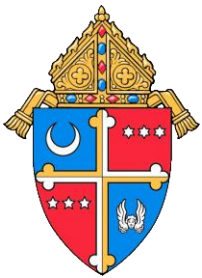


The Light is
ON for You



#TheLightIsON

TheLightisON.org | LaLuzENCENDIDA.org



The Archdiocese of Washington



The Diocese of Arlington

#TheLightIsON

The Light is ON Toolkit Implementation Guide

For almost a decade, The Light is ON has helped parishes reach out to the peripheries to help practicing and inactive Catholics receive God's mercy and forgiveness in the Sacrament of Reconciliation. By opening your parish doors and offering Confession and prayer on Wednesday evenings during Lent, you join in the shared commitment from parishes in the Archdiocese of Washington and the Diocese of Arlington to "keep the light on". Together, we continue to raise awareness for God's mercy and make it easier for practicing and inactive Catholics to receive the graces of the Sacrament this Lent and celebrate the Easter season. The Sacrament of Reconciliation has been called the Sacrament of the New Evangelization, and the gift of reconciliation truly changes lives.

This toolkit will help you integrate The Light is ON into your parish and school communities, extend the welcoming arms of your parish, and spread the Good News of Christ's mercy to those in your greater community who still need to hear or re-hear the message.

On behalf of the Archdiocese of Washington and the Diocese of Arlington, thank you in advance for your role in keeping the light on this Lent across the entire DC area.

If you have any questions about implementing The Light Is ON in your parish, feedback on the initiative, or if you need to request additional resources, please contact:

For the Archdiocese of Washington:

Michael Owens, Coordinator of Evangelization Initiatives, owensm@adw.org (301) 853-5347

For the Diocese of Arlington:

John Knutsen, Coordinator of Adult Faith Formation, j.knutsen@arlingtondiocese.org (703) 841-3802

Parish Toolkit Contents:

All of the content of the toolkit is available in English and Spanish. So that you can cut and paste more easily, all of these materials may also be found electronically at www.TheLightIsON.org and www.LaLuzENCENDIDA.org.

- A timeline with suggestions and weekly reminders to help your parish's participation in The Light Is ON.
- Ideas for implementing The Light Is ON.
- A summary of the printed resources which will be sent to your parish, including pew cards, examen prayer cards, and The Light Is ON yard signs.
- *New:* An introduction to daily reflections being offered via text or email with sign-up instructions.
- *New:* A summary of the themes of the initiative this year, which you may find it helpful to reference in announcements, homilies, and other messages.
- *New:* A guide for conducting a "How to Go to Confession" workshop before Wednesday confessions at your parish.
- Five sample Pulpit Announcements: Brief announcements that may be included in the spoken announcements at Mass on Sundays in Lent.
- Five sample Bulletin Announcements: Short announcements to be included in the weekly bulletin.
- Five sample Intercessions: These may be included in the Prayers of the Faithful according to your needs.
- Five sample Facebook posts: For use on parish Facebook pages to inform and invite parishioners through social media. Please update them based on your needs.
- *New:* A brief introduction to Light The City, a one-night Lenten street evangelization event at St. Matthew's Cathedral.
- Sample logos and banners that may be used in bulletins and on parish websites or Facebook pages
- *New:* Information about the CapitalCatholic app, a smart phone application which provides information and resources for local Catholics.

Timeline Suggestions for Participating in The Light Is ON

Ash Wednesday	<ul style="list-style-type: none"> • Add the pulpit announcement for the week of Ash Wednesday to the list of announcements. • You will receive the yard signs shortly after Ash Wednesday. Please display them outside your parish for all to see! • Add an image and or link to www.thelightison.org to your parish and school website
1st Sunday of Lent	<ul style="list-style-type: none"> • Distribute the pew cards and examen prayer cards throughout your pews and the back of your church so that all who attend Masses have the opportunity to see them and take them. • Include this week's bulletin announcement in the bulletin. • Include this week's bulletin reflection in the bulletin. • Include this week's pulpit announcement in the list of spoken announcements. • Include this week's intercession in the Prayers of the Faithful. • Share the sample Facebook posts on Wednesday through your parish's social media accounts to remind followers that you are offering Confession.
2nd Sunday of Lent	<ul style="list-style-type: none"> • Include this week's bulletin announcement in the bulletin. • Include this week's bulletin reflection in the bulletin. • Include this week's pulpit announcement in the list of spoken announcements. • Include this week's intercession in the Prayers of the Faithful. • Share the sample Facebook posts on Wednesday through your parish's social media accounts to remind followers that you are offering Confession.
3rd Sunday of Lent	<ul style="list-style-type: none"> • Include this week's bulletin announcement in the bulletin. • Include this week's bulletin reflection in the bulletin. • Include this week's pulpit announcement in the list of spoken announcements. • Include this week's intercession in the Prayers of the Faithful. • Share the sample Facebook posts on Wednesday through your parish's social media accounts to remind followers that you are offering Confession. • Check your parish for confession pew cards and examen cards. If you need more, contact your local Diocesan contact (see first page.)
4th Sunday of Lent	<ul style="list-style-type: none"> • Include this week's bulletin announcement in the bulletin. • Include this week's bulletin reflection in the bulletin. • Include this week's pulpit announcement in the list of spoken announcements. • Include this week's intercession in the Prayers of the Faithful. • Share the sample Facebook posts on Wednesday through your parish's social media accounts to remind followers that you are offering Confession.
5th Sunday of Lent	<ul style="list-style-type: none"> • Include this week's bulletin announcement in the bulletin. • Include this week's bulletin reflection in the bulletin. • Include this week's pulpit announcement in the list of spoken announcements. • Include this week's intercession in the Prayers of the Faithful. • Share the sample Facebook posts on Wednesday through your parish's social media accounts to remind followers that you are offering Confession.

