



*Preparation for
Ash Wednesday*

10-17 February, 2021

Father Fernando Torres

PREPARATION TO BEGIN LENT 2021



ASH WEDNESDAY

FEBRUARY 17

» INTRODUCTION

To properly begin the celebration of our journey of Lent, a week (February 10, 2021) before **Ash Wednesday** we can gather as a family and ask God to enlighten our faith and help us to examine our lives and actions to prepare us to fully participate on **Ash Wednesday** (February 17, 2021).

The intention is to live this time of grace as a parish community, by being in solidarity with all and making the Church present in our homes to help us to be witnesses of our faith. We all know of the difficulties we face in this time of the pandemic and why we must follow protocols, but at the same time we will have the opportunity to participate in a special way and commit ourselves to living better for the benefit of our faith and our loved ones, especially for the benefit of our relationship with God and with our neighbor.

Let us think about the sign we traditionally use to begin Lent: the ashes imposed on our forehead. We must deepen and remember that it is not only the action of marking the ashes on our forehead, but the reason why we join with the entire Universal Church. It is to express that we are sinners, we need God's forgiveness, and we ardently desire to celebrate His mercy. Christ forgives us of all our faults through his **Passion, Death, and Resurrection**.

In the midst of the pandemic, we intensify the practices of prayer, fasting, and alms so to help us regain our relationship with God, with our neighbor, with the Church of which we are a part, and with ourselves.

Taking into account the protocols, we must continue to participate in the Sacraments of Penance, the Eucharist and the practice of the Stations of the Cross. We'll promote the Acts of Charity, especially with the CRS Rice Bowls thereby helping so many people who need food, medicine and assistance around the world.

Let us remember that it is not enough just to receive the ashes, and then return on Good Friday or Easter Sunday. It is necessary for each of us to make the journey that begins on Ash Wednesday with reflection on the things for which I must repent: the shortcomings in my relationship with God, with my neighbor, with the Church, with myself and with the world which God entrusted us to care for and maintain, so that we can celebrate Easter renewed and profess our living faith in the Risen Christ.

We will set out to live as a community during this time, knowing that we are part of the Body of Christ living from our homes as the Domestic Church. Now we want to invite you to put all your faith in your heart and try to make all of this possible.

» We suggest doing this exercise/activity:

A week before Ash Wednesday:

Take out your Bible

Collect a piece of wood, a lighter, a container where you can burn and consume the piece of wood safely and not affect anything, or anyone.

Gather the whole family, in a suitable and ventilated place (ensure an adult is present to prevent accidents).

Each day follow the prayers and meditations as a family preparing together for Ash Wednesday.





LITURGY

FIRST DAY

Wednesday, 10 February

» GREETING

In the name of the Father and of the Son and of the Holy Spirit. Amen.

May God grant the grace to prepare us to begin lent time,

*May the gift of the Holy Ghost help us and may the Word of God guide us so that we can live
our preparation to celebrate the mysteries of our faith.*

Amen

First, light the piece of wood and read the following text of Sacred Scripture: Genesis 3, 1-24.

Genesis 3, 1- 24

Now the snake was the most cunning of all the wild animals that the LORD God had made. He asked the woman, “Did God really say, ‘You shall not eat from any of the trees in the garden?’” The woman answered the snake: “We may eat of the fruit of the trees in the garden; it is only about the fruit of the tree in the middle of the garden that God said, ‘You shall not eat it or even touch it, or else you will die.’”

But the snake said to the woman: “You certainly will not die!

God knows well that when you eat of it your eyes will be opened and you will be like gods, who know* good and evil.”

The woman saw that the tree was good for food and pleasing to the eyes, and the tree was desirable for gaining wisdom. So she took some of its fruit and ate it; and she also gave some to her husband, who was with her, and he ate it.

Then the eyes of both of them were opened, and they knew that they were naked; so they sewed fig leaves together and made loincloths for themselves.

