












2018 Lenten Workout for a Healthy Catholic!-

Exercise Your Faith this Lent and GET FIT Spiritually! – Mostly Chicago Downtown Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>ARE YOU READY TO GET FIT???</p> 	<p>If you've been waiting for a sign, this is it...</p>  <p>GO!!!</p>	<p>Michael Jordan didn't get to be a better basketball player by practicing just when he felt like it....</p> <p>Being a better Christian takes practice and hard work, but the results are out of this world!</p>	<p>February 14 ASH WEDNESDAY St. Peter's 110 W. Madison Ashes imposed 6am - 7pm in lower level auditorium (not at mass). Holyday Mass Schedule: AM: 6:00, 6:45, 7:30, 8:15, 9:00, 10:00, 11:15 PM: 12:15, 1:15, 4:30, 5:15 & 6:00</p> <p>Holy Name Cathedral (HNC) Mass with Distribution of Ashes: AM: 6:00m, 7:00, 8:00 PM 12:10, 2:00, 5:15, 7:00. Prayer Service with Distribution of Ashes: AM: 9:00., 9:30,10:00 10:30, 11:00 PM 3:30, 4:00</p> <p>Old St. Pat's will be distributing ashes at Union Station and Ogilvie Station from 8-9:30 am</p>  <p>Don't forget. Jesus loves you!</p>	<p>15</p> <p>St. Peter's Lenten Reflection Series: "Spirituality & Scripture" Feb. 15 - Mar. 22 12:15 - 12:55 pm</p> <p>This is a reflection on the upcoming Sunday Gospel with Fr. Derran Combs & Fr. Ed Shea. Not a Bible Study, but a spiritual reflection with time for faith sharing. Just show up!</p>	<p>16</p> <p>St. Peter's Way of the Cross 4:15 pm</p> <p>Holy Name Cathedral Stations of the Cross 5:45 pm</p> <p>Holy Name Cathedral Men's Group One Man Performance by Wayne Messmer (voice of the National Anthem) – portrays St. Damien in "The Leper Priest of Molokai." 7:00 pm HNC auditorium No Charge</p>	<p>17</p> <p>8th Annual ND Women Connect Lenten Retreat At Old St. Pat's 9:30 am – Noon Although sponsored by the Notre Dame Women Connect Group, all women are welcome!</p> <p>We are a work in progress!</p>  <p>That's my life. How about yours?</p>
<p>Feb. 18 Lent: A time for Alms. Where does your money go?</p>  <p>Pick a good cause and make a donation. Review Matthew 25:31-46 so you remember who you are helping... :)</p>	<p>19 Discerning your Decisions - Day of Reflection for Men & Women Bellarmine Jesuit Retreat House 9 am – 3 pm Fr. Michael Sparough Barrington, IL</p>	<p>20</p>  <p>Comfort the sick this Lent. Do you have an elderly neighbor or relative who could use a little visit and a cheerful smile – or a phone call? Be an angel to someone. Today! Let them see Him when they look into your eyes and your heart.</p>	<p>21</p> <p>St. Peter's Lenten Lecture Series: "Forgiven: The Transforming Power of Confession." Wednesdays: Feb. 21 – Mar. 28 Topic for Feb. 21: Where are you: A "Theology of Christian Compassion" with Fr. Derran Combs. 12:10 – 12:50 Just show up!</p>	<p>22</p> <p>St. Peter's Lenten Reflection Series: "Spirituality & Scripture" 12:15 – 12:55 pm (See Feb. 15)</p>	<p>23 St. Peter's Way of the Cross 4:15 pm</p> <p>Holy Name Cathedral Stations of the Cross 5:45 pm</p> <p>Saturday 24th Catholic Lawyers Guild Annual Day of Reflection – 8:30 am - 4:30 pm at the Archbishop Quigley Center – 835 N. Rush.</p>	<p>24 Pauline Books & Media (172 N. Michigan Ave.) Lenten Retreat: "Happy, Healthy, Holy: A Little Spiritual Progress Every Day." 8:30 am to 3:00 pm. RSVP to 312-346-4228 by 2/22. \$50 Incl. Breakfast & Lunch</p> <p>Holy Name Cathedral Urban Impressions of the Stations of the Cross \$40 (includes chartered bus, lunch, speaker's stipend, programming and promotions). 8:30 am start – Lunch at 1:00.</p>