Ideas for Implementing The Light Is ON

- Consider creating an environment that makes your church most welcoming for newcomers, for example:
 - Turn on the heat 30min before if your church gets cold
 - Have the church well lit inside and out
 - Have the front of the Church wide open If possible
 - Etc.
- Place a sign outside the church or change exterior time displays to indicate the Confession is available on Wednesday evenings.
- Consider offering Adoration of the Blessed Sacrament during The Light is ON.
- Consider offering a short (30 minutes) “How to Go to Confession” refresher workshop before Confessions begin. (See attached material.)
- On a table near the church entrance or the confessionals, provide helpful information about:
 - Parish celebrations for Holy Week and Easter
 - Your parish and its activities, including Stations of the Cross, Lenten meals, materials from your parish magazine rack etc.
 - RCIA and RCIA with Children
 - How to go to confession (the Archdiocese will provide pew cards for each parish; a black/white version appropriate for copying is online at www.TheLightIsON.org and www.LaLuzENCENDIDA.org)
 - Examen cards
 - Praying in the presence of the Blessed Sacrament (available for copying online at www.TheLightIsON.org and www.LaLuzENCENDIDA.org)
- Consider forming a Prayer and Hospitality Team or invite two or three people each week from a parish group to be present at the front doors of the church to welcome people as they arrive, distribute pew cards, and help them find confession, restrooms, etc. Additionally, ask those greeting to pray the rosary or another prayer together for the parish and non-evangelized during the time when there is no one there to welcome. If appropriate, provide water, coffee, tea or light snacks in a foyer or side room.
- Invite a different parish organization or ministry to be present in the church praying each week during The Light is ON for personal spiritual renewal and to create a warm environment of prayer.
- Offer a personal invitation to at least one person a week to come to The Light is ON. Encourage parish leaders to be personal evangelizers and do the same.

Please ensure that all signs and materials are available in the languages in which Mass is celebrated in your parish. If you need additional pew cards or examen cards, please contact your local Diocesan contact (see first page.)

Themes of The Light Is ON 2015

These themes provide the outline for The Light Is ON reflections this year. Consider highlighting or referencing some of these ideas with your community throughout Lent.

1st Sunday of Lent: Be Thankful

God created us for relationship with Him and one another. The good things in our life are a sign of God's love for us. God's love for us is freely given and unconditional. (cf. Gen. 1, John 10)

2nd Sunday of Lent: Acknowledge Need for Help

In the world around us we experience pain and brokenness. We experience pain and brokenness in our own lives and relationships. We ourselves have turned away from God. We cannot fix this brokenness on our own – we need help from God to heal us. (cf. Psalm 51, Rom. 5)

3rd Sunday of Lent: Review Life Honestly

We take the time to reflect upon our daily actions to see how we have turned from God. We take personal responsibility for our sin. We express sorrow for those ways that we have turned away from our relationship with God. (cf. Psalm 51, Psalm 139)

4th Sunday of Lent: Trust in God's Forgiveness

We believe that God will forgive us because his love for us never-ending. We ask for forgiveness from God. We accept God's forgiveness. (cf. Rom. 8)

5th Sunday of Lent: Commit to Live Differently

Our experience of God's forgiveness leads to a conversion of heart. Conversion leads to a concrete change in action. (cf. John 8, Acts 9)

Palm Sunday: Share God's Mercy

Receiving the Gift of God's forgiveness calls us to forgive others. The Gift of God's mercy cannot be kept to ourselves but must be shared. (cf. Luke 10)

Additional Resources

Pew Cards:

The Light Is ON Pew Cards include an examination of conscience, a guide to making a good confession, and a wallet-sized act of contrition. The pew card was designed for ease of use in the pew, to encourage and guide participation in the Sacrament of Reconciliation. Please distribute the pew cards in a way most effective for your parish, but note that the sample materials in this toolkit refer to locating the pew cards in the pews. If your parish uses a different location, you may need to edit the provided announcements. Pew cards will be shipped directly to your parish before the 1st Sunday of Lent. If you need additional pew cards, please contact your local Diocesan contact (see first page.)

Examen Prayer Cards:

New this year is an examen prayer card. We are using the examen prayer with The Light Is ON this year because it is a daily practice which helps all people recognize God's presence in our lives and the ways we need God's mercy, which then leads to a desire for the Sacrament of Reconciliation. The steps of the examen provide the specific themes for the content each week. The text of the examen in English is available in the back of this toolkit. Examen cards in English and Spanish will be shipped directly to your parish before the 1st Sunday of Lent. If you would like additional examen cards, please contact your local Diocesan contact (see first page.)

The Light Is ON Yard Signs:

Two yard signs to be placed outside of your parish and school to advertise the initiative and invite people to come in on Wednesday evenings. If you would like additional yard signs, please contact your local Diocesan contact (see first page.)

Daily Reflections

We recognize that growing in relationship with God happens daily, not just on Wednesday evenings. As such, we will be offering daily reflections via text and email this Lent. The reflections will cover the themes listed below along with discussions of the Lenten disciplines of prayer, fasting, and almsgiving. Please share these with your community and encourage parishioners to sign up for the reflections. To sign up, text "LENT" to 84576 or visit TheLightIsON.org.

“How to Go to Confession” Workshop Guide

Background: The Office of Evangelization learned of a parish-based initiative connected to The Light Is ON that has been quite successful over the past decade. Ten years ago the parish invited those offered a short half-hour presentation on “How to Go to Confession.” The workshop walked people through the steps and answered questions. The first week it was offered, the staff prepared for 20 people. 120 came and every year since 10-20 people attend the workshop, now offered annually 30 minutes before the Lenten Reconciliation Service.