When they heard the sound of the LORD God walking about in the garden at the breezy time of the day, the man and his wife hid themselves from the LORD God among the trees of the garden.

The LORD God then called to the man and asked him: Where are you?

He answered, "I heard you in the garden; but I was afraid, because I was naked, so I hid."

Then God asked: Who told you that you were naked? Have you eaten from the tree of which I had forbidden you to eat?

The man replied, "The woman whom you put here with me—she gave me fruit from the tree, so I ate it."

The LORD God then asked the woman: What is this you have done? The woman answered, "The snake tricked me, so I ate it."

Then the LORD God said to the snake:

Because you have done this,

cursed are you

among all the animals, tame or wild;

On your belly you shall crawl,

and dust you shall eat

all the days of your life.

I will put enmity between you and the woman,

and between your offspring and hers;

They will strike at your head,

while you strike at their heel.

To the woman he said:

I will intensify your toil in childbearing;

in pain you shall bring forth children.

Yet your urge shall be for your husband,

and he shall rule over you.

To the man he said: Because you listened to your wife and ate from the tree about which I commanded you, You shall not eat from it,

Cursed is the ground because of you!

In toil you shall eat its yield

all the days of your life.

Thorns and thistles it shall bear for you,

and you shall eat the grass of the field.

By the sweat of your brow

you shall eat bread,

Until you return to the ground,

from which you were taken;

For you are dust,

and to dust you shall return.

The man gave his wife the name "Eve," because she was the mother of all the living.

The LORD God made for the man and his wife garments of skin, with which he clothed them.

Then the LORD God said: See! The man has become like one of us, knowing good and evil! Now, what if he also reaches out his hand to take fruit from the tree of life, and eats of it and lives forever?
The LORD God therefore banished him from the garden of Eden, to till the ground from which he had been taken.
He expelled the man, stationing the cherubim and the fiery revolving sword east of the garden of Eden, to guard the way to the tree of life.

The Word of the Lord

» REFLECTION OF THE READING

As we read, we saw the image of the Tree of Life. But because of the disobedience of the first parents who ate from the fruit of that tree they were cast out of paradise and lost the grace of being in God's presence. Reflect on our sin which is like the piece of wood that separates from the Tree of Life, stops feeding from its roots, breaks communion with God and with others, and begins to wither, affected and dies.



*Fire will purify, transform, and make that useless piece into something useful like producing heat before becoming ash.
Ash is the purification of a dry branch away from life.
This is our sin and our death.*

» LIGHTING OF THE WOOD

This is why we burn the piece of wood in the fire. We ask God to transform our lives through the practices of Lent: to communicate and return to truth, to be in harmony with our neighbor, with the world and especially with God. Recognizing that we have many sins, that we need forgiveness, that we need to reconcile with all.

Together as a family we ask God to help us become aware that we need His merciful love as a Father, that we need His forgiveness, and that we need His Son, Jesus Christ, to help us renounce all our faults.

After the piece of wood has been consumed, the ash is left in a safe place. When the ashes have rested and are not hot, they can be put on a small table and every day, before Ash Wednesday, we make a small prayer to continue our preparation.

On Ash Wednesday we are called to live the Holy Mass as a family as we participate in the livestream Mass on the Saint Bernadette YouTube channel. At the time of the imposition of the

ashes, the ashes are taken from the piece of wood and watered a little water and imposed on everyone's forehead in the house.

It is important to remember that putting the ashes on our foreheads is committing ourselves to recognize our sin and the need for His divine mercy in our lives to celebrate the great mystery of our faith: Christ suffered, died on the cross, and rose on the third day to forgive our sins and to give us eternal life. We prepare ourselves during the forty days of Lent to live in fullness of the fifty days of Passover, of Christ's triumph over death and sin, His resurrection, His ascension to heaven, and the sending of the Holy Spirit over the Church.

