

## Catholic Office of the Deaf

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#### NO DEAF MASS MARCH 8TH AT ST. THOMAS IN CRYSTAL LAKE

Lent Begins Ash Wed. Feb. 25th to April 11th

#### The Law of Fasting and Abstinence:

(These rules do not apply to women who are pregnant or people who are sick)

<u>Fast</u>: [age 18-59] You may eat 2 light meals and one regular size meal. No snaking between meals (unless doctor says you need to or need to take medicine; drinking milk water and juice is ok.)

Abstinence: [all ages] Eat Fish is ok. No meat (chicken, beef, pork) March 13 - 15, 2009 At Bishop Lane Retreat Center in Rockford, IL

**Deaf Lenten Retreat** 

Signs of the Times

- ~ Story of St. Paul the Apostle ~
- ~ Why Brown Scapular? ~
- ~ Rosary Praying ~
- ~ A religious movie with closed-caption ~
- ~ Deaf Mass ~

### The Jubilee year of St. Paul





Volume 56

Did you know...He was born in Tarsus as "Saul" around 5 AD and adopted the Christian name of Paul. It is thought he was beheaded in Rome, under Nero, around 67 AD.

Learn more about this wonderful Apostle at our Lenten Retreat, sponsored by the Deaf Ladies of the Visitation. See back page for registration information.

The Lenten Season begins on Ash Wednesday and ends at Easter time. We Catholics usually practice Prayer, Fasting and Almsgiving to help make our Season of Lent rewarding. The three days before Easter are special in the Church and we call them "The Triduum", which means three days. The Triduum begins on Holy Thursday (celebrating the Last Supper), then Good Friday (remembering the crucifixion, death and burial of Jesus), then Holy Saturday (a day Jesus Iay in the tomb; a day of rest). At sundown we prepare for the celebration of the resurrection on Easter Sunday. On Easter Sunday we celebrate God's gift of new life in Resurrection. For as Jesus Christ forgave our sins and was raised from the dead, so too he promises us life eternal. That is really something to celebrate and rejoice in!

## Diocesan News



rom the Direct

**Msgr. Glenn L. Nelson** 

My Dear Friends in Christ,

The Jubilee Year of St. Paul continues! God chose this man, Saul, who was persecuting the early church to change his ways and become a follower of Jesus Christ... and change he did. He no longer punished those who followed Jesus Christ but he preached the Gospel message to those who never heard it and helped make more followers to Jesus Christ. St. Paul is a good example for us to see how it is possible to share the Good News of the Gospel of Jesus Christ with those people around us and offer to them a new way of life. A way of Jesus Christ that offers to all his children the gift of salvation. To be a good example of a holy life, we have to make sure that we are trying to convert (change) our hearts to make them follow Jesus and not the ways of the world (sin).

If you would like to learn more about this wonderful saint, I invite you to attend our Lenten Retreat at

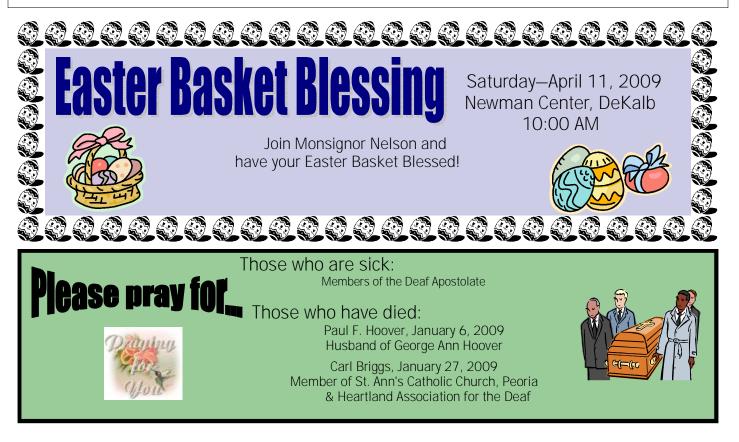
the Bishop Lane Retreat Center in Rockford. There is a registration form on the back of this newsletter. The retreat Center is very nice, and the food is really good. The price is very affordable: \$90 (per person) with a roommate, for 2 nights and 5 meals included. If you do not wish to stay for the evening, and just drive in for the day...then the cost is only 15.50 which includes the Bible study class AND lunch! I hope that you will consider joining us for this Lenten prayer experience. Sometimes we need to just "get away" from the hustle and bustle of everyday life and spend some time with Jesus and this retreat will be a perfect Lenten Experience!