Program: We invite you to consider offering this opportunity on one of the Wednesday evenings in Lent or before your Reconciliation Service. The steps to a successful workshop are:

- Identifying the workshop leader
- Choosing the day and time (connected to the availability of the sacrament)
- Promoting the workshop through the parish bulletin, website, pulpit announcements
- Choosing a space to set up chairs
- Preparing to use role-play or walk-through to demonstrate the steps in the sacrament
- Allowing time for questions
- Invite people to make their way to the church for Confession

Resources/Equipment

- Examination of Conscience pew cards provided by the archdiocese in connection with The Light Is ON.
- Three-minute Video presentation with Fr. Bill Byrne on the gift of reconciliation and how to go to Confession. <http://thelightison.org/guide-to-confession/>.
- A workshop leader. Please contact your Diocesan Contact (see first page) if you would like the names of workshop leaders available (free of charge) to offer the workshop at your parish.

The next page contains an outline of the steps for the Sacrament of Reconciliation. The page may be copied or printed from www.TheLightIsON.org and used as a handout for participants during the workshop.

Outline of the Steps for Sacrament of Reconciliation

For use during the "How to Go to Confession" Workshop in conjunction with the Confession Pew Cards

There are three basic components to consider in preparing for the Sacrament of Penance: sorrow for our sins, an examination of conscience followed by naming the sins brought to light to a priest, and finally the desire to make up for our sins and amend our lives.

Prayer and reflection before getting in line will help you to make a sincere and complete confession.

1. **Begin** with a prayer to be open to the Holy Spirit speaking in your heart.
2. **Examine your conscience** – consider your actions in light of Christ’s teaching. In light of Christ’s moral teaching be mindful of both the things you have done, and the things that you have failed to do. Remember sins are not merely broken rules, but are those actions that rupture our relationship with God and others. If you need more guidance, there are many models of examination of conscience based on the Beatitudes and/or Ten Commandments.
3. **Enter the confessional** and begin by making the Sign of the Cross and saying “Bless me Father for I have sinned,” followed by stating how long it has been since your last confession.
4. After the priest acknowledges your greeting, **confess your sins** and their frequency. The priest may ask clarifying questions or give you counsel.
5. The priest will ask you to **make an Act of Contrition**. If you have not memorized one of the Acts of Contrition of the Church, simply make a statement that acknowledges your sorrow for your sins and expresses your commitment to amend your life.
6. **Receive** the words of absolution from the priest. Listen carefully to this beautiful prayer of forgiveness, when it is complete, you respond, “Amen.”
7. The priest will dismiss you with a **sign of peace**.
8. In a spirit of thanksgiving **perform your penance** as soon as possible.

Take a Confession pew card to help you with the examination of conscience, the steps during Confession, and the Act of Contrition.

If, at any point during your confession you have questions, ask the priest for guidance! He is here to help you in this conversation.

Additional resources and information about the Sacrament of Reconciliation are available online at www.TheLightIsON.org and www.LaLuzENCENDIDA.org.

Pulpit Announcements

Ash Wednesday

Lots of people give things up for Lent, but Lent is about more than just giving something up. It is a time for reflecting on and drawing closer to God's mercy. To help keep you focused this Lent, the [Archdiocese / Diocese] is offering daily Lenten reflections. To sign up for reflections by text or email, text "LENT" to 84576. See the bulletin for more information.

1st Sunday of Lent

We are happy to announce the return of *The Light is ON* Lenten Initiative. During Lent, every Catholic parish throughout the DC metro area, including our own, will offer the Sacrament of Reconciliation on Wednesday evenings from [TIME] to [TIME]. God created us for relationship with Him and one another. Come renew and strengthen your relationship with the Lord through the Sacrament of Reconciliation. To find Confession times at other parishes and for additional resources visit TheLightisON.org and see *The Light is ON* cards found in the pews. To help you pray and reflect this Lent, take advantage of the new examen prayer cards found in your pews or sign up for daily text or email reflections by texting "LENT" to 84576. See the bulletin for more information.

2nd Sunday of Lent

Looking for a way to kick start your Lent? This week we continue *The Light is ON* Lenten Initiative. During Lent, every Catholic parish throughout the DC metro area, including our own, will offer the Sacrament of Reconciliation on Wednesday evenings from [TIME] to [TIME]. God always wants to create a clean heart in us! To find Confession times at other parishes and for additional resources visit TheLightisON.org and see *The Light is ON* cards found in the pews. To help you pray and reflect this Lent, sign up for daily text or email reflections by texting "LENT" to 84576. See the bulletin for more information.

3rd Sunday of Lent

Are you having difficulty forgiving an acquaintance or a loved one? Have you considered seeking God's healing first? This week we continue *The Light is ON* Lenten Initiative. During Lent, every Catholic parish throughout the Archdiocese of Washington, including our own, will offer the Sacrament of Reconciliation on from [TIME] to [TIME]. To find Confession times at other parishes and for additional resources visit TheLightisON.org and see *The Light is ON* cards found in the pews. To help you pray and reflect this Lent, take advantage of the examen prayer cards found in your pews.

4th Sunday of Lent

God doesn't need us to be perfect in order to love us; but he does need us to trust him in order to reach us with his love. This week we continue *The Light is ON* Lenten Initiative. During Lent, every Catholic parish throughout the Archdiocese of Washington, including our own, will offer the Sacrament of Reconciliation on Wednesday evenings from [TIME] to [TIME]. To find Confession times at other parishes and for additional resources visit TheLightisON.org and see *The Light is ON* cards found in the pews. To help you pray and reflect this Lent, sign up for daily text or email reflections by texting "LENT" to 84576. See the bulletin for more information.

5th Sunday of Lent

This Wednesday is the final opportunity to participate in *The Light is ON* Lenten Initiative. During Lent, every Catholic parish throughout the Archdiocese of Washington, including our own, has offered the Sacrament of Reconciliation on Wednesday evenings from [TIME] to [TIME]. I encourage you take time this final Wednesday night for quiet prayer and the opportunity for Confession. To find Confession times at other parishes and for additional resources visit TheLightisON.org and see *The Light is ON* cards found in the pews. To help you pray and reflect this Lent, sign up for daily text or email reflections by texting "LENT" to 84576. See the bulletin for more information.

