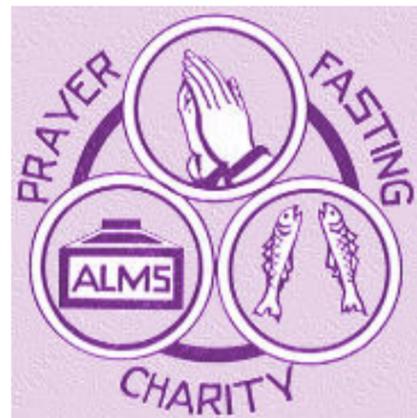


Lent precedes and prepares Christians for Easter. Recalling the holy symbolism of 40 days, the Church accompanies Christ in his 40 days in the desert. Our Lenten practices during this time concentrate on Christ's humanity; Lent is a preparation time in which we recall the great events of salvation history, so that we might celebrate more deeply the passion, death and resurrection of Our Lord and lead us to a deeper relationship with God.

### Season of Penance

The beginning of the 40 days of penance is marked with the austere symbol of ashes used during the liturgy of Ash Wednesday. Not merely an external act, the use of ashes invokes internal penance to which all the baptized are called during Lent. It is a time to hear the Word of God, to convert, to prepare for or remember one's Baptism, to be reconciled with God and one's neighbor, and more frequently, seek recourse to the "arms of Christian penance": prayer, fasting and almsgiving (Matthew 6:1-6, 16-18).



### Prayer

"Lent is a time of prayer, of more intense prayer, more prolonged, more assiduous, more able to take on the needs of the brethren; intercessory prayer, to intercede before God for the many situations of poverty and suffering."

Pope Francis, March 5, 2014

Suggestions include:

- + Arrive 10-15 minutes before Mass to pray and gather your thoughts

before Mass begins; stay until the end of Mass to say a prayer of thanksgiving.

- + Visit a designated diocesan pilgrimage site during the Jubilee of Mercy or other pilgrimage site.
- + Receive the Sacrament of Reconciliation: Confessions are offered during the week from 11:00 a.m.-12:00 Noon, on Saturdays from 11:00 a.m.-12:00 Noon and 5:00-5:30 p.m., and Sundays from 3:00-3:30 p.m.
- + Attend Wednesday Holy Hour, held Wednesdays at 7:00 p.m.
- + Participate in the Stations of the Cross, held Fridays at 7:00 p.m.
- + Incorporate individual or family prayer time:
  - ✦ Meditate on Sacred Scripture for 10 minutes a day. (daily meditations can be found at *Catholic.net*)
  - ✦ Begin praying the Rosary daily.
  - ✦ Include an extra devotion or attend a weekday Mass during Lent.
- + Read a spiritual book on the Life of Christ. Many titles are available in Ave Maria Gift Shop, the Cathedral Gift Shop at the corner of 10<sup>th</sup> & San Jacinto.
- + Read the Catechism of the Catholic Church's 74-page section on prayer. (Section four; less than two pages a day!)

### Fasting

"Fasting makes sense if it questions our security, and if it also leads to some benefit for others, if it helps us to cultivate the style of the Good Samaritan, who bends down to his brother in need and takes care of him."

Pope Francis, March 5, 2014

The practice of fasting reminds Christians that "Man does not live on bread alone, but on every word that comes from the mouth of God." (Matthew 4:4)

As a reminder, Catholics ages 18 to 59 are obliged to fast on Ash Wednesday and Good Friday. Fasting allows one full meal and two small meals with no eating in

between. Catholics 14 years and older must abstain from meat on Ash Wednesday and Fridays during Lent. The voluntary self-denial affords us the opportunity "...to two things, the deletion of sin, and the raising of the mind to heavenly things." - *St. Thomas Aquinas ("Summa Theologica" 13th Century)*

Suggestions include:

- + Fast the Fridays of Lent.
- + Skip meat an extra day (or two) a week.
- + Give up alcoholic beverages, coffee (or reduce to one cup a day), all desserts, or all unnecessary shopping.
- + Fast from music in the car; use this time for prayer.
- + Give up gossip, judging or profanity.

Money saved from fasting and practices of self-denial could be donated to St. Vincent de Paul Society, Catholic Charities, or the Cathedral.

