



2025

JOURNEY THROUGH LENT WITH THE ST. JUDE PARISH FAMILY

Lenten Guide of St. Jude the Apostle Catholic Church



FROM THE PASTOR

Dear Saint Jude Parish Family,

As we enter this sacred season of Lent, we are invited to deepen our relationship with Christ through prayer, fasting, and almsgiving. Lent is a time of renewal—a time to “clean house” within our hearts and make space for God’s grace to transform us.

This guide offers a variety of ways to journey through Lent with our parish family. Whether you seek quiet personal reflection, family activities, or communal experiences, I encourage you to take a moment to review the opportunities available. No matter where you are in your faith journey, there is something here for you.

At the heart of our Lenten practices should be the Word of God. I encourage each of you to embrace *lectio divina*—the sacred reading and meditation on the Gospels—as a foundation for your spiritual growth this season. From there, consider how you will enter into the three pillars of Lent: prayer, fasting, and almsgiving. Will you set aside extra time for prayer? Will you simplify your life through fasting? Will you give of your time, talents, or resources to those in need?

However you choose to walk this Lenten path, know that our big brother, Jesus, walks with you. May this season be a time of grace, renewal, and a deepened love for our Lord.

In Christ,

Father Jim



WHAT IS LENT?

What are your priorities in life right now? Lent is an invitation to rearrange your priorities—to focus on what matters most and leave behind what matters least.

Lent is the season where the Church prepares for Easter. Starting with **Ash Wednesday**, Lent spans 40+ days until **Holy Thursday**. In the fourth chapter of Matthew, Jesus spends 40 days in the desert, fasting, praying, and preparing for his mission. Lent is your opportunity for that same focus.

Lent is your invitation to take your spiritual life seriously.

Lent is the perfect time to form life-giving habits and abandon self-destructive habits.

Lent is your chance to discover the abundant life Jesus invites us to at Easter.

Take these 40 days to explore God’s dream for your life and it will change everything. Are you ready? **Lent starts on Ash Wednesday, March 5, 2025.**

PILLARS OF LENT

The three pillars of Lent—prayer, fasting, and almsgiving—are foundational practices that guide us through this penitential season. As we journey through Lent, let us embrace these practices with open hearts, allowing them to transform us in preparation for the joy of Easter.

Prayer during Lent is about deepening our relationship with God. It's a time to increase our prayer life, perhaps by attending Mass more frequently, spending time in adoration, or incorporating daily readings and reflections.



Fasting is not just about giving up chocolate or social media; it's a form of self-discipline that frees us from attachment to material things and reminds us of the suffering of Christ. It also makes us more attuned to the needs of others.



Almsgiving extends beyond financial donations. It's an invitation to share our time, talents, and treasure with those less fortunate. It's a practical expression of our faith and an act of love towards our neighbors.



HOLY WEEK & EASTER

Schedule

HOLY THURSDAY
MASS OF THE LORD'S SUPPER
APRIL 17

7:30 pm

Followed by Adoration in the Hall

GOOD FRIDAY
FRIDAY OF THE PASSION OF THE LORD
APRIL 18

12 pm and 6 pm

HOLY SATURDAY
VIGIL OF EASTER
APRIL 19

7 pm

EASTER SUNDAY
OF THE RESURRECTION
OF THE LORD
APRIL 20

8am, 10 am and Noon
(No evening Mass)



St. Jude Parish Family Lenten Lectio Divina using The Gospel of the Day

This Lent Fr. Jim is encouraging everyone in our parish family to spend time in deep prayer with God through Scripture. Lectio Divina is the divine reading – a way of being with Jesus in the Gospels. Find the Text of the Gospel using the reference on the Parish Lent Calendar or visit www.usccb.org

Before you begin, ask for guidance from the Holy Spirit: *Come Holy Spirit, enlighten my heart and mind to listen to your Word.*

Lectio (Read)

Read the text slowly and prayerfully, listening for the word that God has prepared for you to hear. You may want to re-read it more than once to help quiet yourself interiorly. Listen and receive the word God has for you.

Meditatio (Meditate)

When a word or phrase strikes you, stop and rest with it. Repeat the word or phrase to yourself. Allow the Word to speak to you in a personal way by pondering the word in your heart, reflecting on what it means to you.









Oratio (Pray)

Prayer is your response to God's word. It begins your dialogue with God that comes from your heart. *What do you want to say to the Lord in response to the Word spoken to you? Enter into this loving conversation with God.*

Contemplatio (Contemplation)

Rest in God's presence and receive His transforming embrace. Sit still with God, be content and at peace with a wordless, quiet rest in God. Remember that contemplation is not your action or doing, rather it is allowing God to act in you.