Anuncios Desde el Púlpito

Miércoles de Ceniza: Muchas personas ofrecen algún tipo de penitencia en la Cuaresma, pero Cuaresma es algo más que ofrecer algo. Es un tiempo de reflexión, de conversión y de acercamiento a Dios. Para ayudarte en este tiempo de oración y penitencia, la [Arquidiócesis de Washington / Diócesis de Arlington] está ofreciendo reflexiones diarias de Cuaresma, envía un mensaje de texto con la palabra LUZ al 84576. En el boletín de la parroquia encontrarás más información.

1º Domingo de Cuaresma: Nos alegra anunciarles el retorno de la iniciativa de Cuaresma, la Luz está Encendida. Durante la Cuaresma, todas las parroquias del área metropolitana de Washington DC, incluyendo la nuestra, estarán ofreciendo el sacramento de la Confesión todos los miércoles en la noche de [hora] a [hora]. Dios nos ha creado para tener una relación personal con él y entre nosotros. Ven, renueva y fortalece tu relación con el Señor por medio del Sacramento de la Confesión. Para encontrar los horarios en otras parroquias y otros recursos adicionales puedes visitar el sitio LaLuzEncendida.org o ver en las tarjetas que se encuentran en las bancas. Para ayudarte a rezar y reflexionar en ésta Cuaresma puedes leer la oración del examen que se encuentra en las tarjetas que están en las bancas. También puedes obtener reflexiones diarias por medio de correo electrónico o mensaje de texto. Envía la palabra LUZ al 84576. En el boletín de la parroquia encontrarás más información.

2º Domingo de Cuaresma: ¿Estás buscando la manera de vivir mejor la Cuaresma? Esta semana continúa la campaña La Luz Está Encendida. Durante la Cuaresma, todas las parroquias del área metropolitana de Washington DC, incluyendo la nuestra, estarán ofreciendo el sacramento de la Confesión todos los miércoles en la noche de [hora] a [hora]. ¡Dios siempre quiere crear un corazón puro en nosotros! Para encontrar los horarios en otras parroquias, además de otros recursos puedes visitar el sitio LaLuzEncendida.org o ver en las tarjetas que se encuentran en las bancas. Puedes obtener reflexiones diarias por medio de correo electrónico o mensaje de texto. Envía la palabra LUZ al 84576. En el boletín de la parroquia encontrarás más información.

3º Domingo de Cuaresma: ¿Tienes dificultad perdonando a alguna persona o a un ser querido? ¿Haz considerado buscar primero la reconciliación con Dios? Esta semana continúa la campaña La Luz Está Encendida. Durante la Cuaresma, todas las parroquias del área metropolitana de Washington DC, incluyendo la nuestra, estarán ofreciendo el sacramento de la Confesión todos los miércoles en la noche de [hora] a [hora]. Para encontrar los horarios en otras parroquias, además de otros recursos puedes visitar el sitio LaLuzEncendida.org o ver en las tarjetas que se encuentran en las bancas. Para ayudarte a rezar y reflexionar en ésta Cuaresma puedes leer la oración del examen que se encuentra en las tarjetas que están en las bancas.

4º Domingo de Cuaresma: Dios no necesita que seamos perfectos para así poder amarnos, sin embargo, si quiere que confiemos en El para poder alcanzarnos con su amor. Esta semana continúa la campaña La Luz Está Encendida. Durante la Cuaresma, todas las parroquias del área metropolitana de Washington DC, incluyendo la nuestra, estarán ofreciendo el sacramento de la Confesión todos los miércoles en la noche de [hora] a [hora]. Para encontrar los horarios en otras parroquias, además de otros recursos puedes visitar el sitio LaLuzEncendida.org o ver en las tarjetas que se encuentran en las bancas. Puedes obtener reflexiones diarias por medio de correo electrónico o mensaje de texto. Envía la palabra LUZ al 84576. En el boletín de la parroquia encontrarás más información.

5º Domingo de Cuaresma: Este miércoles es la última oportunidad de participar en la iniciativa de Cuaresma La Luz Está Encendida. Durante la Cuaresma, todas las parroquias del área metropolitana de Washington DC, incluyendo la nuestra, estarán ofreciendo el sacramento de la Confesión todos los miércoles en la noche de [hora] a [hora]. Animamos a las personas a hacer tiempo para venir a la iglesia, rezar en silencio enfrente del sagrario y acercarse al sacramento de la Confesión. Para encontrar los horarios en otras parroquias, además de otros recursos puedes visitar el sitio LaLuzEncendida.org o ver en las tarjetas que se encuentran en las bancas. Puedes obtener reflexiones diarias por medio de correo electrónico o mensaje de texto. Envía la palabra LUZ al 84576. En el boletín de la parroquia encontrarás más información.

Bulletin Announcements

Ash Wednesday

Reflect with us this Lent!

Lent is a 40 day journey of prayer, sacrifice, and care for others. It is about more than just giving something up. It is about drawing closer to God through our journey toward Easter. To help you reflect and grow daily this Lent, sign up for daily texts or emails by texting "LENT" to 84576 or visit TheLightisON.org. Don't forget that The Light Is ON starts next week – Catholic churches throughout the DC metro area will be open for prayer and confession on Wednesday evenings during Lent.

1st Sunday of Lent

The Light Is ON for You!

On Wednesdays from [TIME] to [TIME], the doors of [PARISH NAME] are open and The Light is ON for you! Bring a family member or friend to stop in for quiet prayer or to rediscover our heavenly Father's heart of mercy in the Sacrament of Reconciliation. To find Confession times at other parishes and for additional resources visit TheLightisON.org and see *The Light is ON* cards found in the pews. To help you pray and reflect this Lent, take advantage of the new examen prayer cards found in your pews or sign up for daily text or email reflections by texting "LENT" to 84576.