### Almsgiving/Charity

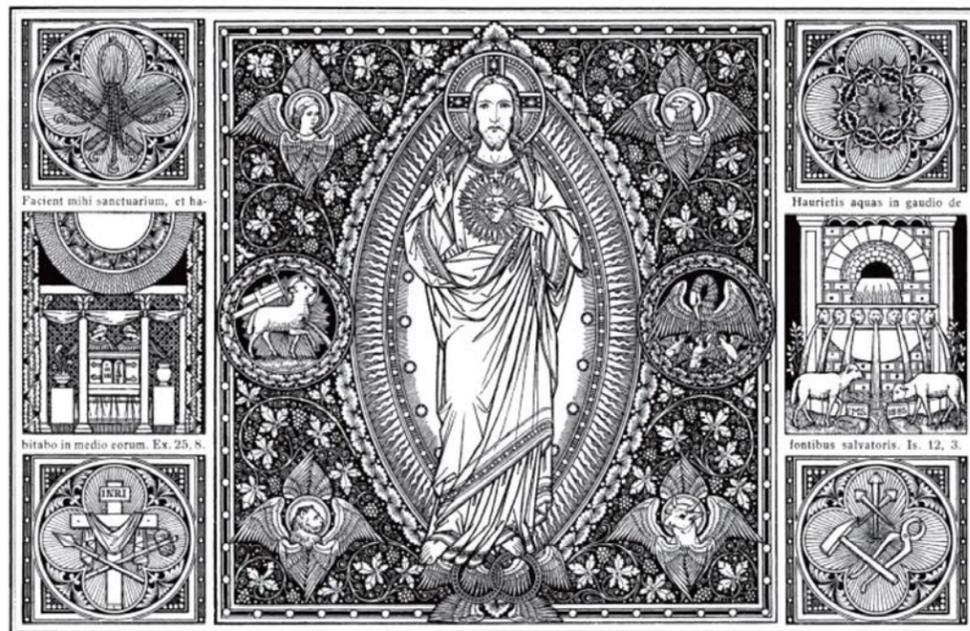
Almsgiving helps us to experience giving freely, which leads to freedom from the obsession of possessing, from the fear of losing what we have, from the sadness of one who does not wish to share his wealth with others."

Pope Francis, March 5, 2014

By receiving ashes, the faithful become disposed toward conversion and a renewed Easter commitment, which involves self-denial of things that are superfluous and turning toward the needs of others, namely the poor.

Suggestions include:

- + Perform one of the Spiritual or Corporal Works of Mercy, found in the "Jubilee of Mercy" section.
- + Donate money to St. Vincent de Paul Society, Catholic Charities, Cathedral Capital Campaign or a deserving charity or apostolate.
- + Visit a nursing home, or elderly friend or relative, with your children.
- + Forgive someone and patch things up in a visit, or, if necessary, by phone or letter.
- + Find one "act of forgiveness" to make every day: A driver who cuts you off, a co-worker who annoys you, a shopper who cuts in line, a store clerk who is rude or a family member who ignores your needs.
- + Say a kind word to everyone you meet.
- + Pay a significant compliment to each of your children every day.
- + Offer to watch the children of a new mother one day a week throughout Lent.



## Lenten Schedule 2016

### Sacrament of Reconciliation

11:00 a.m.-12:00 Noon, Monday through Saturday

*Except Tuesday, March 22 (Chrism Mass), Holy Thursday, Good Friday and Holy Saturday*

5:00 p.m.-5:30 p.m. on Saturdays

3:00 p.m.-3:30 p.m. on Sundays

### Lenten Fridays

11:30 a.m.-1:15 p.m. Lenten lunch in Bishops Hall with spiritual lecture at 12:45 p.m.

5:30p.m. - 6:30 p.m. Knights of Columbus Fish Fry in Bishops Hall

7:00 p.m. Stations of the Cross in Cathedral

### Wednesday Holy Hour

7:00 p.m. Wednesdays except during Holy Week (March 23)

### Stations of the Cross during Lent

7:00 p.m. Fridays except Good Friday (March 25)

### Holy Week Schedule

#### March 22, Holy Tuesday:

Only 6:30 a.m. Mass; No Confessions

10:30 a.m. Chrism Mass at St. Vincent de Paul Parish

#### March 23, Holy Wednesday

Final day to receive the Sacrament of Reconciliation (Confession) before Easter.

#### March 24, Holy Thursday

No Confessions or Daily Mass

7:30 p.m. Mass of the Lord's Supper

9:00 p.m. - Midnight: Adoration in the Bishops Hall

#### March 25, Good Friday

Noon Stations of the Cross

2:00 p.m. Celebration of the Lord's Passion

8:00 p.m. Tenebrae Service

#### March 26, Holy Saturday

8:15 p.m. Easter Vigil Mass

#### March 27, Easter Sunday

8:00 a.m. Mass in the Cathedral

9:30 a.m. Mass in the Cathedral, simulcast in Bishops' Hall

Noon Mass in the Cathedral, simulcast in Bishops' Hall

1:45 p.m. Mass (Spanish) in the Cathedral

3:30 p.m. Mass (Traditional Latin) in the Cathedral

5:30 p.m. Mass in the Cathedral

## Jubilee of Mercy

On Sunday, December 13, 2015, Pope Francis blessed and opened the Holy Door of the Basilica of St. John Lateran in Rome. Holy doors were also blessed and opened in all the cathedrals of the world, including here in the Diocese of Austin. The Diocese of Austin designated five pilgrimage sites for the Jubilee of Mercy, they are:

Saint Mary Cathedral in Austin

Sacred Heart in Waco

Holy Trinity in Corn Hill

St. Joseph in Mason

St. Mary's in College Station

We invite you to discover the many ways of receiving, understanding, and sharing God's great mercy this Lent.