» OUR FATHER

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

» LET US PRAY

*As this piece of wood is burned in fire
We hope that Christ will transform our lives
With the fire of his love that he brought to save us,
On the tree where he offered his life for all
With the grace of his majesty, he forgave our sins
And with abundant grace He conquered eternity.
He may help us to understand this time of Lent
As a call to repentance and conversion.
May his mercy help us to live the sacraments,
To see the light of his word, to speak to our hearts
And to feel hunger for his divine Eucharistic body.
May he strengthen us to celebrate your Passover.
Amen.*



LITURGY

SECOND DAY

Thursday, 11 February

» GREETING

In the name of the Father and of the Son and of the Holy Spirit. Amen.

*We put in God's hands these days of preparation to start Lent
Grant us the grace to acknowledge our faults in this time
And to recognize that we have strayed from your presence and your mandates
Amen.*

» LET US PRAY

*Lord prepare our mind and our hearts
To understand the sign of the Ashes in our lives,
As a commitment to work on this daily effort.
To be aware of the reality of our sin
And our relationship with God, with our neighbor, and with ourselves.
Give us, Lord, the humility to recognize our faults,
Give us the courage to ask for forgiveness to those we have offended,
Give us the joy of reconciliation as prodigal children
And give us the happiness to celebrate your Easter Mystery.
Amen.*

It is recommended on the second day to pray the The Confiteor as a family, followed by the Our Father.

*I confess to Almighty God
and you by brothers and sisters
That I have greatly sinned,
In my thoughts and in my words,
In what I have done and in what I have failed to do.
Through my fault, through my fault, through my most grievous fault
Therefore, I ask the Blessed Mary ever-Virgin, all the angels and saints
And you my brothers and sisters to pray for me
To the Lord our God.
Amen*

» OUR FATHER

*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*



LITURGY

THIRD DAY

Friday, 12 February

» GREETING

In the name of the Father and of the Son and of the Holy Spirit. Amen.

*Trusting in your mercy, we are about to live this time of penance
To meet the grace of your love that always forgives us
And it heals us so that we can live in freedom your Holy Easter.
Amen.*

Responsorial Psalm: **Psalm 31, 1-2. 5. 6. 7**

R. Forgive us, Lord, our sins.

Blessed is the one whose fault is removed,
whose sin is forgiven.

Blessed is the man to whom the LORD imputes no guilt,
in whose spirit is no deceit.

R. Forgive us, Lord, our sins.

Then I declared my sin to you;
my guilt I did not hide.

I said, "I confess my transgression to the LORD,"
and you took away the guilt of my sin.

R. Forgive us, Lord, our sins.

Therefore every loyal person should pray to you
in time of distress.

Though flood waters threaten,
they will never reach him

R. Forgive us, Lord, our sins.

» LET US PRAY

*May the fire that burns this piece of wood would make me understand
The need I have to get close to the fire of the divine mercy,
To express my repent, my pain and my purpose of conversion,
To recognize in my Lenten journey, the pains of Christ and his death,
For my faults, my attitudes of indifference and pride, my vanity and laziness
For all the lies, the feelings of selfishness and envy,
For the blindness of my faith, my charity, and the lack of help to the neighbor in need
For the paralysis of sharing what I have, what I am and what I believe,
For the lack of prayer, silence and abstinence in my spiritual life.
I ask God that during these forty days of penance his word may be fire,
That his Sacraments may transform my heart and mind to live the Faith,
And that at the end of this journey my relationship with God, with our neighbor, with the
Church and with myself bear fruits of truth harmony, joy, peace and love.*

» OUR FATHER

*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*



LITURGY

FOURTH DAY

Saturday, 13 February

» GREETING

In the name of the Father and of the Son and of the Holy Spirit. Amen.