2nd Sunday of Lent

The Light Is ON for You!

On Wednesdays from [TIME] to [TIME], visit [PARISH NAME] and experience the simple generosity of God's love in the Sacrament of Reconciliation. To find Confession times at other parishes and for additional resources visit TheLightisON.org and see *The Light is ON* cards found in the pews. To help you pray and reflect this Lent, take advantage of the new examen prayer cards found in your pews or sign up for daily text or email reflections by texting "LENT" to 84576.

3rd Sunday of Lent

The Light Is ON for You!

You know how it feels like life often "kicks us when we're down"? God is never like that; he always gives us a helping hand. In fact, that's what Confession is all about. On Wednesdays from [TIME] to [TIME], come to [PARISH NAME] and experience God's compassionate love in the Sacrament of Reconciliation. To find Confession times at other parishes and for additional resources visit TheLightisON.org and see *The Light is ON* cards found in the pews. To help you pray and reflect this Lent, take advantage of the new examen prayer cards found in your pews or sign up for daily text or email reflections by texting "LENT" to 84576.

4th Sunday of Lent

The Light Is ON for You!

Are you having difficulty forgiving an acquaintance or a loved one? Have you considered seeking God's healing first? Visit [PARISH NAME] on Wednesdays between [TIME] and [TIME], and begin again with the Sacrament of Reconciliation! To find Confession times at other parishes and for additional resources visit TheLightisON.org and see *The Light is ON* cards found in the pews. To help you pray and reflect this Lent, take advantage of the new examen prayer cards found in your pews or sign up for daily text or email reflections by texting "LENT" to 84576.

5th Sunday of Lent

The Light Is ON for You!

God doesn't need us to be perfect in order to love us; but he does need us to trust him in order to reach us with his love. Visit [PARISH NAME] on Wednesdays between [TIME] and [TIME], and experience anew God's mercy in the Sacrament of Reconciliation. To find Confession times at other parishes and for additional resources visit TheLightisON.org and see *The Light is ON* cards found in the pews. To help you pray and reflect this Lent, take advantage of the new examen prayer cards found in your pews or sign up for daily text or email reflections by texting "LENT" to 84576.

Anuncios Para el Boletín Parroquial

Miércoles de Ceniza

¡Reflexiona con nosotros ésta Cuaresma!

La Cuaresma es una jornada de cuarenta días de oración, sacrificio, y caridad con los demás. Es más que solo renunciar a algo. Se trata de acercarnos más a Dios en una jornada que nos llevará a la Pascua de Resurrección. Para ayudarte diariamente a meditar y a crecer en tu vida espiritual en ésta Cuaresma puedes obtener reflexiones diarias por medio de correo electrónico o mensaje de texto. Envía la palabra LUZ al 84576 o visita el sitio LaLuzEncendida.org. No te olvides que la campaña La Luz Está Encendida empieza la próxima semana. Durante la Cuaresma, todas las iglesias católicas del área metropolitana de Washington estarán abiertas todos los miércoles en la noche para que puedas orar y acercarte al sacramento de la Confesión.

1º Domingo de Cuaresma

¡La Luz está Encendida para ti!

Los miércoles de [hora] a [hora], las puertas de [nombre de la parroquia] estarán abiertas y ¡la Luz está encendida para ti! Invita a algún amigo o un familiar a que venga a la iglesia a tener un momento de oración en silencio, o a redescubrir el corazón misericordioso de nuestro Padre Dios en el Sacramento de la Confesión. Para encontrar los horarios en otras parroquias, además de otros recursos puedes visitar el sitio LaLuzEncendida.org o ver en las tarjetas que se encuentran en las bancas. Puedes obtener reflexiones diarias por medio de correo electrónico o mensaje de texto enviando la palabra LUZ al 84576.

2º Domingo de Cuaresma

¡La Luz está Encendida para ti!

Los miércoles de [hora] a [hora], visita [nombre de la parroquia] y simplemente experimenta la generosidad del amor de Dios en el sacramento de la Reconciliación. Para encontrar los horarios en otras parroquias, además de otros recursos puedes visitar el sitio LaLuzEncendida.org o ver en las tarjetas que se encuentran en las bancas. Para ayudarte a rezar y reflexionar en ésta Cuaresma puedes leer la oración del examen que se encuentra en las tarjetas que están en las bancas. También puedes obtener reflexiones diarias por medio de correo electrónico o mensaje de texto. Envía la palabra LUZ al 84576.

3º Domingo de Cuaresma

¡La Luz está Encendida para ti!

Tú sabes cómo se siente cuando la vida te golpea aun cuando estás caído. Dios nunca es así. Él siempre nos brinda una mano de ayuda. De hecho, es de lo que se trata la Confesión. Los miércoles de [hora] a [hora], ven a [nombre de la parroquia] y experimenta la generosidad del amor de Dios en el sacramento de la Reconciliación. Para encontrar los horarios en otras parroquias, además de otros recursos puedes visitar el sitio LaLuzEncendida.org o ver en las tarjetas que se encuentran en las bancas. Para ayudarte a rezar y reflexionar en ésta Cuaresma puedes leer la oración del examen que se encuentra en las tarjetas que están en las bancas. También puedes obtener reflexiones diarias por medio de correo electrónico o mensaje de texto. Envía la palabra LUZ al 84576.

4º Domingo de Cuaresma

¡La Luz está Encendida para ti!