“God’s mercy transforms human hearts; it enables us, through the experience of a faithful love, to become merciful in turn. In an ever new miracle, divine mercy shines forth in our lives, inspiring each of us to love our neighbor and to devote ourselves to what the Church’s tradition calls the spiritual and corporal works of mercy.” *Pope Francis’ message for Lent 2016*

### What is a Jubilee Indulgence?

An indulgence is an act of faith by which a person may obtain release from the temporal punishment associated with sins committed, either for oneself or on behalf of another (Catechism of the Catholic Church, par. 1471). As with other jubilee years, the Holy Father has instructed that special indulgences be available for the faithful through the duration of the year (December 8, 2015 - November 20, 2016). Here’s how to obtain the grace of the indulgence.

### For able-bodied Catholics:

- + **Take a pilgrimage.** Make a journey to one of the five diocesan pilgrimage churches where “holy doors” have been designated for the Jubilee Year. Traveling to a pilgrimage site and crossing through a holy door is a spiritual journey that signals, as the Holy Father said, “the deep desire for true conversion.”
- + **Go to confession.**
- + **Receive the Holy Eucharist** while reflecting on God’s mercy.
- + **Make a profession of faith.** (*Nicene or Apostles’ Creed are good options.*)
- + **Pray for the pope and for his intentions.**
- + **Perform one of the Spiritual or Corporal Works of Mercy.**

It is appropriate that the sacramental confession and especially Holy Communion and the prayer for the pope’s intentions take place on the same day of the pilgrimage, but it is not necessary. **The sacramental rites and prayers may be carried out within several days (about three weeks) and at a place other than the pilgrimage site.**

### For the elderly, confined and the ill:

For persons physically unable to visit a pilgrimage site, Pope Francis has said that they may obtain the indulgence by “living with faith and joyful hope this moment of trial.” Receiving Communion or attending Holy Mass and community prayer, even through the various available means of communication, will be for them the means of obtaining the Jubilee Indulgence. These persons may also perform one of the Spiritual or Corporal Works of Mercy as their abilities permit.

### The Seven Corporal Works of Mercy

- Feed the hungry.
- Give drink to the thirsty.
- Clothe the naked.
- Shelter the homeless.
- Visit the sick.
- Visit the imprisoned.
- Bury the dead.

### The Seven Spiritual Works of Mercy

- Counsel the doubtful.
- Instruct the ignorant.
- Admonish sinners.
- Comfort the afflicted.
- Forgive offenses.
- Bear wrongs patiently.
- Pray for the living and the dead.



*Bishop Vásquez blesses and opens the Cathedral Door for the Jubilee Year of Mercy*

## Restore, Renew, Rejoice

Saint Mary Cathedral has undertaken a monumental task in preserving our beautifully historic Cathedral. Not only is Saint Mary Cathedral a historic place, it is a holy place, a place rich in tradition and culture, and a place where generations have found solace, strength and inspiration. It is a beautiful church where from a distance you can see the tall towers and smaller spires that balance and gracefully complement each other. High above the entrance of the church is the statue of Mary, the Mother of God, to whom this church is consecrated, and in the background is the peerless rose window with the steeples rising to the sky on each side—all under the cross of Christ.

Saint Mary Cathedral is in year two of a three-year campaign to complete the work started over ten years ago. **RESTORE, RENEW, REJOICE** is the final phase of our campaign to preserve and celebrate the historical legacy, diversity and sacredness of Saint Mary Cathedral.

We invite you to join us in preserving our historic Cathedral, which has been an architectural treasure of the City of Austin and the Catholic Church since its completion in 1884. This Lenten Season, make a donation to Saint Mary Cathedral. Your sacrificial offering assists us in retiring the debt incurred during the exterior restoration. Please use a donation envelope available in the pews or visit our website at [www.smcaustin.org](http://www.smcaustin.org) to donate electronically through E-Giving.

Thank you for your generosity and for your assistance in helping us preserve our historical Cathedral.

## SAINT MARY CATHEDRAL

203 E. 10<sup>th</sup> Street, Austin, Texas 78701

512-476-6182 • [www.smcaustin.org](http://www.smcaustin.org)



# Saint Mary Cathedral Austin, Texas 2016



**The Most Rev. Joe S. Vásquez, S.T.L., D. D.**  
Bishop of Austin

**The Most Rev. Daniel E. Garcia, D.D.**  
Auxiliary Bishop of Austin