You can find more guidance and further reading on the parish website.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 2 Lent Parish books handed out	March 3	March 4 Palm Burning 6 pm	March 5 Ash Wednesday (Day of Fasting) Mass 6:30 am, 12 pm, 6 pm Distribution of Ashes: 10 am 4:15 	March 6 Lk 9:22-25	March 7 Mt 9:14-15 Stations of the Cross 7 pm 	March 8 Luke 5:27-32
March 9 Luke 4:1-13 First Sunday of Lent	March 10 Mt 25:31-46 Parish Penance Service 7pm	March 11 Mt 6:7-15	March 12 Lk 11:29-32 Adoration 12:30 pm - 7:30 pm Confession 3-6 pm University 7 pm: Felix Just, Gospel of Luke	March 13 Mt 7:7-12 Bible Study 9:15 am University 7 pm, Felix Just, SJ Interplay Literature/History Bible	March 14 Mt 5:20-26 Stations of the Cross 7 pm 	March 15 Mt 5:43-48 Food and Recycling Collection 9 - 10 am
March 16 Lk 9:28b-36 Second Sunday of Lent Care Bag Packing Party after all Masses	March 17 Lk 6:36-38 Sandwich Ministry 9:30 am	March 18 Mt 23:1-12 University 7 pm: Adam Cross, Anxiety Free?	March 19 Lk 2:41-51a Solemnity of St. Joseph Adoration 12:30 pm - 7:30 pm Confession 3-6pm	March 20 Lk 16:19-31 Bible Study 9:15 am	March 21 Mt 21:33-46 Stations of the Cross 7 pm 	March 22 Lk 15:1-32
March 23 Luke 13:1-9 Third Sunday of Lent	March 24 Lk 4:24-30	March 25 Lk 1:26-38 Solemnity Annunciation of the Lord University 7 pm: Dr. Richard Hurst, Science + God	March 26 Mt 5:17-19 Adoration 12:30 pm - 7:30 pm Confession 3-6pm University 7 pm: Fr. Davoren, Living in the Right direction?	March 27 Lk 11:14-23 Bible Study 9:15 am	March 28 Mk 12:28-34 Stations of the Cross 7 pm 	March 29 Lk 18:9-14
March 30 Jn 9:1-41 Fourth Sunday of Lent Knights of Columbus Blood Drive	March 31 Jn 4:43-54	April 1 Jn 5:1-16 University 7 pm: Dn. Krueger, God in Everyday Lives	April 2 Jn 5:17-30 Adoration 12:30 pm - 7:30 pm Confession 3-6pm	April 3 Jn 5:31-47 Bible Study 9:15 am	April 4 Jn 7:1-2, 10, 25-30 Stations of the Cross 7 pm 	April 5 Jn 7:40-53 Easter Basket Collection
April 6 Jn 8:1-11 Fifth Sunday of Lent Easter Basket Collection	April 7 Jn 8:12-20	April 8 Jn 8:21-30	April 9 Jn 8:31-42 Adoration 12:30 pm - 7:30 pm Confession 3-6pm	April 10 Jn 8:51-59 Bible Study 9:15 am	April 11 Jn 10:31-42 Stations of the Cross 7 pm 	April 12 Jn 11:45-56
April 13 Lk 19:28-40 Luke 22:14-23:56 Palm Sunday Welcome New Catholics!	April 14 Jn 12:1-11 Chrism Mass at Cathedral, livestreamed lacatholics.org	April 15 Jn 13:21-36	April 16 Mt 26:14-25 Adoration 12:30 pm - 7:30 pm Confession 3-6pm	April 17 Triduum John 13:1-15 Holy Thursday Mass Of the Lord's Supper followed by Adoration in Hall 7:30 pm No Noon Mass	April 18 Triduum Jn 18:1-19:42 Good Friday (Day of Fasting) Noon / 6 pm 	April 19 Triduum Luke 24:1-12 Holy Saturday 7:30 pm Food and Recycling Collection 9 - 10 am Welcome Newly Baptized!
April 20 Easter John 20:1-9 Alleluia! Mass 8am, 10 am, 12 pm	April 21 Sandwich Ministry 9:30 am					

Ash

WEDNESDAY

March 5th



Mass with Ashes
6:30 am, 12 pm, 6 pm

Ashes Only
10 am, 4:15 pm

STATIONS OF THE CROSS

Fridays at 7 pm

Taking half an hour, the Stations of the Cross is one of the most simple, yet powerful, ways to prayerfully walk alongside Jesus and encounter him like never before. There are fourteen Stations of the Cross. Each is an invitation to contemplate and experience a pivotal moment from Jesus' sentencing to his death to his burial. They are a powerful way to step into some of the most significant moments in human history and encounter Jesus like never before. One of the most impactful times to pray the Stations of the Cross is during Holy Week, especially on Good Friday.



