

## 24 Hours for the Lord

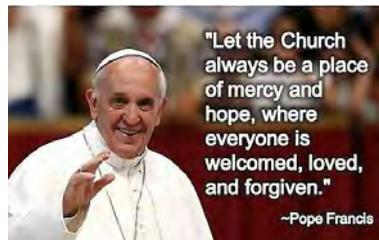
### A Collaborative Parish Lenten Experience

**Friday March 9 – Saturday March 10, 2018**

Pope Francis has asked that Churches around the world observe the 24 Hours for the Lord on the Friday and Saturday before the Fourth Sunday of Lent. It is a time to experience God's Mercy and love not only in the sacrament of Reconciliation, but also in the context of Eucharistic adoration, a variety of forms of prayer, reflection and charitable service.

### 2018 Lenten Message of His Holiness Pope Francis

*"Above all, I urge the members of the Church to take up the Lenten journey with enthusiasm, sustained by almsgiving, fasting and prayer. ... God constantly gives us a chance to begin loving anew. One such moment of grace will be, again this year, the "24 Hours for the Lord" initiative." Papal Letter 1/18/2018*



**Please join us for this special observance!**  
Beginning Friday, March 9 @ 6 PM, with a simple supper at St. Elizabeth  
Concluding Saturday, March 10 @ 6 PM, with a pot luck supper  
at St. Isidore (after 5 PM Mass)

**On February 14, in his Ash Wednesday homily, Pope Francis** said that Lent is a time for Christians to get their hearts in sync with the heart of Jesus. The church gives Christians the 40 days of Lent as a time to reflect on "anything that could dampen or even corrode our believing heart."

Everyone experiences temptation, the pope said. Lent is a time to pause and step back from situations that lead to sin, a time to see how God is at work in others and in the world and, especially, a time to return to the Lord, knowing that his mercy is boundless.

***"Let the Lord heal the wounds of sin and fulfill the prophecy made to our fathers: 'A new heart I will give you, and a new spirit I will put within you; and I will take out of your flesh the heart of stone and give you a heart of flesh.'"*** Pope Francis 2-14-18

### A Prayer for Mercy ~Pope Francis

Lord Jesus Christ, you have taught us  
To be merciful like the heavenly Father,  
And have told us that whoever sees you sees  
God.

Show us your face and we will be saved.  
You are the visible face of the invisible Father,  
Of the God who manifests his power  
Above all by forgiveness and mercy:  
Let the Church be your visible face in the world.

Send your Spirit and consecrate every  
one of us with its anointing,  
So that this may be a year  
of grace from the Lord,  
And your Church, with renewed enthusiasm,  
May be good news to the poor,  
Proclaim liberty to captives and the oppressed,  
And restore sight to the blind.

Amen

**The Apple Valley Catholic Community's** liturgy, faith formation, and youth ministry teams have come together to offer this special 24 Hours for the Lord. Our goal is to invite everyone to know, celebrate, and share God's mercy through Jesus Christ.

We are offering activities that will engage a variety of ages, interests, and spiritual needs including prayer, music, reconciliation, reflection, adoration, works of mercy, and community, as well as suggestions on how to live the 24 hours at home.

Please review the options, especially in the activities that seem to be "calling your name," note the schedule (back page), and join us as you can for this Lenten experience!

# 24 Hours for the Lord ~ Events

## Friday, March 9

All Friday events at St. Elizabeth of Hungary Parish



### Simple Supper

6:00- 6:45 PM, St. Elizabeth Parish Center Hall

### Welcome & Official Opening of 24 Hours

6:45 PM, St. Elizabeth Church



### Liturgy of the Hours: *Evening Prayer*

7:00 PM, St. Elizabeth Church

The Liturgy of the Hours, also known as the Divine Office or the Work of God, is the official prayer of the Church, marking the hours of each day - morning, noon, evening and night prayer - and sanctifying the day with prayer, using scripture and prayer.



### The Sacrament of Reconciliation (Confession) & Quiet Prayer

7:30 – 8:30 PM, St. Elizabeth Church

*There is a resource to help you prepare at the end of this booklet!*



### Light refreshments available in the Church Hall

7:30 – 8:30, 9:15 -11:00 PM



### Lenten Resources available in the Church Hall

7:30 – 8:30 PM



### Taizé Prayer

8:30 – 9:15 PM, St. Elizabeth Church

Taizé is a time of scripture readings, simple songs, and periods of silence, all in a quiet, candle-lit environment, gathered around an icon of the cross. We pray for the needs of our community and world in a peaceful and centered focus.