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<p>Feb. 25 Sunday</p> <p>Lent: A time to Fast</p> 	<p>26 Monday</p> <p>Spend time with the Lord.</p>  <p>Share your faith today with one person older than you and one person younger!</p>	<p>27 Tuesday</p>  <p>Burn Calories Helping Others!</p>	<p>28 Wednesday</p> <p>St. Peter's Lenten Lecture Series: "Forgiven: The Transforming Power of Confession."</p> <p>Topic for Feb. 28: "Forgiveness and Friendship: An Encounter of Mercy" with Fr. Mario DeCicco. 12:10 – 12:50</p>	<p>MAR. 1st Thursday</p> <p>St. Peter's Lenten Reflection Series: "Spirituality & Scripture" 12:15 – 12:55</p> <p>A reflection on the upcoming Sunday Gospel with Fr. Derran Combs & Fr. Ed Shea. Not a Bible Study, but a spiritual reflection with time for faith sharing. Just show up!</p> <p><u>March 1-4 Silent Retreat for Men & Women at Bellarmine w Fr. Mitch Pacwa</u></p>	<p>2 Friday</p> <p><u>Catholic Lawyer's Guild First Friday Prayers</u> St. Peter's 7:45–8:30 am</p> <p><u>First Friday Club Luncheon</u> – at the Union League Club. Speaker Fr. David Kelly Topic: Violence is a Three Sided Coin.</p> <p>St. Peter's Way of the Cross 4:15 pm</p> <p>Holy Name Cathedral Stations of the Cross 5:45 pm</p>	<p>3 Saturday</p>  <p>Are you prepared to serve or do you still seek to be served? Humility. It's key....</p> <p>Find someone to serve today!</p>
<p>March 4</p> <p>Stretch!!! Reach out and love someone.</p>  <p>You can do it!</p>	<p>5</p> <p>Make a Spiritual Pilgrimage this Lent.</p> <p>He is waiting for YOU!</p>	<p>6</p> <p>St. Peter's "St. Paul the Apostle" with Fr. Bob Karris 12:10 – 12:50</p>	<p>7</p> <p>St. Peter's Lenten Lecture Series: "Forgiven: The Transforming Power of Confession." 12:10 – 12:50</p> <p>Topic for March 7: "Pardon Our Mess: Exercising Compassion in the Family Circle" with Fr. Ed Shea.</p>	<p>8</p> <p>St. Peter's Lenten Reflection Series: "Spirituality & Scripture" 12:15 – 12:55 (See March 1)</p>	<p>9</p> <p>St. Peter's Communal Penance Service: 12:15 pm</p> <p>St. Peter's Way of the Cross 4:15 pm</p> <p>Holy Name Cathedral Stations of the Cross 5:45 pm</p>	<p>10 Saturday</p>  <p>Lent is a time to reflect. I tell folks that I'm only superficial on the outside... Wonder what Jesus thinks of that! Well, He knows I'm deeply shallow...</p>
<p>11 No sweeping those sins under the rug! Out with the old ways!</p> 	<p>12</p>  <p>Set aside time for prayer.</p>	<p>13</p> <p>St. Peter's "St. Paul the Apostle" with Fr. Bob Karris 12:10 – 12:50</p> <p>Share your faith with friends & family.</p>	<p>14</p> <p>St. Peter's Lenten Lecture Series: "Forgiven: The Transforming Power of Confession." 12:10 – 12:50</p> <p>Topic for Mar. 14: "Self Love or Self Hate: Learning to Forgive Ourselves" with Fr. Elric Sampson</p>	<p>15</p> <p>St. Peter's Lenten Reflection Series: "Spirituality & Scripture" 12:15 – 12:55 (See March 1)</p>	<p>16</p> <p>St. Peter's Way of the Cross 4:15 pm</p> <p>Holy Name Cathedral Stations of the Cross 5:45 pm</p>	<p>17 <u>Consider a pilgrimage to Ireland after Lent with two great leaders!</u> Sept 10-17. Sign up deadline is today!</p> 