*Help us, Lord, to acknowledge our faults without justifying ourselves in others,
So that we can allow your grace to transform our lives
And help us live like a real family.
Amen.*

» LET US PRAY

*By the original sin, we turned the tree of life in a piece of wood,
In pieces of wood, we have turned the life of all mankind
Because we have promoted war, division and competition for everything,
By making the brother the enemy and the object of vain hatred and revenge.
Because we destroy the unity of the family with selfishness, infidelities and hatreds
Where we have lost or manipulated love to pretend to handle others
To justify our sins and not recognize that we have failed to do good deeds,
To destroy the truth, the justice, the innocence and faith of children and the youth,
Where we have invaded with the vices that attack the unity of the home
And destroy the consciousness so no one can truly love.
In a piece of wood, we can see reflected our life and our family,
In need of the divine mercy that will restore us and integrate us again
To the life of grace, to Christ's triumph for His resurrection and His eternal victory.
Amen.*

» ACT OF CONTRITION

*O my God, I am heartily sorry for having offended Thee,
and I detest all my sins because of thy just punishments,
but most of all because they offend Thee, my God,
who art all good and deserving of all my love.
I firmly resolve with the help of Thy grace to sin no more
and to avoid the near occasion of sin.
Amen.*

We pray for the needs of the family and our community; in a special way we ask for all those who suffer from the pandemic.

We end our prayer by praying a Hail Mary.

» HAIL MARY

*Hail Mary, full of Grace
The Lord is with thee.
Blessed art thou amongst 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 our death.
Amen.*



LITURGY

FIFTH DAY

Sunday, 14 February

» GREETING

In the name of the Father and of the Son and of the Holy Spirit. Amen.

We ask you, Lord, to accept our time of prayer so that you may grant us the gift of reconciliation as a family and as your children.

We ask you for Christ our Lord.

Amen.

» DEDICATION TO JESUS

Lord, Jesus Christ take all my freedom,

My memory, my understanding

And my will;

All that I have and cherish.

You have given me.

I surrender it all to be guided by your will.

Your love and your grace are wealth

Enough for me.

Give me this, Lord Jesus,

I ask for nothing more.

Amen.

» LET US PRAY

*The ashes that I put on me are the sign of my need to change.
The ashes I carry make me recognize before my community
That I have sinned and that I am far from God's grace
But that my purpose is to walk this journey of conversion
Where God awaits me to celebrate the gift of reconciliation
Because His mercy has walked to the altar of the cross
Where Christ gave himself up and died to give me redemption
Of my sins and death that reigned from Adam,
And He rises victorious from the tomb, defeating the darkness.
Help me, Lord, to live my commitment to live this Lent
With penance, sacrifice and the desire to renew my baptism
Where I accept that your Easter transforms my sin and my life
To make me your disciple, your friend and your witness every day.
Amen.*

The invitation is for everyone in the household together helps one another to live better during this preparation time of Lent.

» OUR FATHER

*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

*Hail Mary, full of Grace
The Lord is with thee.
Blessed art thou amongst 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 our death.
Amen.*

» GLORIA

*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.*



LITURGY

SIXTH DAY

Monday, 15 February

» GREETING

In the name of the Father and of the Son and of the Holy Spirit. Amen.

*Open our hearts to the voice of your Word, light in us the fire of your love and give us the grace to transform our lives according to your holy will.
Amen.*

» READ FROM THE BIBLE

First Reading: A Reading from the book of the Prophet Joel 2: 12-18

Even now, says the LORD,
return to me with your whole heart,
with fasting, and weeping, and mourning;
Rend your hearts, not your garments,
and return to the LORD, your God.
For gracious and merciful is he,
slow to anger, rich in kindness,
and relenting in punishment.
Perhaps he will again relent
and leave behind him a blessing,
Offerings and libations
for the LORD, your God.

Blow the trumpet in Zion!
proclaim a fast,
call an assembly;
Gather the people,
notify the congregation;
Assemble the elders,
gather the children
and the infants at the breast;

Let the bridegroom quit his room
and the bride her chamber.
Between the porch and the altar
let the priests, the ministers of the LORD, weep,
And say, "Spare, O LORD, your people,
and make not your heritage a reproach,
with the nations ruling over them!
Why should they say among the peoples,
'Where is their God?'"

Then the LORD was stirred to concern for his land
and took pity on his people.