¿Tienes dificultad perdonando a alguna persona o a un ser querido? ¿Haz considerado buscar primero la reconciliación con Dios? Visita [nombre de la parroquia] los miércoles de [hora] a [hora] y ¡empieza de nuevo con el Sacramento de la Reconciliación! Para encontrar los horarios en otras parroquias, además de otros recursos puedes visitar el sitio LaLuzEncendida.org o ver en las tarjetas que se encuentran en las bancas. Para ayudarte a rezar y reflexionar en ésta Cuaresma puedes leer la oración del examen que se encuentra en las tarjetas que están en las bancas. También puedes obtener reflexiones diarias por medio de correo electrónico o mensaje de texto. Envía la palabra LUZ al 84576.

5º Domingo de Cuaresma

¡La Luz está Encendida para ti!

Dios no necesita que seamos perfectos para así poder amarnos, sin embargo, si quiere que confiemos en El para poder alcanzarnos con su amor. Visita **[nombre de la parroquia]** los miércoles de **[hora]** a **[hora]** y ¡empieza de nuevo con el Sacramento de la Reconciliación! Para encontrar los horarios en otras parroquias, además de otros recursos puedes visitar el sitio LaLuzEncendida.org o ver en las tarjetas que se encuentran en las bancas. Para ayudarte a rezar y reflexionar en ésta Cuaresma puedes leer la oración del examen que se encuentra en las tarjetas que están en las bancas. También puedes obtener reflexiones diarias por medio de correo electrónico o mensaje de texto. Envía la palabra LUZ al 84576.

Prayers of the Faithful

For additional Prayers of the Faithful for the Season of Lent please see the Roman Missal, Appendix V ("Examples of Formularies for the Universal Prayer"), Sections 5. (Lent I) and 6. (Lent II).

Ash Wednesday

That as we begin this Lenten season
Catholics across the DC metro area
will seek to renew their relationship with the
loving God
through the Sacrament of Reconciliation
offered through The Light is ON initiative,
let us pray to the Lord.
R. Lord, hear our prayer

1st Sunday of Lent

That we may recognize God's blessings in our
lives,
Trust that He desires abundant life for us,
And draw closer to his unconditional love in the
Sacrament of Reconciliation this Lent,
let us pray to the Lord.
R. Lord, hear our prayer

2nd Sunday of Lent

That through the Sacrament of Reconciliation
we may set aside the sin and brokenness that
divides us
and bring peace to our hearts, our homes, and
our world.
let us pray to the Lord.
R. Lord, hear our prayer

3rd Sunday of Lent

That all those carrying the heavy burden of sin
will have complete trust in the never-ending
mercy of God
and His constant desire to forgive each of us
through the Sacrament of Reconciliation this
Lenten season,
let us pray to the Lord.
R. Lord, hear our prayer

4th Sunday of Lent

That in this penitential season
the experience of God's forgiveness
will lead us all to conversion of heart and
action,
to renewing our relationship with Him,
and to sharing His forgiveness with those
around us,
let us pray to the Lord.
R. Lord, hear our prayer

5th Sunday of Lent

That as we come to the end of the season of
Lent
we may worthily prepare our hearts
to welcome the joy of the resurrection
by allowing Jesus to free us from our sins
through the Sacrament of Reconciliation
let us pray to the Lord.
R. Lord, hear our prayer

Oraciones para el Tiempo de Cuaresma

Miércoles de Ceniza

Que al iniciar éste tiempo de Cuaresma,
los católicos en todo el área metropolitana de Washington DC
busquen renovar su relación con el Dios del amor
por medio del Sacramento de la Reconciliación,
ofrecido por medio de la campaña La Luz Está Encendida.
Roguemos al Señor.
R. Te rogamos, Señor.

1º Domingo de Cuaresma

Que reconozcamos las bendiciones de Dios en nuestras vidas,
confiando en que Él desea una abundante vida en nosotros,
y que en ésta Cuaresma nos acerquemos a su amor incondicional
en el Sacramento de la Reconciliación.
Roguemos al Señor.
R. Te rogamos, Señor.

2º Domingo de Cuaresma

Que por medio del Sacramento de la Reconciliación
podamos dejar a un lado el pecado y los quebrantos que nos dividen
y traiga la paz a nuestros corazones, a nuestros hogares y a al mundo.
Roguemos al Señor.
R. Te rogamos, Señor.

3º Domingo de Cuaresma

Que todos los que estén agobiados por el gran peso del pecado
tengan la completa confianza de la infinita misericordia de Dios
y de su constante deseo de perdonarnos por medio del Sacramento de la Reconciliación en éste
tiempo de Cuaresma.
Roguemos al Señor.
R. Te rogamos, Señor.

4º Domingo de Cuaresma

Que en éste tiempo de penitencia, la experiencia del perdón de Dios
nos lleve a todos a la conversión de corazón y acción
para renovar nuestra relación con Él
y compartamos su perdón con las personas que nos rodean.
Roguemos al Señor.
R. Te rogamos, Señor.

5º Domingo de Cuaresma

Que al aproximarnos al final de la temporada de Cuaresma
podamos preparar dignamente nuestros corazones
para dar la bienvenida al gozo de la Resurrección,
permitiendo que Jesús nos libere del pecado
por medio del Sacramento de la Reconciliación.
Roguemos al Señor.
R. Te rogamos, Señor.

Facebook Postings

Wednesday, February 25

"...God's face is the face of a merciful father who is always patient. He always has...patience with us; he understands us; he waits for us, he does not tire of forgiving us if we...return to him with a contrite heart" (Pope Francis). Have any regrets? ***The Light Is ON for You*** tonight. Come to the Sacrament of Reconciliation, confess your sins, and be assured of God's mercy and understanding. Confession times are...

Wednesday, March 4

"[Jesus] forgets [your sins], he kisses you, he embraces you, and he simply says to you, 'Neither do I condemn you; go, and sin no more' (cf. John 8:11). That is the only advice he gives you" (Pope Francis). Come to the Sacrament of Reconciliation and entrust yourself to Jesus, whose mercy is beyond comprehension. Don't worry if it's been awhile; the priest is there to help and ***The Light Is ON for You*** tonight! Confession times are...