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<p>Mar. 18 Sunday</p>  <p>Read from His book each day. It was written for YOU.</p>	<p>19 Monday</p> <p>Are your feet still on the path toward holiness? It is an uphill climb!</p> 	<p>20 Tuesday</p> <p>St. Peter's Communal Penance Service: 12:15pm</p>	<p>21 Wednesday</p> <p>St. Peter's Lenten Lecture Series: "Forgiven: The Transforming Power of Confession." 12:10 – 12:50 Topic for Mar. 21: "Revisiting the Sacrament of Reconciliation: The Rite Explained" with Fr. Elric Sampson.</p>	<p>22 Thursday</p> <p>St. Peter's Lenten Reflection Series: "Spirituality & Scripture" 12:15 – 12:55 (See March 1)</p> <p>Okay, how are you doing? Only one week left. Refocus and stretch yourself for others.</p>	<p>23 Friday</p> <p>Catholic Impact Group (Business Networking) Lenten Gathering Drake Hotel Oakbrook 7:30 am – 9:30 am</p> <p>St. Peter's Way of the Cross 4:15 pm</p> <p>Holy Name Cathedral Stations of the Cross 5:45 pm</p>	<p>24 Saturday</p> <p>Catholic Professional of Illinois Lenten Retreat 8:00 am to noon St. Isaac Jogues Catholic Church, Hinsdale</p> <p>March 23-25 Ignatian Silent Palm Sunday Weekend Retreat for Men at Bellarmine</p>
<p>25 PALM SUNDAY Think about the Gospel Reading.</p> <p>From the cross Jesus says <i>"My God, my God, why have you forsaken me?"</i></p> <p>Why does He say this? He knew the plan. He accepted it. Was it because as He was dying and sinking into the abyss of Hell, it would have been the first time He had EVER experienced being without the presence of the Father?</p>	<p>26 Archdiocesan Young Adult Retreat: Feb. 26 & 27, 6:30 – 9 pm at Quigley Pastoral Center, 835 N. Rush. "Discerning Where God Leads You, Lessons on How to Listen and Follow God: A Lenten Retreat"</p> 	<p>27 Continued from Monday: Archdiocesan Young Adult Retreat 6:30 – 9 pm</p> <p>An Evening of Reflection for Women: The Way of the Cross through Mary's Eyes. Bellarmine Retreat House, Barrington 6 – 9 pm</p> 	<p>28</p> <p>St. Peter's Lenten Lecture Series: "Forgiven: The Transforming Power of Confession" 12:10 – 12:50 Topic for Mar. 28: "Scrupulosity and the Sins We Don't Confess." With Fr. James Hoffman.</p> 	<p>29 Holy Thursday</p> <p>St. Peter's Holy Thursday: Solemn Morning Prayer – 8:15am (St. Clare Auditorium) Mass: 12:15 pm Solemn Mass, 5:15 Mass</p> <p>March 29-31 Holy Week Silent Retreat for Men & Women-Bellarmino Jesuit Retreat-Barrington, IL "If We Die With Him, We Will Also Live With Him"</p>	<p>30 Good Friday</p> <p>St. Peter's Morning Prayer 8:15am (St. Clare Auditorium) & Solemn Liturgy of the Lord's Passion 12:15pm & 3:15pm</p> <p>St. Peter's Stations of the Cross 5:15 pm</p> 	<p>31 HOLY SATURDAY</p> <p>St. Peter's closed until 6 pm Vigil at 7 pm followed by light refreshments in auditorium.</p>  <p>Keep vigil with other believers this year.</p>
<p>Apr. 1</p> <p>EASTER</p>  <p>Rejoice!</p>	<p>2</p> <p>Take a deep breath.</p> <p>How did you do?</p>	<p>3 Keep running the good race!</p> 	<p>4</p> <p>Plan a retreat for April or May or make a pilgrimage in 2018 and keep exercising so that your soul grows even more beautiful!!!</p>	<p>5</p> <p>Rx for Spiritual Fitness "As I have loved you, so you also should love one another." John 13:34</p> <p>Work on this daily!</p>	<p>6</p> <p>You are on your own now, but remember, you are never alone. <i>And lo, I am with you always, until the end of the world.</i> Matt. 28:20</p>	<p>7 Go forth and make disciples...</p> 

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Need Some Inspiration? Check out:

- Archdiocese of Chicago Lenten Resources: <https://pvm.archchicago.org/lenten-resources> (Includes a link to Ave Maria Press which compiled 40 soup recipes and daily reflections to nourish both your body and soul! Other great stuff there!)
- USCCB Lenten Resources: <http://www.usccb.org/prayer-and-worship/liturgical-year/lent/index.cfm> (I love the little calendar with the doors that open when you click on the date...

Advice for Lent:

- [Journey to the Foot of the Cross – 10 Things to Remember for Lent](#) from the USCCB website. Some real good advice for us all as we start this journey!!!
- [Best Lent Ever](#) – free email program that will guide you on a 40 day adventure with Matthew Kelly. Let's make a real effort this year, eh??
- *Lent and Holy Week with Mary* by Dr. Mary Amore of [Mayslake Ministries](#). You can still order the book from Our Sunday Visitor [HERE](#). \$4.95 I can't believe that their Women's Retreat "Healthy Eating with Holy Intent on March 2 is sold out!!! Just what I was looking for.
- Sign up for Fr. Barron's daily Gospel reflections [HERE](#).

Looking for a Lenten Retreat??

- Check out the [FULL SCHEDULE](#) of Jesuit Retreats throughout Lent at the Bellarmine Jesuit Retreat House in Barrington, Illinois.
- [Catholic Retreat for Women](#) – Marytown Retreat & Conference Center – Fri. Mar. 9 4:00 pm to Sat. Mar. 10, 2018 at 1:00 CST. Sponsored by Regnum Christi Chicago Women

Sacrament of Confession: Couldn't be more convenient for those who live or work in the Loop.

St. Peter's Confession Schedule during Lent

Monday - Friday 7:30am - 6pm

Saturday: 12pm - 4:30 pm

In the past, **Confession ended on Holy Thursday at 4:30pm and there was No Confession on Good Friday or Holy Saturday**

So be sure to check the bulletin or website as we get closer to Easter to make sure it is available at "the last minute."

Of course the Sacrament is offered by our downtown parishes [Holy Name Cathedral](#), [Old St. Pat's](#), [Old St. Mary's](#) and [Assumption](#), but I don't know their Holy Week Schedules. So check their websites as we get closer to Holy Week if you can't make it before then.

Have a blessed Lent and glorious Easter!