

Lent Ideas for Adults

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 - 8:45am at the Chapel
- * St. Stephen Ladies Retreat – March 2018, more details to come
- * Montserrat Jesuit Retreat House - Contact Carol Ackles, Director, at (940) 268-8788 for more information on their wonderful retreats for couples and individuals.
- * Consider becoming an “early Christian” – come to Mass a little *early* and pray the rosary before 5:30pm Mass on Saturday and 8:00am Sunday Mass.
- * Spiritual reading – we become what we read. Make it a goal to read at least one spiritual book during Lent.
- * Actively prepare for Mass - Consider a subscription to monthly journal like “The Word Among Us” www.wau.org It is full of inspirational articles and the daily scripture reflections are a great way to actively prepare yourself for Mass
- * Attend Stations of the Cross - come early and share a meal with your fellow parishioners before the service begins.
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- An aide during your daily prayer
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- A new way to talk with your spouse or friends about what you heard God saying to you at Mass, then you can pray for each other with your weekly goals in mind
- It can encourage us to create and recognize the Holy moments that may otherwise have gone unnoticed

What if the Mass Journal becomes a part of your Mass experience every week, not just during Lent? What if you were focused on becoming the best version of yourself every week of the year, not just during Lent? Imagine the possibilities...

BEST LENT EVER®

Dynamic Catholic is a powerful new force evangelizing and engaging Catholics around the world. They provide free and very low cost high quality educational materials to individuals and parishes. The best part of Dynamic Catholic is that it can meet you where you are no matter how busy you are in your life.

- Free CDs that can be listened to in the car
- Daily email reflections based on the book “Perfectly Yourself”
- Inspiring videos that can be watched from their website www.dynamiccatholic.com
- A wide variety spiritual books are available at little or no cost



Daily Mass at the Chapel

Tuesday – Friday 8:45am

Weekend Mass at the Church

Saturday 5:30pm
7:00pm Spanish
Sunday 8:00am
10:45am
12:30pm Spanish

Church address:

1802 Bethel Rd, Weatherford, TX 76086

Chapel address:

211 S. Main St, Weatherford, TX
Church Website: www.saintstephenc.org



Palm Sunday – March 25
Holy Thursday – March 29
Good Friday – March 30
Holy Saturday – March 31
Easter Sunday – April 1

Our V.I.P.S

(Very Indispensable Parish Staff)

- Fr. Michael O'Sullivan,**
SCA, Pastor..... 817-596-9585
frmike@saintstephenc.org
- Deacon Carlos Frias**..... 817-757-8985
- Kathleen Kechnie,**
Religious Education Director. 682-582-8204
kathleen@saintstephenc.org
- Angela Plumley,**
Youth Director 682-582-8207
angela@saintstephenc.org
- Gabriel Gaucin,**
Maintenance Director 817-596-9585
- Ron Westendorf,**
Business Manager 817-596-9585
ron@saintstephenc.org
- Dorothy Mendolia,**
Parish Secretary 817-596-9585
dorothy@saintstephenc.org



You Are All Very Welcome!

I want to thank you for being a part of our Mass celebration. If you are a visitor I hope you found our parish to be welcoming and spirit filled. If you would like to learn more about becoming a member of our parish family go to to our website:

<http://saintstephenc.org/new-to-st-stephen>

Fill out the contact form and we will get in touch with you to discuss what we have to offer here at St. Stephen Catholic Church. The season of Lent presents all of us the opportunity for lasting spiritual renewal. Please don't hesitate to contact me directly if there is anything I can do to assist you on your Lenten journey this year.

God Bless,

Father Mike



Stations of the Cross

Please join us for a light supper at 5:30pm every Friday before the service begins.
7:00pm English
7:30pm Spanish

Adoration of the Blessed Sacrament



March 2, 7:30-8:30pm at the Chapel
Every Monday 6-7pm at the church
Every Thursday 9:30-9:45am at the Chapel
Every Thursday 6-7pm at the church



Penitential Service - March 15th at 6:30pm at the church

Individual Confession is available Friday 8:15-8:40am at the Chapel and Saturday 4-5pm at the church. St. Patrick Cathedral in Ft. Worth offers individual Confession Mon-Fri 11:30am – Noon

St. Stephen Annual Irish Pallottine Fund Drive Sponsored by the Knights of Columbus

The tradition of supporting the Irish Pallottine Missions during Lent will continue this year at St. Stephen. The Knights of Columbus will be handing out donation cans after all the Masses the 1st Weekend of Lent. Please take a can home and place it in a prominent place so that everyone in your household has an opportunity to contribute to this wonderful organization.



