

JESUS THE GOOD SHEPHERD



LENTEN REGULATIONS – Participate in the Lenten practice of **FAST AND ABSTINENCE**. Fasting on Good Friday is required of those who are 18 to, and including age 59. Only one full meal is allowed, and two smaller meals as needed, but eating solid foods between meals is not permitted. Abstinence from meat. Those 14 years of age or older are to abstain from eating meat on Ash Wednesday and all the Fridays of Lent.



SHROVE TUESDAY PANCAKE SUPPER – Tuesday, **February 16th**, 5:30-7:30 PM in the Centre. All proceeds benefit the Citizenship Award Program sponsored by the Men's Club for graduating high school seniors from our community. Bring the whole family! Donation - Faith Offering.



ASH WEDNESDAY – Wednesday, **February 17th** marks the beginning of Lent. **This special day of the Church Year begins with the distribution of Ashes. Ashes will be distributed at three Masses: 8:45 AM, 12 Noon and 7 PM.**

In preparation for our Ash Wednesday Masses, all members are asked to reflect on *“What is God calling me to do this Lent?”* Following the homily, those at Mass will be asked to complete a “Lenten Covenant” with their personal responses to this question.



“CHANGE FOR HAITI” – We invite everyone to join the students in our Religious Education program, Confirmation, Youth Ministry, and Cardinal Hickey Academy, who received their mite boxes for the special project that our parish community will be doing for our sister parish in Haiti, Our Lady of Mount Carmel. Boxes will be available for pick-up at all Ash Wednesday Masses. Please help out our sister parish by simply saving your change during Lent. With the Lenten gift of our change, we can make positive “change” for Haiti. Thank you!

LITTLE BLACK BOOK – This book provides a daily prayerful reflection during Lent. Six minutes a day is all that is required to focus our hearts and minds on the One who loves us. (Your contribution of \$1 helps sustain this ministry.)



“THE LIGHT IS ON FOR YOU” – In addition to our regular morning Mass, there will be an additional opportunity to attend Mass on Wednesday evenings during Lent at 7 PM in the Chapel. All are cordially invited. This will be followed by Confessions and Eucharistic Adoration in the Chapel.



FRIDAYS OF LENT – The Stations of the Cross on Fridays of Lent at 7:30 PM will be preceded by our annual “Simple Suppers” at 6:30 PM in the Centre. Please keep in mind that prayer on Fridays of Lent is the most important of the two activities and one should not attend the simple Lenten Meal unless planning to attend the prayer service.

CATECHETICAL EXHIBIT OF EUCHARISTIC MIRACLES – During Lent, you are invited to this special exhibit at Jesus the Good Shepherd. This exhibit consists of poster-size displays explaining Eucharistic miracles.



LENTEN RETREATS – Mark your calendars for these wonderful Lenten opportunities: **March 6-11, “God’s Love and Human Suffering”** presented by Father Antonius Walls, O.P., from Oakland, CA; and **March 14-18, “Celebrating God’s Mercy and Compassion”** presented by Father Mark Baron, M.I.C., Washington, DC.

SMALL GROUPS 2010 - We are embraced by meaning in our own spiritual journeys only by degrees. All that is most important - relationships, life, Church, Faith, require a lifetime of effort. The time you spend with others, sharing and deepening your Faith, can make you more aware of the Presence of God and may make a difference in your life.

Lenten Small Group Schedule

| Day | Time | Host (Address & Phone) | Facilitator | Phone |
|------|---------|---|------------------------------|------------------------------|
| Mon | 7:30 pm | Tom & Nancy Meringolo, 6357 Meadowland Drive, Dunkirk / 301-855-8649 | Kathleen Bigelow | 301-855-0365 |
| Mon | 7:30 pm | Kathy & Neil Tress, 425 Cross Creek Drive, Huntingtown / 410-535-0342 | Karen Vinci | 301-855-4815 |
| Mon | 7:30 pm | JGS (Shepherd's Cove) | Sondra Collins Liz parker | 301-855-3592 301-855-3428 |
| Tues | 9:30 am | Morning Women's Group (Youth Lounge) | Kathleen Cirillo | 410-535-9639 |
| Wed | 7:30 pm | Richard & Barbara Beers, 2890 Dunleigh Dr., Dunkirk / 301-855-7873 | John Shay | 301-855-0359 |
| Wed | 7:00 pm | JGS (Youth Lounge) | Lin Whetzel Kristen Nunez | 301-855-2592 410-286-3270 |
| Thur | 9:30 am | MOMS Group (Shepherd's Cove) | Dawn VanWie | 410-257-2562 |
| Thur | 7:30 pm | Paul Eason, 1637 Cannery Road, Owings | Paul Eason | 301-855-6081 |
| Thur | 7:30 pm | May Toepfer, 12056 Steven Lane, Dunkirk / 301-855-7873 | Jan Lennon | 301-855-6319 |
| Sat | 9:20 am | Goyena Boucher, 7860 Foxborough Way, Owings | Mimi Miller | 410-257-9051 |
| Sun | 9:20 am | JGS (Shepherd's Cove) | Michelle Awalt | 410-257-3810 x14 |
| Sun | 9:20 am | JGS (Adult Lounge) | Larry Posten Ed Riley | 410-2572591 301-855-7937 |
| Sun | 6:00 pm | JGS (TBD) | Mimi Miller | 410-257-9051 |
| Sun | 6:00 pm | Evening MOMS Group (Shepherd's Cove) | Valerie Bell | 410-286-2526 |