











# 2007 Lenten Workout for a Healthy Catholic!

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

S U N	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>ARE YOU READY TO GET FIT???</b></p>	<p>20 <b>FEBRUARY</b></p> <p><b>This year, JUST DO IT!!!</b></p>	<p>21 <b>ASH WEDNESDAY</b> <b>St. Peter's:</b><sup>1</sup> Ashes imposed 6am – 7pm Masses A.M.: 6:15, 7:15, 8:15, 10:00, 11:30. P.M.: 12:15, 1:15, 3:00, 4:30, 5:00, 5:45.</p> <p><b>GET YOUR ASHES IN CHURCH!</b></p>	<p>22 <b>St. Peter's</b> When Did I See You Hungry? Video Presentation 12:10 – 12:50 pm (Part I)</p> <p>(Pt. II on 2/26)</p>	<p>23 <b>St. Peter's</b> Bible Study 12:10 – 12:50 &amp; Stations of the Cross 4:15pm</p>  <p>No meat on Fridays.....</p>	<p>24 <b>Pauline Bookstore</b><sup>2</sup> Lenten Bible Study 10:30 am - noon</p>  <p><b>Remember Mary, His First Disciple</b></p>
2 5	<p>26 <b>St. Peter's</b> When Did I See You Hungry? Video Presentation 12:10 – 12:50 pm (Part II)</p> <p><b>HNC Mission</b>→</p>	<p>27 <b>Holy Name Cathedral</b> <b>Lenten Mission</b><sup>3</sup> Featuring <b>Fr. Frank DeSiano</b> 6:30 pm <b>Mission Soup</b> 5:45-6:45</p> <p><b>Feb. 26, 27 &amp; 28</b> ←←← →→→</p>	<p>28 <b>St. Peter's</b> Walking the Labyrinth- 1:30 - 5:30 pm &amp; Evening Prayer: 5:40 pm</p> <p><b>Pauline Bookstore</b> Acts of the Apostles Bible Study- 7-8:30 pm</p> <p>← <b>HNC Mission</b></p>	<p><b>March 1</b></p> <p><b>St. Peter's</b> FAQ's About Penance: Christian, Lenten &amp; Franciscan 12:10 - 12:50 pm</p>	<p><b>2 First Fridays Club Luncheon</b><sup>4</sup> <b>Union League Club</b> <b>St. Peter's</b> Bible Study 12:10 - 12:50 &amp; Stations of the Cross 4:15pm</p> <p><b>First Friday Movie Night – Pauline Bookstore</b></p>	<p>3 <b>Pauline Bookstore</b> Lenten Bible Study 10:30 am – noon &amp; <b>First Saturday Women's Book Club</b> – Noon – 2:00 pm</p>  <p>Receive the sacraments more during Lent.</p>
4	<p>5</p>  <p><b>Make a Spiritual Pilgrimage this Lent.</b></p> <p><b>He is waiting for YOU!</b></p>	<p>6 <b>St. Peter's</b> Reality of the Cross: Living with Chronic Disease and Pain 12:10 – 12:50 pm</p>  <p><b>Comfort the sick this Lent.</b></p>	<p>7 <b>St. Peter's</b> Communal Penance Service- 12:15pm &amp; Walking the Labyrinth<sup>5</sup>- 1:30 – 5:30pm &amp; Evening Prayer: 5:40 pm</p> <p><b>HNC Lenten Lectures</b> featuring <b>Fr. Bill Moriarity</b> 6 pm <b>Theme: Reconciliation</b></p> <p><b>Pauline Bookstore</b> Acts of the Apostles Bible Study- 7-8:30 pm</p>	<p>8</p>  <p><b>Burn Calories Helping Others!</b></p>	<p>9 <b>St. Peter's</b> Bible Study 12:10 – 12:50 &amp; Stations of the Cross 4:15pm</p> 	<p>10 <b>Pauline Bookstore</b> Lenten Bible Study 10:30 am - noon</p>  <p>Lent is a time to reflect.</p>
1 1	<p>12</p>  <p><b>Set aside time for prayer.</b></p>	<p>13 <b>St. Peter's</b> Reality of the Cross: Living with Chronic Disease and Pain 12:10 - 12:50 pm</p>	<p>14 <b>St. Peter's</b> Walking the Labyrinth- 1:30 - 5:30pm &amp; Evening Prayer: 5:40 pm</p> <p><b>HNC Lenten Lectures</b> 6 pm</p> <p><b>Pauline Bookstore</b> Acts of the Apostles Bible Study- 7-8:30 pm</p>	<p>15 <b>St. Peter's</b> 12:10-12:50 pm Contemplative Prayer: A Communion with the Holy. At 5:30 pm -- Francois Couperin: Three Lessons for Tenebrae</p>	<p>16 <b>St. Peter's</b> Bible Study 12:10 - 12:50 &amp; Stations of the Cross 4:15pm</p>	<p>17 <b>Pauline Bookstore</b> Lenten Bible Study 10:30 am – noon</p>  <p>Share your faith with friends &amp; family.</p>