### Adoration of the Blessed Sacrament

10:00 – 11:00 PM, St. Elizabeth Church

Eucharistic adoration is the act of worshiping God, as He is present in the consecrated Eucharist. Spending time before the Blessed Sacrament in prayer and devotion is exactly the same as spending time before the Living God. Adoration occurs whenever someone kneels in front of a tabernacle, bows before receiving the Blessed Sacrament at Mass, or, in a more focused way, when the Blessed Sacrament is exposed for adoration.” (copyright - Our Sunday Visitor, Inc. ~ Eucharistic Adoration Pamphlet ~ reprinted with permission)



### Night Prayer & Benediction of the Blessed Sacrament

11:00 - 11:15 PM, St. Elizabeth Church

Benediction consists of the singing of litanies or canticles, before the Blessed Sacrament, which is exposed upon the altar in a monstrance and is surrounded with lights. At the end, the priest or deacon, his shoulders enveloped in a humeral veil, takes the monstrance into his hands and with it makes the sign of the cross (hence the name Benediction) in silence over the kneeling congregation.



## Overnight Vigil

11:30 PM Friday – 6:00 AM Saturday,  
St. Elizabeth Church

Youth and young adult ministry teams will be present to guide this retreat style vigil time open to all. This can be an especially rich time of deep encounter with the Lord. It will include a variety of prayer experiences - silent individual prayer, praying with others, journaling, inspirational music, rosary, meditation, and/or Stations of the Cross may be offered. Come for any amount of time!



## Liturgy of the Hours: *Morning Prayer*

9:00 – 9:30 AM, St. Isidore Church

## Quiet Prayer & Prayer Ministry

9:30 – 1:00 AM, St. Isidore Church,

Time for quiet personal prayer, and for those who would like, an opportunity to be prayed with and for, for specific or general intentions by designated prayer teams. This is open to all ages, to bring your needs and prayers together with others in the community.



## Saturday, March 10

*All Saturday events at St. Isidore Parish,  
unless otherwise noted*

### Emmaus Walk

Saturday morning: 7:00 – 8:00 AM

Meet Barbara Dane at **Heath Hen Meadow Brook Woodland Conservation area in Stow**. Park at trailhead on East side Boxborough Road, just north of its junction with Packard Road.



For many people, one of the best ways to encounter the Lord is through nature. An Emmaus Walk invites you to not only appreciate the beauty of God's creation, but also to share your faith with a friend or two as you hike along the path together. We will gather and pray together. Each small group will be given a few questions to discuss along the way. We will close with a group reflection on the experience.



## Stations of the Cross & Quiet Prayer

10:00 – 11:00 AM, St. Isidore Church

The Stations of Cross are part of the rich tradition of Catholic prayer especially during Lent. Each of the Stations represents events from Jesus' passion and death. At each station we will reflect prayerfully upon Jesus' suffering, death, and resurrection. The Stations are appropriate for all ages. Quiet prayer in the church will follow the praying of the Stations.

## The Rosary & Quiet Prayer

11:00 AM – 12:00 PM, St. Isidore Church

When you pray the rosary, you meditate on the events in Jesus' life, through the repetition of familiar prayers. Rosary beads help count their prayers. Many find it a way of asking God for a special favor, help or to thank God for blessings received. Bring your beads! Extra beads will be available for use as well as copies of prayers. Quiet prayer in the church will follow the praying of the Rosary



## Breakfast

8:00 – 9:00 AM, St. Isidore Church Hall

Come join your friends, family, and parish community for breakfast after the Emmaus Walk and/or before Morning Prayer.



a hearty  
Prayer.





### Light Lunch

12:15 – 1:00 PM, St. Isidore Church Hall

### Food Pantry Service Projects

1:00 – 3:30 PM, various locations

1. Stow Food Pantry, St. Isidore Church Hall
2. Acton Food Pantry, St. Elizabeth Church Hall
3. St. Martha’s Food Pantry, St. Elizabeth Church Gathering Space

The Corporal Works of Mercy are at the heart of the missions of these Food Pantries. We need help sorting and delivering the items gathered during our Lenten Food Drive. This food serves almost 1,000 families weekly during the spring. This is appropriate for all ages. Please save and bring any medium to large cardboard cartons you have!