Wednesday, March 11

"Even if we delude ourselves by saying, 'We have no sin,' it is unlikely that our family members, neighbors, and co-workers are so deluded about us. As the grace of Confession improves our own life, it will have positive effects on theirs as well" (Cardinal Donald Wuerl). Time for a "reality check"? Come to Confession and reassess your life in light of God's compassion and truth. ***The Light Is ON for You*** tonight! Confession times are...

Wednesday, March 18

"The Sacrament of Reconciliation is the story of God's love, which never turns away from us. Every time we walk away, God waits, watches, and hopes for our return. All we need to do to return is to recognize our wrong, our need for forgiveness, and our need for God's love" (Cardinal Donald Wuerl). Come to the Sacrament of Reconciliation and receive a *new lease on life*. ***The Light Is ON for You*** tonight! Confession times are...

Wednesday, March 25

"That is the way of our Father God. That is the way of the Catholic Church. God does not wait for us to grovel. He does not wait until we've refined our contrition. He meets us half-way—in the confessional" (Cardinal Donald Wuerl). Ashamed of your sins? Who isn't? Don't be afraid. Come to Jesus in the Sacrament of Reconciliation and see yourself with new eyes. ***The Light Is ON for You*** tonight! Confession times are...

Did you know you can keep The Light Is ON in your social media feeds every day? Just follow and share content from the Archdiocese of Washington and Diocese of Arlington social media sites! Links to Facebook and Twitter are below, or go to www.TheLightIsON.org for links to all of our social media sites.

Archdiocese of Washington

<https://www.facebook.com/adw.org>
<https://twitter.com/WashArchdiocese>

Diocese of Arlington

<https://www.facebook.com/arlingtondiocese>
<https://twitter.com/arlingtonchurch>

Publicaciones para Facebook – Español

Miércoles, 25 Febrero

El Papa Francisco nos recuerda que “La Cuaresma es un tiempo adecuado para despojarse; y nos hará bien preguntarnos de que podemos privarnos a fin de ayudar y enriquecer a otros con nuestra pobreza. No olvidemos que la verdadera pobreza duele: no sería válido un despojo sin esta dimensión penitencial. Desconfió de la limosna que no cuesta y no duele.” A veces nos cuesta más hacer algo que nos puede llenar de la paz que tanto buscamos. ¿Por qué no sacrificarte en estos días para acercarte más a Dios en el Sacramento de la Reconciliación? No olvides que La Luz Está ENCENDIDA ... El Sacramento de la Confesión se ofrecerá cada _____ a las _____ del día/noche. Visita www.laluzENCENDIDA.org para más información.

Miércoles, 4 Marzo

En esta Cuaresma busquemos la misericordia de Dios. El papa Francisco nos recuerda en su exhortación Evangelii Gaudium que “La salvación que Dios nos ofrece es obra de su misericordia. No hay acciones humanas, por más buenas que sean, que nos hagan merecer un don tan grande. Dios, por pura gracia, nos atrae para unirnos a sí.” No olvides que La Luz Está ENCENDIDA ... El Sacramento de la Reconciliación se ofrecerá cada _____ a las _____ del día/noche. Visita www.laluzENCENDIDA.org para más información.

Miércoles, 11 Marzo

De todas las personas que rodeaban a Jesús en sus últimos días, ¿cuántas creyeron que pronto el Maestro entregaría su vida y que al tercer día resucitaría? La muerte y resurrección de Nuestro Señor es un evento que requiere mucha oración y contemplación ya que aún hoy, es difícil comprender que “Dios, tanto amó al mundo, que dio Su único Hijo, para que todo aquel que cree en Él no se pierda, sino que tenga vida eterna.” [Jn 3, 16]. Dios tanto nos ama que continuamente nos invita a participar de su vida divina. Acepta la invitación y únete a Él en el Sacramento de la Reconciliación. No olvides que La Luz Está ENCENDIDA ... El Sacramento de la Reconciliación se ofrecerá cada _____ a las _____ del/de la día/noche. Visita www.laluzENCENDIDA.org para más información.

Miércoles, 18 Marzo

El cardenal Donald Wuerl nos dice que “Al tercer día – después de su muerte y sepultura – Jesús resucitó, verdaderamente vivo y glorificado. Este es el misterio de la Pascua. Con Jesús, pasamos del fracaso, de la muerte y de los efectos catastróficos del pecado original. Pasamos a la redención, a la gracia de la vida nueva en Él.” Contemplando esta pequeña reflexión, no olvides que La Luz Está ENCENDIDA ... El Sacramento de la Reconciliación se ofrecerá cada _____ a las _____ del/de la día/noche. Visita www.laluzENCENDIDA.org para más información.

Miércoles, 25 Marzo

“Un poco de misericordia hace al mundo menos frio y más justo. Necesitamos comprender bien esta misericordia de Dios, este Padre misericordioso que tiene tanta paciencia... Recordemos al profeta Isaías, cuando afirma que, aunque nuestros pecados fueran rojo escarlata, el amor de Dios los volverá blancos como la nieve. Es hermoso, esto es la misericordia...” (Papa Francisco). Contemplando esta pequeña reflexión, no olvides que La Luz Está ENCENDIDA ... El Sacramento de la Reconciliación se ofrecerá cada _____ a las _____ del/de la día/noche. Visita www.laluzENCENDIDA.org para más información.



LIGHT THE CITY

Light The City is a one-night evening of prayer and personal invitation, held Saturday night, February 28th, from 8pm to midnight at St. Matthew's Cathedral. At 8pm, Cardinal Wuerl will celebrate Mass. Following Mass, teams of volunteers will go out into the streets of DC's Dupont Circle neighborhood to invite passers-by to come into the Cathedral to light a candle and pause peacefully in prayer amidst the busyness of a night in the city. The Cathedral will be filled with candles and music. Light a candle, sit in quiet prayer with the Blessed Sacrament, go to confession, or talk with a priest. We will close the evening with a final blessing at midnight.