<sup>1</sup> 110 W. Madison, Chicago, IL For more info on this and the many other programs offered by St. Peter's go to [www.stpetersloop.org](http://www.stpetersloop.org).

<sup>2</sup> Pauline Books & Media, 172 N. Michigan. Founded and operated by the Daughters of St. Paul.

<sup>3</sup> For more information see [www.holynamcathedral.org](http://www.holynamcathedral.org) "Almost in the Loop" at State & Superior.....

<sup>4</sup> [www.firstfridayclubchicago.org](http://www.firstfridayclubchicago.org) Luncheons are held throughout the school year. See website for more info.

<sup>5</sup> St. Peter's has acquired a labyrinth to enhance your contemplative prayer life. A labyrinth is an ancient form of prayer-in-movement dating back to the middle ages and beyond. You are invited to walk-in-meditation following the pattern of the labyrinth as part of your Lenten journey.

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1 8	19 <b>St. Peter's</b> Feast of St. Joseph: Solemn Mass - 12:15pm St. Joseph Table after Mass until 2:30pm 	20 St. Peter's Reality of the Cross: Living with Chronic Disease and Pain 12:10 – 12:50 pm  <b>Pauline Bookstore Eucharistic Adoration 12:30 – 4 pm</b>  Are your feet still on the path toward holiness? It is an uphill climb!	21 <b>St. Peter's</b> Communal Penance Service- 12:15pm Walking the Labyrinth- 1:30 – 5:30pm  Evening Prayer: 5:40 pm  <b>HNC Lenten Lecture 6 pm</b>  <b>Pauline Bookstore Acts of the Apostles Bible Study- 7-8:30 pm</b>	22 St. Peter's Contemplative Prayer: A Communion with the Holy 12:10 – 12:50 pm  <b>Lent: A time to Fast</b> 	23 <b>St. Peter's</b> Bible Study 12:10 – 12:50 & Stations of the Cross 4:15pm  <b>Lent: A time for Alms. Where does your money go?</b> 	24 <b>Pauline Bookstore Lenten Bible Study 10:30 am - noon</b>  <b>We are a work in progress!</b>  <b>That's my life. How about you?</b>
2 5	26  <b>Read from His book each day. It was written for YOU.</b>	27 St. Peter's Reality of the Cross: Living with Chronic Disease and Pain 12:10 - 12:50 pm  <b>Pauline Bookstore Eucharistic Adoration 12:30 – 4 pm</b>	28 <b>St. Peter's</b> Walking the Labyrinth- 1:30 - 5:30pm & Evening Prayer: 5:40 pm  <b>HNC Lenten Lecture 6 pm</b>  <b>Pauline Bookstore Acts of the Apostles Bible Study- 7-8:30 pm</b>	29 St. Peter's Contemplative Prayer: A Communion with the Holy 12:10 - 12:50 pm 	30 <b>St. Peter's</b> Bible Study 12:10 - 12:50 & Stations of the Cross 4:15pm  <b>Okay, how are you doing? Only one week left. Refocus and stretch yourself for others.</b>	31 <b>Pauline Bookstore Lenten Bible Study 10:30 am – noon</b>  <b>No sweeping those sins under the rug! Out with the old ways!</b> 
1 P A L M  S U N D A Y	2 <b>APRIL</b>  <b>Vow to make this your holiest week ever.</b>  <b>Go to a Triduum service this year.</b>	3  <b>Pauline Bookstore Eucharistic Adoration 12:30 – 4 pm</b>  <b>Did you know:</b> “Triduum” is Latin for “Great Three Days.” The Easter Triduum, of 3 days duration, recalls the events of the First Holy Thursday, Good Friday and Holy Saturday.	4 <b>St. Peter's</b> <b>Communal Penance</b> Service- 12:15pm & Walking the Labyrinth- 1:30 – 5:30pm Evening Prayer: 5:40 pm  <b>Pauline Bookstore Acts of the Apostles Bible Study- 7-8:30 pm</b>  Are you prepared to serve or do you still seek to be served?	5 <b>St. Peter's</b> <b>Holy Thurs., Solemn Morning Prayer – 8:15am (St. Clare Auditorium)</b> <b>Mass:</b> 12 noon Solemn Mass of the Lord's Supper, Foot washing, <b>Procession &amp; Eucharistic Adoration – 5:15pm</b> <b>Night Prayer (Compline) – 7:45pm</b>	6 <b>St. Peter's</b> Good Friday  Solemn Morning Prayer 8:15am (St. Clare Auditorium) & Solemn Liturgy of the Lord's Passion 12:15pm & 3:00pm & Stations of the Cross - 5:30pm	7 <b>HOLY SATURDAY</b> <b>Pauline Bookstore Lenten Bible Study 10:30 am - noon &amp; First Saturday Women's Book Club Noon – 2:00 pm</b> 
8 E A S T E R	9 	10 <b>Celebrate and Rejoice!</b> 	11 <b>Plan a retreat for April or May and keep exercising so that your soul is even more beautiful than your body!!!</b> 	12 Rx for Spiritual Fitness  “As I have loved you, so you also should love one another.” John 13:34  Work on this daily!	13 <b>First Fridays Luncheon- Union League Club</b>  <b>Pauline Bookstore First Friday Movie Night</b>	14 <b>Pauline Bookstore Lenten Bible Study 10:30 am - noon</b>  <b>Go forth and make disciples...</b>

