



HOLY INNOCENTS

Opportunities for Spiritual Growth this Lent

- Friday Soup Suppers and Stations of the Cross
- Strength Groups
- Rice Bowl
- Catholics Come Home Inquiry Class
- Parish Mission at St. Jude with Seminarian Dwight Lewis
- Sacrament of Reconciliation
- On-line mini-retreats
- Archdiocesan Retreats at the Palisades

Holy Week

April 1– April 4

- Wed Tenebrae Service 7 pm
- Holy Thursday 7 pm
- Good Friday 7 pm
- Easter Vigil 8 pm
- Easter Sunday 8 am mass
10:30 am mass

Lent 2010

Ash Wednesday February 17

Easter April 4

Stewardship as a Way of Life:

As is our tradition here at Holy Innocents, various parish ministries will take turns organizing the Lenten Suppers and leading the Stations of the Cross. If you would like to help on any one of the Fridays in Lent, please let the organizing ministries know by signing up at the table at the back of the church. Everyone is welcome to participate.

Feb 19– Outreach: St. Vincent DePaul and Social Justice

Feb 26—Stewardship Commission & Welcome Committee

March 5– Knights of Columbus

March 12—Pastoral Care Ministries

March 19—Parish and Finance Councils

March 26– Families of all ages and stages

Here's a fun way for parents to pass on faith to their children while having fun with each other and the community.

Special Family Stations on Friday March 26th

This Friday will be geared toward families and children. If your family would like to help by volunteering to bring a dish to share or if your family would like to work together to lead one of the stations using word, music, drama, art or song, to name just a few examples, contact Debby at debby@holynn.org to get a copy of the resource we will be using that evening.



The Warriner Family works together on a project at the Advent Evening held last December

Web Based Resources for Lent

Ignatianspirituality.com (Jesuits)

Lenten on-line Retreats

- Seven Weeks for the Soul
- Praying Lent (audio retreat)
- Sacred Space Lenten retreat and prayers
- Pray as you go Scriptural Stations of the Cross
- Days of Deepening Friendship – Lent Retreat Blog

Also, on the same site you will find:

- Daily Examen
- Spiritual Exercises
- On-Line Prayer

Loyolapress.com : 3 Minute Retreats (on line)



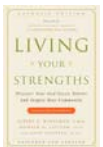
And Stations of the Cross

Fridays During Lent
Dinner 6:15 pm
Stations of the Cross
begins at 7 pm

All our Welcome!

Lenten Small Group Opportunity

- Discover *Your Talents*
- Enrich *Your Life*
- Inspire *Our Community*
- Explore *Your Purpose*



Living Your Strengths will help you discover the person God created you to be, and through it together, we will continue to grow as a parish community. Small Strength groups will be offered at three different times during the Lenten Season.

Sun Evening:

Feb 28th 6-7:30 pm every other week.

Thur Mornings:

Mar 18: 10-11:30 am weekly

Thur Evenings:

Mar 18th: 7-8:30 pm weekly

Sign-Up Sheets at the back of the church or call the office at 788-1400 or email Debby or Jennie to register.

Catholics Come Home

Inquiry Gathering
Wed March 24th
7 pm
Down in the New
Room in the hall

CatholicsComeHome.org

Maybe you've been away from the Church for awhile. Maybe you're not sure if you want to return, but you are willing to at least take a second look. We understand!

Like true-north, the Catholic Church tugs on the compass-arrow of the human heart in ways that can be comforting, puzzling, even unsettling. We believe that this mysterious pull comes from God.

Sometimes, though, in order to understand and discern God's Call, we need others to help us clarify and live out our call.

Holy Innocents Church will be offering follow up sessions during the Easter Season in addition to the inquiry gathering on March 24th. Watch for more details for the date and time.

If you are interested in attending the follow up sessions, please contact the office at (425)788-1400 or call Bev Harke (425)333-6345

The Sacrament of Reconciliation is offered after each mass on Sundays during Lent

"FIGHTING THE WRONG ENEMIES"
Mission Speaker -
Our Own Dynamic , Charismatic &
Powerful Seminarian

Dwight Lewis

Sunday March 7th to
Wednesday March 10th, 2010

Mornings - 9:45 - 10:30 am
OR

Evenings: 7 - 9 pm
St. Jude Church

All are Invited!!

Dare to Attend and Bring a Friend!!

 CONTEMPLATIVE
OUTREACH

Introduction to:

Centering Prayer
Wednesday March 3rd
7:15-8:15pm

Sr. Kathleen Pruitt, CSJP
Down in the VanHulle Room

Centering Prayer is a method of silent prayer that prepares us to receive the gift of contemplative prayer, prayer in which we experience God's presence within us.

Printed Materials— Found on the Youth and Family Table In the Narthex

Faith Connection —

Weekly Resource that is based on the Lectionary

The resource includes a reflection related to the Sunday Gospel and Daily readings for the week, and reflection questions for both adults and children. It includes a reference to a Church teaching related to the Gospel and practical suggestions for living out the Word. There is also a short meditation from Fr. Mark Link, a prayer to guide you through the week and finally, a column about a saint from our Catholic heritage whose feast day is approaching.

"Journey Through Lent" -
Ash Wednesday Prayer and Reflections

"Journey Through Lent"
- For the Sunday's of Lent
(Reflection on scriptures
"Journey Through Lent"
Holy Thursday & Good Friday



Matthew Bizga and Dave Weidner use scripture and other resources to answer questions on last year's Confirmation retreat

Lent: Fasting In a Fast
Moving World Article/w reflection questions

Personal or small group
Lenten Retreat
Resources

"Wake Up and Smell God"
- Finding God Through our senses

"Living In the Gap" - Tired of living in the not yet? This resource is for you.

"Opening the Door of Your Heart" - practicing sacred hospitality

"Praying the Psalms in Lent"

Local Opportunities away from the Parish

Sisters of St Joseph of Peace (located in Bellevue) csjp.org

Peace and Spirituality Center Programs for Winter and Spring

Sat Feb 27, 9 -12- Day of Contemplative Prayer
Sat March 6, 9:30 - 3 pm Lenten Reflection Day
"The Healing Power of Forgiveness"

Wed, March 17 9:30 -2 pm Peace Day for Women: "Walking in the Way of Peace"

Sat March 27, 9am -12noon- Day of Contemplative Prayer

The Palisades Archdiocesan Retreat and Faith Formation Center

(Federal Way) palisades@seattlearch.org

Retreat Opportunities available during Lent for adults. In addition, there are opportunities for private retreats both directed and non-directed. Just contact the Center for more information.

Feb 26 – 28 Reconciliation! A Men's Retreat

March 5 – 7 Holiness in Everyday Life –

March 19 - 21 Men's Silent Lenten Retreat

March 26 - 28 Reliving the Paschal Mystery of Jesus (For men and women)

March 30 – April 1 A Holy Week Journey of the Heart (for men and women)