Help us Light the City! All are invited to join us for Mass or to come light a candle and pray for our city at any point in the evening. For more information visit www.adw.org/light.

Schedule of Events

8:00pm: Mass with Cardinal Wuerl

9:00pm-Midnight: Street evangelization, Cathedral open for prayer

Midnight: Final blessing

Get Involved with Light The City

Want to help us Light The City? Here are some ways to get involved. Sign up at www.adw.org/light.

- Street Evangelizer: Go out onto the streets in teams of two and invite passers-by to come into the Cathedral to light a candle and pray.
- Hospitality: Welcome people into the Cathedral. Assist with hospitality inside or in front of the Cathedral.
- Pray with us: Spend an hour praying for our city and for those we encounter throughout the evening.

For questions about volunteering or coordinating a group/community, contact Michael Owens, Coordinator of Evangelization Initiatives, at 301-853-5347 or owensm@adw.org.

Priests are also needed to hear Confessions! If you are willing to assist in any way throughout the evening, please contact Michael Owens.

The Examen Prayer

The examen prayer is a beautiful practice of prayer popularized by St. Ignatius of Loyola that helps us see the ways that God is moving in our daily lives. Take a few minutes of undistracted quiet in the mid-day or evening for prayer. By regularly reflecting on our day with God's help, we commit ourselves to grow in virtue and in our relationships with God and one another.

Praying the Examen

Begin by quieting your mind and heart to be more aware of the presence of God, who is always with you. Ask God to give you the grace to see clearly the events of your day through His eyes, to experience the love He unconditionally offers you, and to listen to the guidance He shares with you.

BE THANKFUL

"Give thanks to God our Lord for the benefits received" (St. Ignatius). God loves you, and shows his love through the blessings He gives us. The good things in our life are signs and reminders that God "came so that [we] might have life and have it more abundantly" (John 10:10). Our blessings can be big or small: The recovery of a sick loved one; the kind act of a stranger; or the beauty of nature, etc.

- Thinking about your day, what blessings have you received today? What good things have you experienced?
- Bring to mind the many good moments from your day.
- Pause and give thanks to God for these blessings.

ACKNOWLEDGE NEED FOR HELP

"Ask Grace to know our sins and cast them out" (St. Ignatius). Recognizing our blessings, we also acknowledge that we struggle and need help. Often we experience brokenness and pain. Brokenness in the world, brokenness in our relationships, and brokenness within ourselves. That brokenness, which is not a part of God's plan, is a result of those times when we as individuals and we as humanity have chosen to turn away from God's love. Acknowledging this brokenness and need for help can be scary but is an important step in allowing us to move through it, for God wants to create a "clean heart" for us (Psalm 51:12).

- Ask God to give you the grace and courage to face this brokenness, both in the world and within yourself, so that you can heal and grow.

REVIEW LIFE HONESTLY

"Ask account of our soul from the hour that we rose up to the present" (St. Ignatius). In conversation with God pray, Lord, "you know me: you know when I sit and stand; you understand my thoughts from afar" (Psalm 139:1-3) and ask God to help you review the events of your day. As you mentally walk through the day, different moments may surface. Honestly examine each of these moments throughout your day. You may remember moments of joy – be grateful for them again. You may find moments where you recognize God's presence only in hindsight – desire to see more clearly. You may realize something good hidden in a difficult situation – trust in God's goodness even during times of struggle. And you may find moments where you turned away from God's love, where you experienced and chose to continue that brokenness – take responsibility for those times and for your role in that.

- Review your morning, afternoon, and evening.
- As you remember each moment, ask God: Where were you in that moment, Lord? What were you asking of me? How did I respond to you?
- Pause to listen to God's response to these questions.

TRUST IN GOD'S FORGIVENESS

"Ask pardon of God our Lord for the faults" (St. Ignatius). As the review of your day reveals times you may have turned away from God's love, let your heart be filled with sorrow and even more of the desire to restore your relationship with God. Like the father of the lost son, God's never-ending love reaches out to welcome us when we turn back toward him. No matter how you might have turned away, God wants to forgive you. Never let sorrow control you or lead you to doubt the strength of God's love for you, for "neither death, nor life... will be able to separate us from the love of God in Christ Jesus our Lord" (Romans 8:38-39).

- Ask God to forgive you.
- Trust that He does forgive you, and accept his mercy.

COMMIT TO LIVE DIFFERENTLY

"To purpose amendment with His grace" (St. Ignatius). Renewed, turn your thoughts to the coming day with the clarity of this prayer experience so that "you will know the truth, and the truth will set you free" (John 8:32).

- What lessons from this prayer can you carry into tomorrow?
- What concrete actions can you take to grow closer to God and others?
- Commit to live these actions, asking for God's help to do so.

Close your examen with an Our Father, the prayer that Jesus taught us to say with confidence.

For additional resources on prayer including an examination of conscience to prepare for the Sacrament of Reconciliation, visit www.TheLightIsON.org or download the CapitalCatholic app at www.adw.org/capitalcatholic.



To Download additional images for use in print publications or digital platforms such as parish websites or social media platforms visit TheLightisON.org/resources or LaLuzENCENDIDA.org/recursos.



We invite you to use the CapitalCatholic app, available for download on iTunes and Google Play to:

- Search for The Light Is ON parish specific confession times
- Find directions to parishes and schools utilizing Google navigation
- Listen to Theology on Tap talks
- Pray with us
- Explore upcoming events
- Share your faith by sending e-Postcards telling others you are praying for their intentions
- Connect with us on social media
- Explore the Spanish section features
- Learn more about the Archdiocese of Washington

To learn more visit: adw.org/capitalcatholic.