Also, please remember to pray for our new president, governor and new government. The times are difficult now for many people and our government leaders have a difficult job to do. Unfortunately, our new president does not support the protection of babies from the evils

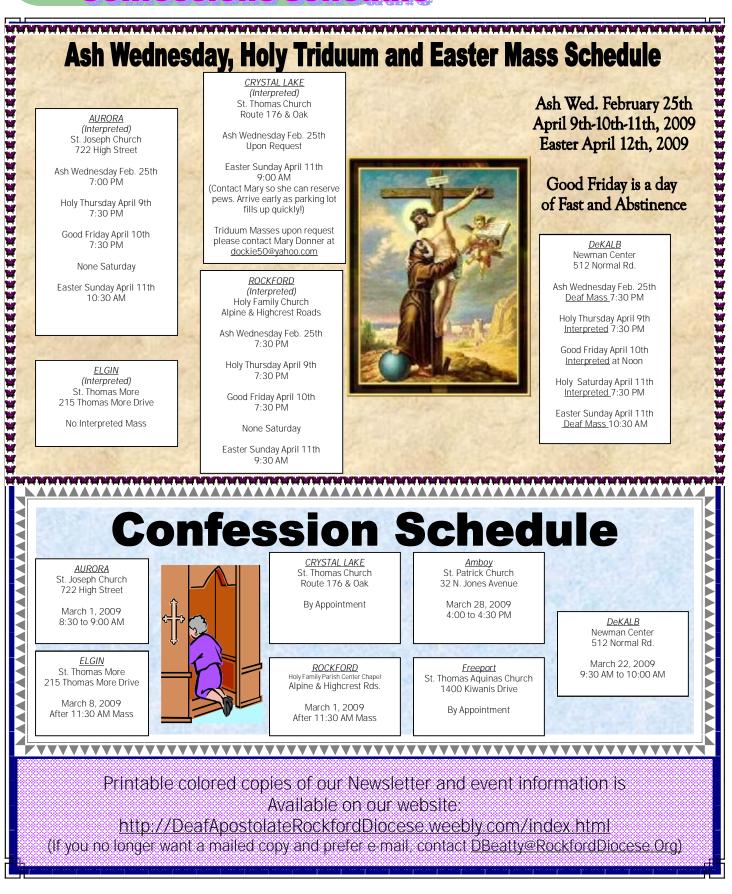
of abortion, so we must pray that he and his administration will convert their thinking to protect all life, from conception to natural death. If you have not done so yet, please remember to write a note to your Senator and Representative to NOT vote for the FOCA (Freedom of Choice Act) which, if it becomes a law, will make illegal any laws that help to protect unborn babies from being killed in the womb through abortion. As Catholics, we must do all we can to protect those who are innocent and helpless from harm or death. We pray that all people will change their hearts to support all life, so that all of God's children will be protected from being killed before their time.

God bless you all!!!





## Ash Wednesday, Holy Triduum, Confessions Schedule





# **Lenten Retreat**

### Deaf Ladies of the Visitation Proudly hosts 2nd Annual Rosary Lenten Retreat for the Deaf With Monsignor Nelson!

March 13, 14 and 15, 2009 Bishop Lane Retreat Center 7708 E. McGregor Road, Rockford, Illinois 61102

~ Story of St. Paul the Apostle ~~ Why Brown Scapular? ~~ Rosary Praying ~~ A religious movie with closed-caption ~~ Deaf Mass ~

Costs for Each Person: \$90.00 for 2 nights (Share Room) \$100.00 for 2 nights (Private Own Room) Includes:

5 meals (Breakfast, Lunch and Dinner on Saturday, Breakfast and Lunch on Sunday), Linens and Towels. Deaf Ladies of the Visitation will provide snacks for Friday and Saturday nights. Can't spend the night? Register for a day for \$15.50 and it includes Lunch!

Arrival at Bishop Lane Retreat: Friday, March 13, 2009 at 7 pm. Departure: Sunday, March 15, 2009 at 2 pm.

REGISTRATION DUE: MARCH 1, 2009

	2 <sup>nd</sup> Annual Rosary Lenten Retreat for the Deaf Registration Form per Person
	(Check)
	\$100.00 for 2 nights (Private Own Room) (March 13th and 14th nights)
	15.50 Saturday, March 13th, 9:00 AM to 5:00 PM includes Lunch
	15.50 Sunday, March 14th, 9:00 AM to 2:00 PM includes Lunch (limited number of rooms available, reserve early!)
Total <sup>.</sup> \$	
rotan ¢	NAME:
	ADDRESS:
	CITY, STATE & ZIIP:
	E-MAIL:
	TTY OR VP (CIRCLE):
	Make a check/money order to "Deaf Apostolate". Mail the check/money order and copy of form to:
	Deaf Apostolate Office, Attn: Deb Beatty, DLV, PO Box 7044, Rockford, IL 61125
	For more information, please contact Cathy Signor, <u>cathy.signor@yahoo.com</u> or VP Dawn 815-965-9840
	(See our website for flyer and directions)
	http://deafapostolaterockforddiocese.weebly.com/retreat-flyer.html