtual Catholic Advocacy Day in Olympia on Tuesday, March 23, 2021!** Our theme this year is Catholics for Equity & Life. In this time of COVID and the call for economic and racial equity, we invite you to join with Catholics from across our state to raise our voices for a society in which all people and Earth can thrive. Attendees will have opportunities to attend a livestreamed Mass. You be able to connect with your Legislators directly via Zoom and also have opportunities to participate in Advocacy Alert and Social Media Campaigns directed at supporting issues that Catholics care about across our state. Please register before March 9 at [www.ipjc.org/cad/](http://www.ipjc.org/cad/) or email [lauren@ccsww.org](mailto:lauren@ccsww.org) with questions.

Racism is a sin and one we are called to respond to. Our South Seattle Deanery has created a Racial Solidarity Commission. **We are looking for representatives from each of our four parishes to serve as members on this commission and join us in this work.** Anyone who may feel called to discern if the Spirit is moving you to help us develop a plan of action to address the sin of racism can email [lauren@ccsww.org](mailto:lauren@ccsww.org). Thank you!

## Palm Sunday of the Lord's Passion

As we celebrate Palm Sunday of the Lord's Passion, we hear the story of the suffering and death of Jesus. As we enter into Holy Week, reflect on the phrases and imagines of Jesus' passion. One prayer resource is an online devotional prayer from Loyola Press that commemorates each of the Seven Last Words in a separate meditation. You can access the resource online at [www.loyolapress.com/catholic-resources/liturgical-year/lent/seven-last-words/](http://www.loyolapress.com/catholic-resources/liturgical-year/lent/seven-last-words/)

## What is Triduum

*"The summit of our Liturgical Year is the Easter Triduum—from the evening of Holy Thursday to the evening of Easter Sunday. Though chronologically three days, they are liturgically one day unfolding for us the unity of Christ's Paschal Mystery. The single celebration of the Triduum marks the end of the Lenten season, and leads to the Mass of the Resurrection of the Lord at the Easter Vigil" — USCCB*

Holy Week is when we celebrate the Easter Triduum, the three most solemn days in the year in our faith. The Easter Triduum begins with the evening Mass of the Lord's Supper on Holy Thursday, reaches its high point in the Easter Vigil, and closes with Evening Prayer on Easter Sunday. It is one single celebration chronologically over three days. With Triduum we celebrate the passion, death, and resurrection of Jesus.

If you want to learn more about Holy Week and the Easter Triduum consider watching a video by Busted Halo that explains Holy Week in three minutes. Learn why we wave palms on Palm Sunday, wash each other's feet on Holy Thursday, and kiss the cross on Good Friday, and more. You can watch the video here: <https://bustedhalo.com/video/watch-holy-week-in-three-minutes>

## Prayer for Lenten Solidarity

From CRS

*God of All Peoples,*

*As we look ahead to our Lenten journey,  
may our fasting be a hunger for justice,  
our alms an offering of peace,  
and our prayers a reflection of humble and grateful hearts.*

*We ask the Holy Spirit to accompany us  
as we spend these 40 days reflecting  
on what it means to be companions on the journey  
to encounter our global human family.*

*How may this encounter with our neighbor transform our own lives?  
How may our prayers, fasting and almsgiving support those worldwide  
who are forced to flee their homes for safety or better opportunities?*

*We ask this through our Lord Jesus Christ,  
who lives and reigns with the Father and the Holy Spirit,  
one God forever and ever.*

*Amen*