This workout schedule compliments of Linda Weaver  
A member of the Evangelization Committee of the Archdiocese of Chicago  
Questions? Contact [MissFire2007@aol.com](mailto:MissFire2007@aol.com)

# **2007 Lenten Workout for a Healthy Catholic!**

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**St. Peter's:** is located at 110 W. Madison, and offers many programs for those who live and work in the Loop. Please see the Calendar at [www.stpetersloop.org](http://www.stpetersloop.org) for more information or stop in and pick up a bulletin. They have many other programs not listed on my workout calendar.

## **Daily Mass Schedule during Lent**

Monday - Friday: 6:15am, 7:15am, 8:15am, 11:40am, 12:15pm, 1:15pm, 5 pm

Saturday- Mass of the Day -12pm; Anticipated Mass - 5pm

Sunday - 9am, 11am, 12:30pm, 6pm

## **Confession Schedule during Lent**

Monday - Friday 7:30am - 6pm

Saturday: 12pm - 4:30pm

**Confession ends on Holy Thursday at 4:30pm**

**No Confession Good Friday or Holy Saturday**

**Confession resume on Monday, April 9**

See Ash Wednesday, Special Days during Lent and Holy Week Schedule for exceptions to this regular schedule.

**Pauline Books & Media (referred to as “Pauline Bookstore” on the workout schedule). These events take place throughout the year. Newcomers are always welcome!**

**A First Friday Movie Night** meets at Pauline Books & Media, 172 N. Michigan Ave., between Lake and Randolph in the Loop.

When's the last time you took your Bible out for a movie? Ever want to have an in-depth discussion relating your faith to movies? Now's your chance! We'll be using "The Movie Lectionary--Lights, Camera, Faith," which matches a movie to every Sunday Gospel. Gathering at 6:30pm, movie at 7:00. Potluck munchies. All are welcome. (Bookstore open till 7:00pm on First Fridays, if you come after 7:00pm, please go to the back door and ring bell.) Please RSVP: 312-346-4228, [chicago@pauline.org](mailto:chicago@pauline.org)

**A First Saturday Catholic Women's Book Club** meets at Pauline Books & Media, 172 N. Michigan Ave., between Lake and Randolph in the Loop.

The group meets from 12:00--2:00pm (bring your own lunch). Discussions center on personal faith-journeys as they relate to a broad spectrum of literature: secular and sacred, classic and contemporary. Women of all ages are welcome!

Please RSVP to Blanca Arellano: 773-585-6753, [blancestella@aol.com](mailto:blancestella@aol.com)

## **Self-Study**

Lent is a time to focus on deepening your relationship with God and your faith.

No matter where you are, if you would like to learn more about Scripture, Catholic doctrine, Christian life, Church history, liturgy or Religion & Nature, you can sign up for one of the many on-line courses offered by the **University of Notre Dame's STEP Program**. Courses running through the Lenten season begin Feb. 19, so sign up soon. <http://step.nd.edu/>