

IMMACULATE
CONCEPTION
CATHOLIC CHURCH
MELBOURNE BEACH, FL

A SEASON FOR PROBING



LENTEN JOURNEY 2019

A LENTEN MESSAGE FROM OUR PASTOR, FR. BEN

Dear Friends in Christ,

As we approach Ash Wednesday and our annual Lenten pilgrimage, there is a sentiment contained in the Lenten Prefaces we pray as we enter into the Eucharistic Prayers that is worth noting. The Season of Lent, which we tend to think of mostly as a time of “personal” reformation—is actually more about “US” than about “me” as an individual. The Prefaces remind us: “we prepare to celebrate; we recall the great events which gave us new life in Christ....” So often our Lenten disciplines and resolutions focus upon ourselves alone—how am *I* going to become a better person; how am *I* going to become more spiritual; how am *I* going to become more Christ-like? While these attempts at self-improvement are noble, and in fact do have their proper place in the Lenten landscape, the Season of Lent is really about *US*, the community of Christ, the disciples of the Lord. Lent is a “we” rather than a “me” journey. It can never truly be a time of grace if we attempt to go it alone.

Through the Lenten Season, our Sunday scriptures, in particular, help us to uncover what we need to be doing not so much as individuals, but rather as a people, as a community of believers. Surely, we will still continue to choose our own Lenten “practices,” but perhaps this year we may turn some of our attention to where we are as a people, as a community of Immaculate Conception Church. Where is our “church” in need of conversion? Where is the sinfulness embedded in our community? What might our community do together this Lent that reminds us we are in this journey of faith together?

Acts of communal service [alms] are always a key ingredient to the Lenten journey, and are a visible way we act together on the Lenten way. This year, in addition to our annual participation in “Rice Bowl,” I’m inviting our parish family to join in a diocesan-wide effort, now in its 14th year and sponsored by *The Florida Catholic*: the Long-Sleeve Shirt Relief Drive for the benefit of farmworkers. Also, let us consider making an extra effort to respond to our monthly “Pantry Weekend” during Lent. We will have two opportunities, March 16/17 and then April 6/7 to really turn out the non-perishable food items for “Daily Bread” & the “Brevard Sharing Center.”

Each of us may have a lot to do in order to have our minds and hearts renewed this Lent, but we will be better able to experience that renewal when we DO IT TOGETHER and not alone in our little Lenten vacuum-sealed pouches! Lent really is a WE thing!

Fr. Ben Berinti, CPPS, Pastor

LENTEN OPPORTUNITIES FOR HEALING & SOLIDARITY

A Time to Heal

Are there some special people in your life that you would like to have return to the practice of their faith at Easter this year? Perhaps it's a spouse or a child. Perhaps it's a grandchild or a friend. You've always wanted to have them with you at church, but you weren't sure how to go about it without saying the wrong thing.

Now you can. You will have the opportunity to write their first names on our "Time to Heal" forms. As you do, make the commitment to pray for these special people every day during Lent, asking God to bring them back.

We'll do the same. If you leave these names with us, every time we come together to pray, our community will ask God to bless your special friends and relatives, and to bring you together during Lent at the Lord's Table. We will place their names before the altar to be remembered.



COMMUNAL ANOINTING OF THE SICK



EUCCHARIST

9am MASS

SATURDAY MARCH 30



Attentive to the experience of the cross in our lives during these Lenten days, we will celebrate God's healing & forgiveness of sin through a communal Anointing of the Sick. Hosted by our parish Ministry to the Sick.



OUR PARISH-WIDE LENTEN ALMS EFFORT! OPERATION RICE BOWL!

Through Catholic Relief Services (CRS) Rice Bowl, we share the journey with members of our human family around the world, our neighbors, and commit our Lenten prayers, fasting and alms-giving to deepening our faith and serving those in need.

Join nearly **14,000 faith communities in 180 dioceses around the U.S.**, as together we will serve our brothers and sisters most in need around the world.

Rice Bowls are available throughout the Lenten Season...it's never too early or late to start filling the bowl!

**BOWLS RETURNED TO
CHURCH PASSION-
PALM SUNDAY
APRIL 14 All Masses**



**DIVINE MERCY CATHOLIC RADIO PRESENTS
BILL GENT & FR. BEN BERINTI, CPPS in a
WEEKLY LENTEN SERIES:
"THE ART OF PRAYING"**

Each week's conversations will be based upon a theme from Fr. Romano Guardini's classic text on prayer. Join Bill & Fr. Ben Tuesdays of Lent from 11am-12 Noon beginning March 5

PODCASTS are available on the station website following each week's program for additional listening and sharing.



***FRIDAYS of LENT
STATIONS of the
CROSS &
BENEDICTION OF
THE BLESSED
SACRAMENT***

***5:00pm
March 8, 15, 22 & 29
April 5***

**SACRAMENT of PENANCE &
RECONCILIATION
EVERY SATURDAY**

**4:00pm
Prior to the Vigil Mass at
4:30pm**

This ancient devotional exercise commemorating the death and resurrection of our Lord Jesus Christ is also called the "Way of the Cross" (Via Crucis) and the "Way of Sorrow" (Via Dolorosa).