EUCCHARISTIC ADORATION

Wednesdays from 12:30 pm until 7:30 pm

Adoration is worship of the Holy Eucharist outside of Mass. The Most Blessed Sacrament is reserved in a monstrance on an altar for all to see and pray in the presence of Christ.

There is no wrong way to pray during adoration! You can talk to God about your personal intentions, seek spiritual guidance, or simply offer thanksgiving and adoration to God. It's a great time to practice *Lectio Divina*, prepare for the upcoming Sunday by reading the Gospel ahead of time, or meditating on the Rosary. Even just sitting in silence and allowing for God's presence to wash over you is an appropriate way to spend time in adoration! Stay for a few minutes or as long as you like.



PENANCE SERVICE

Monday, March 10th at 7pm

Lent offers Catholics the perfect invitation to receive the Sacrament of Penance ahead of the Easter celebration. Penance services are communal in the sense that the faithful gather to acknowledge the effects of sin on the community and to celebrate the liturgy. Each person makes a private confession with a priest in the confessional during the service.

Penance Services at Surrounding Parishes

3/12 at 7pm St. Julie Billart, Newbury Park

4/1 at 7pm St. Maximillian, Oak Park

4/3 at 7pm St. Joseph the Worker, Winnetka

4/7 at 7pm Holy Cross Church, Moorpark

4/7 at 7pm Our Lady of the Valley, Canoga Park

4/8 at 7pm St. Peter Claver, Simi Valley

4/9 at 7pm Padre Serra, Camarillo

4/9 at 7pm St. Bernardine of Siena, Woodland Hills

Almsgiving

40 Days - 40 Pieces

Loaves and Fishes invites you to share with those in need this Lent by **NOT JUST GIVING SOMETHING UP—BUT BY GIVING. WHY? WE ARE JESUS' HANDS AND FEET.** We all have pieces of clothing, choose one piece each day during Lent. We are inviting you to join us in this simple, but meaningful way to reach out to those in need locally. There will be a cart in the vestibule from Ash Wednesday through Good Friday.



Food and Recycling Collection

March 15 and April 19 from 9am-10am in the church parking lot. On the third Saturday of each month from 9-10, you can drive up and drop off your non-perishable food items and/or monetary donations in the church parking lot. Visit www.saintjudetheapostle.org/food-collection



Sandwich Ministry

March 17 and April 21 at 9:30 am in the Parish Hall. Join us once a month to pack 250 bag lunches for those in poverty at Harbor House and senior residents at Many Mansions in Thousand Oaks. It's fun and a great way to give back to the community.

Blood Drive

March 30 from 8:30 am - 1:30 pm in the Parish Hall
Hosted by The Knights of Columbus Council #8072
Visit <https://westlakevillagelknights.org>



Easter Basket Collection

April 5 - 6 | The Easter Basket Collection It is a fun and wonderful way to brighten the Easter holiday for a young child. Baskets are given to Moorpark Catholic Charities, Ventura Catholic Charities, Harbor House in Thousand Oaks and Many Mansions. We ask that the baskets be wrapped in cellophane and be ready to give to a child. The baskets can be store bought or handmade for children from infants to 13 years. Please deliver baskets to the parish hall from April 5-6. For details visit www.saintjudetheapostle.org/easterbasketcollection

Easter Offering

Visit the parish website to make a one time or reoccurring donation using our online giving program, WeShare. Our parish is grateful for your continued support at this time. Scan the QR code or visit www.saintjudetheapostle.org and click donate. Thank you!





COMMUNAL ACTIVITIES



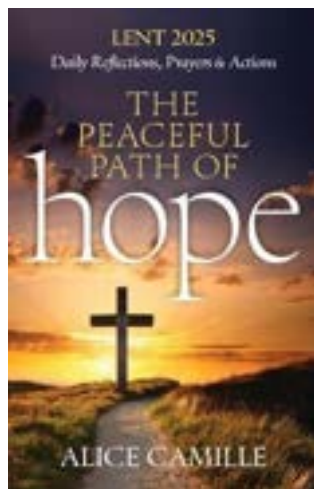
Palm Burning & Desserts

Burning of the Palms—Tuesday, March 4th at 6 pm. Join us on Shrove Tuesday while we burn the Palms from Palm Sunday, pray together and then feast on *delicious desserts* before our Ash Wednesday fast. Bring your blessed Palms from last year's Palm Sunday celebration and your favorite dessert to share.

Daily Reflections

Our parish is handing out **Lent 2025 The Peaceful Path of Hope Daily Reflections, Prayers and Actions**

By Alice Camille
In this Jubilee Year, Alice Camille invites us to make a Lenten pilgrimage in Jesus' own path. In the face of accusation and persecution, she writes, Jesus shows us that "only hope can make a person so brave."