### Sacrament of Reconciliation (Confession)

2:30 – 3:30 PM, St. Elizabeth Church

3:30 – 4:30 PM, St. Isidore Church

### The Sunday Eucharist Masses

Saturday 4:00 PM at St. Elizabeth

Saturday: 5:00 PM at St. Isidore

Sunday: 9:00 AM at St. Isidore

Sunday: 10:30 AM & 5 PM at St. Elizabeth



### Concluding Pot Luck Supper

6:00 PM, St. Isidore Church Hall

## Living and Praying the 24 Hours at Home

Whether or not you are able to participate in any of the events, we hope that you will use these 24 hours to reflect on God’s mercy in your life, rejoice in it, and find ways to extend it to others, especially through inclusion, accompaniment, and service. Not everyone can do every event – that is not the expectation. Some may not be able to leave their homes, even if it is their desire to participate. However, this does not mean we are not together in the journey Friday – Saturday. No matter where we are, we can come together with each other in the solidarity through some simple awareness practices and prayer in the home. Some ways to stay connected, even at home might include:

### Lighting a Candle

The light is a reminder of Christ’s love for us, his presence and mercy in our lives. Let the candle be a reminder to pray and focus on the Lord these 24 hours.



### Finding God in Nature

Whether through your window or from your porch or deck, take some time to notice the beauty of God’s creation, anticipating the new life that Spring will bring for us all, just as we receive new life in Christ.



### Reading the Bible and other Spiritual Resources

Reflect on the weekend’s readings or other favorite passages. Use one of the many Lenten devotional booklets or on-line resources. OR reach for a favorite inspirational book.



### Praying in many ways:

Use your own personal prayer, traditional prayers, the rosary, or simple quiet meditation. Pray alone or with others in your home. Make a point to spend some quality time together with the Lord.

## Emmaus Walk – Guide

STOW CONSERVATION  
COMMISSION  
HEATH HEN MEADOW  
BROOK WOODLAND

**Trailhead Location:** East side of Boxborough Road, just north of its junction with Packard Road.

Trails are level or gently rolling. Expect wet and muddy spots throughout the well-marked trail system.

1. Follow blue trail from kiosk; right at T-junction through stone fence gap, continuing on blue.
2. Right on pink-blazed trail; left just before orchard's edge to continue on pink.
3. Right on blue, orchard is to your right.
4. Right at T-junction – blue and purple trail overlap for a short stretch.
5. Left at Y-junction to continue on purple.
6. Turn right on wide blue-blazed trail.
7. Left on blue at Y-junction near edge of pond; continue straight on blue along pond's edge.
8. Turn right on blue through stone fence to return over footbridge to trailhead kiosk.



## the **Busted Halo** guide to How To Go To Confession

(take this sheet with you... it's okay, really)

**Before you go...Examine your conscience**, that is, reflect on what sins you have committed. Think about times you have chosen to do wrong or failed to do good. It's even alright to make a list to bring with you to confession if that helps.

1. **Introduction.** When you come before the priest, begin by making the sign of the Cross (praying the words out loud), and continue by saying, **“Bless me Father, I have sinned. It has been (how long) since my last confession. These are my sins...”**
2. **Confession.** List the sins you committed that came to mind when doing your examination of conscience. **Don't be too general** (like, “I haven't been a good person”), but a lot of **detail is not necessary either** (you don't need to tell the whole story about how the sin came about). If you are not sure something is a sin, just ask the priest. This isn't counseling, so unless you ask, the priest won't likely give you advice. He'll move on to...
3. **Penance.** The priest will suggest **something for you to do or pray** as a response to God's mercy. You'll have to remember what this is and do it after the confession is over, so pay attention.
4. **Contrition.** The Priest will then ask you to pray your “Act of Contrition,” demonstrating your sorrow for your sins. This needs to be prayed aloud for the priest to hear but need not adhere exactly to one formula. One very common one you could use is:
 

**“My, God, I am sorry for my sins with all my heart.  
In choosing to do wrong and failing to do good,  
I have sinned against you whom I should love above all things.  
I firmly intend, with your help, to do penance, to sin no more,  
and to avoid whatever leads me to sin.  
Our Savior, Jesus Christ suffered and died for us.  
In his name, my God, have mercy.”**
5. **Absolution.** Don't get up to leave after that prayer, because the best part is yet to come: the priest will extend his hands in your direction and he will pray the **Prayer of Absolution**: *“God, the Father of mercies, through the death and resurrection of his son, has reconciled the world to himself ... I absolve you from your sins in the name of the Father, and of the Son and of the Holy Spirit. Amen.”*
6. **Conclusion.** The priest will then likely say something like, “God has freed you from your sin. Go in Peace.” To which you can respond, **“Thanks be to God.”**
7. **After you leave...** Don't forget to do your penance. If it is saying certain prayers, its best to do it right away in the church before you forget.

