

Lenten Calendar

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LENTEN PRAYER
We lift our prayers to you, God of Love, on behalf of our brothers and sisters in need. As we learn about their struggles, our almsgiving comes to their aid; our fasting unites us in their hunger. You call us to be disciples for all nations. Bless us this Lenten season.
 Amen.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
March 13 Our brothers and sisters in Haiti live in the poorest nation in the Western Hemisphere. Read one woman's story and LEARN how CRS is helping in Haiti at orb.crs.org .	March 14 Care for God's Creation We are called to be good stewards of the Earth. 66% of Haitians are farmers. Give 66¢ to support CRS' ecologically-sensitive agricultural programs.	March 15 Station 2: Jesus carries the cross. 54% of Haitians carry the cross of poverty, struggling to meet the basic needs of their families. Give 54¢ to your Rice Bowl to help the poor.	March 16 Read Psalms 51:3-4, 12-13, 18-19. "Renew in me a steadfast spirit." PRAY for the people of Haiti, who have displayed a steadfast spirit since the Jan. 2010 earthquake.	March 17 Station 3: Jesus falls the first time. Deforestation and erosion worsen the effects of natural disasters. Less than 4% of Haiti is forested. GIVE 4¢ for each of the first 10 trees you see today.	March 18 Riz National is Haiti's most popular dish. Experience it by preparing and sharing this week's recipe (page 12). GIVE the money you saved by eating this simple meal to your Rice Bowl.	March 19 Reflect on how the focus of <i>Care for God's Creation</i> is a part of the Haiti story. What can you do in your daily life to uphold this principle of Catholic social teaching?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
March 20 This week we will visit our brothers and sisters in Indonesia. Read one man's story and LEARN about CRS' work with farmers in Indonesia at orb.crs.org .	March 21 Option for the Poor The Gospel calls us to assist those in need and reach out to the most vulnerable. 37 million Indonesians do not have enough food. GIVE 37¢ for each meal/snack you have today.	March 22 Station 4: Jesus meets his mother. Today is World Water Day. To help suffering mothers who can't give their children clean water, GIVE 52¢ for each water faucet in your home.	March 23 Read Galatians 5:24-25; 6:2 "Bear one another's burdens, and so you will fulfill the law of Christ." PRAY that through our sacrifices we may ease the burdens of those most in need.	March 24 Station 5: Simon carries the cross for Jesus. Since 1957 CRS has worked in Indonesia to help overcome the dual crosses of hunger and poverty. PRAY for CRS staff and the people they are helping.	March 25 To feed their families and others, Indonesian farmers grow the foods featured in this week's recipe (page 12). GIVE the money you saved by eating this simple meal to your Rice Bowl.	March 26 Reflect on how the focus <i>Option for the Poor</i> plays a role in the Indonesia story. How does this principle of Catholic social teaching influence your actions?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
March 27 This week we will visit our brothers and sisters in Senegal. LEARN about CRS' microfinance projects there, and watch a video on Senegal at orb.crs.org .	March 28 Dignity of Work and Rights of Workers Workers rights: fair wages, to organize and good conditions. 22% of workers in Senegal earn less than \$1 daily. GIVE 22¢ for each wage earner in your family.	March 29 Station 6: Veronica wipes the face of Jesus. CRS has been in Senegal since the country's independence in 1960. PRAY that, like Veronica, we may act to provide relief to those who suffer.	March 30 Read Judith 9:11 "You are the God of the lowly, the helper of the oppressed." Microfinance projects give hope to people in 63 countries. GIVE 63¢ to help people achieve productive work.	March 31 Station 7: Jesus falls for the second time. Halfway through the Lenten journey, think back on your commitment. Celebrate the difference your prayers and sacrifices are making.	April 1 Sweet potatoes, black-eyed peas and rice appear in many Senegalese dishes. Experience this by preparing this week's recipe (page 12). GIVE the money you saved by eating this simple meal to your Rice Bowl.	April 2 Your parish may be participating in the CRS Collection, which supports the work of the Church to "Give Hope to Jesus in Disguise." Please support this important work.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
April 3 This week we will visit our brothers and sisters in Honduras. Read one woman's story and LEARN about CRS' mother and child health projects at orb.crs.org .	April 4 Community and Participation We live in community with others. 30% of Hondurans have no access to health care. GIVE 30¢ to support communities-based health programs.	April 5 Station 8: Jesus comforts the women. Women account for 70% of the hungry and poor around the world. PRAY that through our sacrifices this Lent we may provide comfort to all who are in need of hope.	April 6 Read Isaiah 49:8-15 "The Lord comforts his people and shows mercy to his afflicted." CRS programs reach over 130 million people worldwide. GIVE \$1.30 to your Rice Bowl to support CRS' global outreach.	April 7 Station 9: Jesus falls for the third time. 20% of people in Honduras cannot read or write; thus are more likely to suffer poverty. GIVE 20¢ to your Rice Bowl for each magazine or newspaper you receive.	April 8 Sopa de Capiroradas is a traditional Lenten meal in Honduras. Experience it by preparing and sharing this week's recipe (page 12). GIVE your simple meal savings to your Rice Bowl.	April 9 Consider the Catholic social teaching principle of Community and Participation. In what ways do you contribute to your family and community?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
April 10 This week we will visit our brothers and sisters in Kenya. Read one woman's story and LEARN about CRS' education programs in Kenya at orb.crs.org .	April 11 Rights and Responsibilities Every person has basic rights including the right to life. PRAY that through our sacrifices we may help those in need access their basic human rights.	April 12 Station 10: Jesus is stripped of his garments. Lack of education can strip children of opportunities. 25% of children in Kenya are not enrolled in school. GIVE 25¢ to your Rice Bowl for every grade you have completed.	April 13 Read Ephesians 5:1-9 "For you were once darkness, but now you are light in the Lord." Only 15% of people in Kenya have access to electricity. GIVE 15¢ to your Rice Bowl for each light switch in your home.	April 14 Station 11: Jesus is nailed to the cross. 47% of the people of Kenya are nailed to the cross of poverty. GIVE 47¢ to your Rice Bowl to support CRS' work in Kenya and around the world.	April 15 In Kenya recipes are traditionally taught verbally instead of in writing. Experience a Kenyan recipe this week (page 12). GIVE the money you saved by eating this simple meal to your Rice Bowl.	April 16 Station 12: Jesus dies on the cross. Jesus took responsibility for our sins by dying on the cross for us. What are our responsibilities as His disciples in today's world?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
April 17 LEARN about people in need here in the U.S.: visit orb.crs.org and see how a shelter is helping the homeless in the Archdiocese of Chicago. PRAY for all who struggle with hunger and poverty.	April 18 Dignity and Equality of the Human Person Created in the image of God, all people possess an inherent dignity. 25% of people worldwide live in poverty. GIVE 25¢ to support the welfare of all people in need.	April 19 Station 13: Jesus is taken down from the cross. Help take people down from the cross of poverty: join Catholics Confront Global Poverty to help assist our brothers and sisters in need worldwide. www.crs.org/ccgp	April 20 Read Psalm 116:1-2, 12-19 "How can I repay the Lord for all the good done for me?" PRAY that through our Lenten sacrifices, we may share God's goodness with all of our brothers and sisters in need.	April 21 Holy Thursday Station 14: Jesus is buried. Each day 16,000 children die and are buried from hunger related causes. GIVE 16¢ to your Rice Bowl for each child in your family.	April 22 Good Friday Read John 12:24 Jesus' death and burial produced the fruit of our salvation. Celebrate Earth Day today by planting a seed in a small pot. Watch as it grows.	April 23 Holy Saturday Reflect on the Catholic social teaching principle of the dignity and equality of the human person. Consider God's presence in all of the people you see today.