Fr. Jim's Corner: Video Series

Fr. Jim has recorded a series of videos sharing his thoughts, reflections and wisdom to guide and encourage you this Lent. Look for deeper reflections on Lent, Lectio Divina, and more from Fr. Jim on our parish website www.saintjudetheapostle.org



University Series

During the season of Lent, The 2025 University Series will be offering in-person sessions – Church History, Current Events, Evangelization, Faith and Science, Liturgy and Sacraments, Marriage and Family, Spirituality, Young Adult topics. Sessions include multi-media presentations and always allow time for your questions.

- Online Registration opens February 8.
- Catalog Distribution begins February 8/9
- Sessions begin March 6 and run through April 11

For more information or to register visit <https://ventura.theuniversityseries.org>

Bible Study

Thursday Morning Scripture Study will begin studying the Gospel of Luke on March 13th at 9:15 am.

In *Luke: The Story of Salvation Fulfilled*, you will witness key moments in salvation history including the Annunciation, the Nativity, his public ministry, and Jesus' suffering, death, and glorious Resurrection.

In this 8-part study, Jeff Cavins and Dr. Jeffrey Morrow will show you the beautiful Biblical roots for Mary, the Rosary, and the Mass that are found in Luke, strengthening your prayer life like never before. If you are interested, please contact Margaret Harder at cara.grace42@gmail.com





The Easter Triduum

Holy Week is the most solemn and glorious week in Christianity, the pinnacle of the liturgical year. It's more sacred than Christmas! This is because Holy Week commemorates the final week of Our Lord's life, the very purpose for which Christmas happened. Holy Week begins with Palm Sunday (when Jesus made his final entrance into Jerusalem) and culminates with Easter Sunday. As Holy Week progresses to its final days, the solemnity heightens.

The Sacred Triduum

Sundown on Holy Thursday to sundown on Easter Sunday is considered the most solemn part of the liturgical year. This three-day period is referred to as the *Easter Triduum*. The Triduum "reaches its high point in the Easter Vigil, and closes with evening prayer on Easter Sunday". The Sacred Triduum is one great festival recounting the last three days of Jesus' life on earth, the events of His Passion and Resurrection, when the Lamb of God laid down his life in atonement for our sins.

Holy Thursday

The evening Mass on Holy Thursday is referred to as *The Mass of the Lord's Supper*. This is where the Church re-lives the institution of the Eucharist and the Holy Sacrifice of the Mass at the Last Supper, as well as the institution of the priesthood, which took place the evening before Jesus was crucified. After the homily there is an optional "washing of the feet" ceremony, where the priest washes the feet of others to signify his role as servant—just as Jesus did with His disciples. Extra hosts are consecrated at this Mass to be used on Good Friday on which no Mass will be celebrated anywhere.

Good Friday

Good Friday is a mandatory day of fasting and abstinence. This is the day of the crucifixion—the day Jesus died for the sins of the world. The parish altar looks very different on Good Friday: it is plain and bare. There is no consecrated Host in the tabernacle at the main altar of the church; it was carried away on Holy Thursday night to the "altar of repose" to signify Jesus' death. The candle by the tabernacle is blown out, and the tabernacle doors are left open to show that it is empty. Jesus is gone. This is quite dramatic. It reminds us that Good Friday is a solemn day of mourning and prayer.

Holy Saturday

On this day Christ is in the tomb. There is no daytime Mass on Holy Saturday. It is still a day of fasting and sorrow before the Easter Vigil begins that evening. We recall, with Mary and the disciples, that Jesus died and was separated from them for the first time as He lay in the tomb. The faithful often continue their Good Friday fast through Holy Saturday. In the time between his burial and Resurrection, Jesus opened heaven's gates for the just who had gone before him. Before Holy Saturday, there were no souls enjoying the beatific vision of God in heaven!

Easter Vigil / Easter Sunday

A vigil Mass is held after nightfall on Holy Saturday, or before dawn on Easter Sunday, in celebration of the resurrection of Jesus. This is called the Easter Vigil: the most glorious, beautiful, and dramatic liturgy for the Church. The vigil is divided into four parts and can last up to three hours: 1) the Service of Light, 2) the Liturgy of the Word, 3) the Liturgy of Baptism, and 4) the Liturgy of the Eucharist. This is also the Mass in which many RCIA catechumens are brought into full communion with the Catholic Church.

Celebrating Easter Fully

Easter Sunday is what we've all been waiting for! The forty days of prayer, fasting, and almsgiving during Lent was in preparation for this day, when our hearts and souls can drink in deeply the culmination of the Paschal mystery: the Resurrection.