## Praying the Rosary



- Start by making the sign of the Cross:

- Recite the **APOSTLES CREED**:

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord. He was conceived by the Holy Spirit, and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell. On the third day He rose again. He ascended into heaven, and is seated at the right hand of God the Father Almighty. He will come again to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen

- Say 1 Our Father, 3 Hail Mary's for the virtues of Faith, Hope and Charity; and then 1 Glory Be.

**OUR FATHER**, who art in heaven, Hallowed be Thy Name. Thy Kingdom come, Thy will be done, on earth as it is in Heaven. Give us this day, our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen

**HAIL MARY**, Full of Grace, The Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners now, and at the hour of death. Amen.

**GLORY BE** to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

- The Rosary is divided into four parts, each having five mysteries. State one mystery at the beginning of each decade – you'll meditate on this while praying the decade:  
1 Our Father, 10 Hail Mary's and 1 Glory Be for each Mystery.

- After the completion of the five mysteries (five decades), say the Hail Holy Queen.  
**HAIL HOLY QUEEN**, mother of mercy, our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us, and after this our exile show us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us, O Holy Mother of God. ...  
That we may be made worthy of the promises of Christ.

### THE JOYFUL MYSTERIES

- The Annunciation
- The Visitation
- The Nativity
- The Presentation
- The Finding of Jesus in the Temple

### THE GLORIOUS MYSTERIES

- The Resurrection
- The Ascension
- The Descent of the Holy Spirit
- The Assumption of the Blessed Virgin Mary
- The Coronation of the Blessed Mary

### THE SORROWFUL MYSTERIES

- The Agony in the Garden
- The Scourging at the Pillar
- The Crowning with Thorns
- The Carrying of the Cross
- The Crucifixion

### THE JOYFUL MYSTERIES

- The Annunciation
- The Visitation
- The Nativity
- The Presentation
- The Finding of Jesus in the Temple

## 24 Hours for the Lord March 9-10, 2018

Time			
<b>Friday</b>	<b>All events 6 PM Friday to 6 AM Saturday will take place at St. Elizabeth of Hungary</b>		
6:00 – 6:45 PM	Simple Supper – Parish Center Hall		
6:45 PM	Welcome & Opening - Church		
7:00 – 7:30 PM	Evening Prayer - Church		
7:30 – 8:30 PM	Quiet Prayer and Confession available in the Church	Light refreshments in the Church Hall	Family Lenten resources in Hall
8:30 – 9:15 PM	Taizé Prayer - Church		
9:15 – 10:00 PM	Quiet Prayer and Confession available - Church	Light refreshments available in the Church Hall	
10:00 – 11:00 PM	Adoration - Church		
11:00 - 11:15 PM	Night Prayer & Benediction - Church		
11:30 PM Friday – 6 AM Saturday	Overnight Vigil in the Church		
<b>Saturday</b>	<b>All Church events will take place at St. Isidore</b>		
7:00 – 8:00 AM	Emmaus Walk – Heath Hen Meadow, Stow		
8:00 – 9:00 AM	Breakfast – Church Hall		
9:00 – 9:30 AM	Morning Prayer - Church		
9:30 – 10:00 AM	Quiet Prayer time in the Church		
10:00 – 11:00 AM	Stations of the Cross followed by quiet prayer – Church		
11:00 AM – 12 PM	Rosary followed by quiet prayer – Church		
12:00 PM	Noon Prayer – Church		
12:15 – 1:00 PM	Light lunch in the Church Hall		
1:00 – 3:30 PM	Stow Food Pantry Service Project St. Isidore Church Hall	Acton Food Pantry Service Project St. Elizabeth Church Hall	St. Martha's Food Pantry Service Project St. Elizabeth Church
2:30 – 3:30 PM	Confessions available at St. Elizabeth of Hungary Church		
3:30 – 4:30 PM	Confessions available at St. Isidore Church		
4:00 PM	Mass at St. Elizabeth		
5:00 PM	Mass at St. Isidore		
6:00 – 7:00 PM	Pot Luck Collaborative Community Supper – St. Isidore Church Hall		