Each of us has a *Way of the Cross* to walk: life being full of challenges, stumbling, burdens, tears, fears, sickness, calamity and letting go. Along this way we are invited to discover God's presence and what it is that God wants us to hear, to know.

SUNDAY MORNINGS IN LENT

FR. BEN PRESENTS...

**FOLLOWING THE
9am MASS SELECT
SUNDAYS OF LENT**

Join Fr. Ben in the Parish Center
following the 9am Mass [10:00-10:50am]
for an exploration of:

**EQUIPPING OUR SPIRITUAL TOOLBOX:
Three Pillars of Spiritual Practice**

On these Lenten Sundays, Fr. Ben will share three pillars of spiritual practice that help us grow in discipleship and keep our “spiritual toolbox” well-stocked for the journey .

**March 10: The Practice of Self-Emptying:
Rediscovering the Fast**

**March 24: The Practice of Spiritual Reading:
Chewing on the Bread of the Word**

**April 7: The Practice of Self-Examination:
Daily Examen, Confession & Awareness**



LENT

“THE BIG THREE”... & A TREAT



We aren't just spiritual beings. We are also physical creatures, and the way to the soul is through the body. That's why Lenten discipline has historically centered on the “big three” of fasting, almsgiving and prayer.



Fasting is not just a spiritual diet. By denying our bodies, our physical hunger reminds us of the hunger of our souls for God, our longing for a deeper relationship with our Lord.



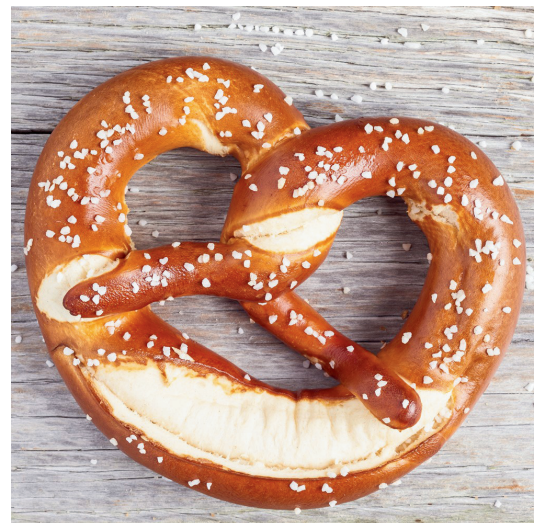
Almsgiving teaches us to separate ourselves from material possessions. By freely giving of our money and possessions, we learn to trust the Lord more deeply for our own daily needs.



Finally, an emphasis on prayer during Lent is a way to stir up our love and ardor by having a deepening conversation with the Almighty. Remember that the light of God's love shines more brightly in the darkness of the recognition of our own sinfulness.

Pretzels: A Lenten Treat

Pretzels originated in Europe during the Middle Ages. A monk was making unleavened bread for Lent with flour and water because eggs, milk and lard were not consumed as part of the Lenten fast. He twisted some of the dough into the shape of people praying with both arms folded across their chests. He decided it would be a perfect treat for children learning to say their prayers. He called the treats *pretiola*, the Latin word for “little reward.”



LENTEN COMMUNITY OUTREACH, PRAYER & FORMATION



The Florida Catholic is sponsoring their **14th Annual Lenten Long-Sleeve Shirt Relief Drive**, which helps the farmworkers organization provide for our brothers and sisters who toil in the fields to provide food for our tables. The drive consists of a collection of long-sleeve shirts for the protection of farmworkers against harmful pesticides.

IMMACULATE CONCEPTION
WILL COLLECT **NEW ONLY** LONG
-SLEEVE SHIRTS (ALL SIZES
NEEDED) AT SATURDAY
EVENING & SUNDAY MASSES
APRIL 6 & 7 ONLY



“From Ancient Rite of Passage to
New Covenant”: Two Great Meals of
Liberation
Includes a Mini “Seder Meal”
& Eucharist
REGISTRATION @ San Pedro website

**MAKE A PILGRIMAGE TO
THE SAN PEDRO CENTER
WINTER PARK
WEDNESDAY APRIL 10
9:30am-2:00pm
Fr. Ben leads a Day of Reflection**

**LENTEN BROWN BAG BOOK
CAFÉ
MONDAYS
March 11 & April 8
11:30am-12:30pm
Parish Center**

Our monthly Brown Bag Book
Café moves to Mondays in
Lent.

March Title:

*In Praise of a Useless Life: A
Monk's Memoir, Paul Quenon*

April Title:

*Framing Faith: From Camera
to Pen, Matt Knisely*

COMMUNITY PRAYER & FORMATION continued



PARISH LENTEN RETREAT

Guided by Our Pastor, Fr. Ben
Friday Evening-Saturday Noon
APRIL 12 & 13**



“TOOLS of the TRADE: BREAD, CUP, BASIN & TOWEL”

****Registration required for
participation in the retreat**

“THE GARDEN OF HOLLOWS”: Evening Prayer with Music, Art & Reflection WEDNESDAY MARCH 20 6:30-7:30pm

Once again, we present the art of
Rev. Jan Richardson as a tool for
our Lenten prayer. Seven
exquisitely simple charcoal
drawings depicting events around
Jesus' crucifixion will serve as
windows for our meditation.