SUNDAY
 April 24 • Easter Sunday
Jesus is risen, Alleluia!
"Behold, I am with you always."
 May the spirit of the living Christ continue to inspire us as we live as His disciples here on earth.

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FISH FRY

FRIDAYS DURING LENT

March 11, 18, 25 April 1, 8, 15

Lunch served 11 a.m.-2 p.m.
 Walleye Sandwich
 White, Wheat or Rye Bread and butter, Cole slaw, Lemonade, Iced Tea, or Coffee

Extras:
 Fries • Pop • Desserts

Dinner served 4-7 p.m.
 Walleye or Catfish Dinner
 Cole Slaw, Baked Potato or Fries, White, Wheat or Rye Bread and butter, Lemonade, Iced Tea, or Coffee

Walleye Sandwich
 (See lunch menu for details)

Extras
 (Same as lunch menu)

Carry-outs available!
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CLIP & SAVE
 FREE FOUNTAIN SODA W/DINNER
FISH FRY • Serving from 4:30-7 p.m.
 Feb. 25 • March 9, 11, 18, 25 • April 1, 8, 15, 22

Catfish Dinner	\$8.50
Carp Dinner	\$6.50
Shrimp Dinner	\$7.50
Walleye Dinner	\$7.50
Carp Sandwich	\$5
Walleye Sandwich	\$6
Hot Dog	\$1.50
Chicken Fingers, Fries	\$5

(baked potato, cole slaw, french fries, potato salad)
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The "Keys to Happiness" Mission

Sunday, March 13 – St. Elizabeth Church, Granite City
 "Why Did God Make You ... To be Happy?"

Monday, March 14 – Holy Family Church, Granite City
 "Suffering, Death, & Happiness"

Tuesday, March 15 – St. Mary's Church, Madison
 Penance Service - "Erasing Unhappiness"

Wednesday, March 16 – St. Elizabeth Church, Granite City
 "Happiness & Our Emotions ... On Our Way to Heaven"

Speaker: **Father Oscar Lukefahr**
 Discussion of "Keys to Happiness"
 begin each night at 6:45 p.m.
 Penance service - Tuesday night
 Free child care and refreshments provided
 For questions, contact Holy Family Parish Office at (618) 877-7158