Lent Ideas for Kids, Youth and Families

Kids Can Do **Small** Things with Great Love!



• **Walking "His" Way gift of kindness,**

talent and treasure to Jesus slips will be available in the religious ed classrooms and church foyer. After filling out the slip kids can come forward during the collection and place it in the donation basket on the steps of the altar.

Walking "His" Way...

Jesus, I offer you these gifts of my time, talent and acts of kindness _____



My treasure \$ _____ Love, _____



• **A Time/Talent/Treasure donation basket** will be on the Altar steps for kids to make their donation to the church. Donations can include money or the *Walking "His" Way* slips.

• **Good Deed Beads** will be available in the gift shop during Lent and really are for everyone! The beads are a reminder to add acts of kindness to your day and also refraining from being unkind. The goal is to move one of the 10 beads after performing one of these acts. The bracelets are adjustable and can be worn by anyone or you can just keep it in your pocket. It comes with a nice prayer card and can also be used as a rosary.



Ideas for Youth

Give *Life Teen* or *Edge* a try on Wednesday evenings. It's a great way to make new friends, have fun and hear more about our Catholic faith.

Lenten Disciplines of Fasting & Abstinence

Catholics in good health ages 18 to 59 are required to fast and to abstain from meat on Ash Wednesday and Good Friday.

Fasting consists of eating only one meal, with the possibility of two smaller snacks that do not add up to a single full meal.

Catholics age 14 and older are to abstain from meat on all Fridays in Lent.

Ideas for Families

- Bring up the gifts at Mass as a family – check in with an usher when you arrive at Mass
- Talk about your Mass Journal together during dinner part way through the week and see how everyone is doing on their goal for the week
- Totally unplug from electronics. Whether it's once a week or for the whole forty days, commit to no TV, cell phones, tablets, computers or social media.
- Learn about a new saint each week during Lent (packages of saint cards are available in the gift shop)
- Attend Stations of the Cross as a family
- Make it a point to introduce yourself and your family to someone you don't know at every Mass you attend during Lent
- Meals on Wheels Parker County is a great volunteer activity call 817-596-4640 or check out the website at www.pcco.org for even more volunteer opportunities at the senior center.
- Light a candle before or after Mass for someone in need of your prayers and pray for that person together as a family
- Shop together for food for the church pantry and bring it to church together
- Clean out your closets together and donate to a worthy cause
- Go to the Penitential Service together on March 15th at 6:30pm or if you can't make that service go to individual Confession together
- Learn and pray the Divine Mercy Chaplet together. The Chaplet is a beautiful reflection on God's loving mercy.



25 Things You Can Give Up For Lent

(Excerpt from "102 Things You Should Really Give Up For Lent" by Cristina Mead)

...Lent comes along every year and every year you think you should give up something that will A.) Be difficult, B.) Life changing, C.) Creative. I stretched every muscle in my brain to come up with this list for you. Now you have absolutely no excuse that you "can't think of what to give up for Lent" because I DID ALL THE THINKING FOR YOU. And my head hurts now.

- Snacking between meals.
- Cracking your knuckles.
- Instagram filters
- Listening to music in the car.
- Texting and driving (please give this up forever)
- Using emojis to avoid talking about your true feelings.
- Talking about true feelings through text instead of in person.
- Rolling your eyes at your parents
- Wishing for someone else's life, relationship, or possessions.
- Complaining.
- Only talking to Jesus when you need something.
- Wearing clothes that are too tight and draw attention only to your body.
- Being selfish. Give away something every single day, be it time, money, or something you own.
- Saying "God" or "Jesus" outside of a prayer, memorize Ephesians 4:29 and repeat it on the hour, every hour during the day.
- Fake cleaning your room.
- Being sarcastic.
- Not apologizing when you should because it's hard to admit you're wrong.
- Not going to Confession because it's scary.
- Leaving Facebook and/or Twitter open while you're doing homework.
- Checking your phone every 2 minutes. (LOL. You know it's 30 seconds.)
- Telling yourself you're fat.
- And stupid. And anything less than the truth that you're an amazing beloved child of God.
- Pretending you don't have time to pray at home.
- Refusing to recognize God in your neighbor.
- And God in your family. Even the most annoying members. God loves them. How will you?
- For the complete list go to <https://lifeteen.com/blog/102-things-really-give-lent/>

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