The Word of the Lord.

Make a brief reflection on the reading we just read. We pray for all the sick and the needy.

» OUR FATHER

*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*



LITURGY

SEVENTH DAY

Tuesday, 16 February

» GREETING

In the name of the Father and of the Son and of the Holy Spirit. Amen.

*We come together as a family to invoke your presence, God of infinite mercy, with the certainty that you hear the prayers of our family and ask you in the name of Jesus Christ our Lord.
Amen.*

» RESPONSORIAL PSALM

Responsorial Psalm: Psalm 51, 3-4. 5-6a. 12-13. 14 y 17

Be merciful, O Lord, for we have sinned.

Have mercy on me, O God, in your goodness;

in the greatness of your compassion wipe out my offense.

Thoroughly wash me from my guilt

and of my sin cleanse me.

R. Be merciful, O Lord, for we have sinned.

For I acknowledge my offense,

and my sin is before me always:

“Against you only have I sinned,

and done what is evil in your sight.”

R. Be merciful, O Lord, for we have sinned.

A clean heart create for me, O God,

and a steadfast spirit renew within me.

Cast me not out from your presence,

and your Holy Spirit take not from me.

R. Be merciful, O Lord, for we have sinned.

Give me back the joy of your salvation,

and a willing spirit sustain in me.

O Lord, open my lips,

and my mouth shall proclaim your praise.

R. Be merciful, O Lord, for we have sinned.

» PRAYER FOR THE FAMILY TOGETHER

*Lord, make me an instrument of your peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.*

*O divine Master, grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.
For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.
Amen.*

Saint Francis of Assisi



LITURGY

ASH WEDNESDAY

17 February

» GREETING

In the name of the Father and of the Son and of the Holy Spirit. Amen.

*That on the day of the fast with which we begin this Lent,
Be the beginning of a true conversion to you,
And that our acts of penance
Help us overcome the spirit of evil.
By Jesus Christ our Lord.
Amen.*

» A READING FROM THE GOSPEL OF MATTHEW

Matthew 6, 1-6. 16-18

Jesus said to his disciples:
“Take care not to perform righteous deeds
in order that people may see them;
otherwise, you will have no recompense from your heavenly Father.
When you give alms,
do not blow a trumpet before you,
as the hypocrites do in the synagogues and in the streets
to win the praise of others.
Amen, I say to you,
they have received their reward.
But when you give alms,
do not let your left hand know what your right is doing,
so that your almsgiving may be secret.
And your Father who sees in secret will repay you.
“When you pray,
do not be like the hypocrites,
who love to stand and pray in the synagogues and on street corners
so that others may see them.

Amen, I say to you,
they have received their reward.
But when you pray, go to your inner room,
close the door, and pray to your Father in secret.
And your Father who sees in secret will repay you.
“When you fast,
do not look gloomy like the hypocrites.
They neglect their appearance,
so that they may appear to others to be fasting.
Amen, I say to you, they have received their reward.
But when you fast,
anoint your head and wash your face,
so that you may not appear to be fasting,
except to your Father who is hidden.
And your Father who sees what is hidden will repay you”.

The Gospel of the Lord

» LET US PRAY

*The wood of the fire has turned to ashes
To be the sign of our faults and sins that we do penance
To be able to return to conversion and divine mercy
Recognizing that our relationship with God must increase
Not in words, in time or in justifying our actions
But in quality, in sincerity and in true friendship
Where God transforms us and gives us the graces of His forgiveness.
Let's meet our brothers and sisters again
For those of us who have turned away because of the pandemic and lack of love
Let us look again at the needy and worry about his salvation.
Let us re-experience our sincere examination of conscience
To have the courage to acknowledge our faults and ask for His help
On this infinite day of forty days on the way to Easter.*

WE offer prayers, fasting and works of charity, asking that we may be able to offer much more throughout Lent.

Together, we attend Holy Mass via livestream on YouTube at 6:00p.m.