Fasting During Lent

Lent is a spiritual and liturgical time of the year when Christians around the world stand in solidarity with Jesus’ journey towards Jerusalem and his ultimate sacrifice on the Cross. In Lent, we are called to deepen our relationship with God through prayer, fasting and almsgiving. Fasting is defined as abstaining from all or some kinds of food or drink, especially as a religious observance. But fasting does not simply have to apply to food. The principle of fasting can be applied by giving up an item or practice that is keeping one from becoming closer to God.

- Fast from social media: such as Facebook/Twitter
- Fast from walking around campus checking your phone—notice God’s creation
- Fast from listening to music when walking around campus and say “Hi” to others
- Fast from wasting time aimlessly browsing the internet

While deepening our relationship with God through this practice, we can use this type of fasting for the good of others in our UD and larger Dayton community. As we are reminded in Isaiah 58:6-9, “This, rather, is the fasting that I wish; …Setting free the oppressed, breaking every yoke; Sharing your bread with the hungry, sheltering the oppressed and homeless…and not turning your back on your own. Then you shall call, and Lord will answer…Here I am!”

Danny Sales ’17

Sunday Worship Times

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<th>Masses</th>
<th>Monday-Friday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tr>
<td>IC Chapel</td>
<td>12:30pm</td>
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<td>McGinnis Center</td>
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Weekday Mass Schedule

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<td>Stuart Chapel</td>
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<td>Manycrest Chapel</td>
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<td>Marrianist Hall Chapel</td>
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Sacrament of Reconciliation

Tuesdays and Thursdays 11:00am-Noon IC Chapel
Wednesdays 4:30pm-5:30pm IC Chapel
By appointments, contact Campus Ministry

Low Gluten hosts are now available for individuals who cannot tolerate gluten. Devices to assist with hearing are available for those who would like to use one during Mass; please see a Mass Coordinator.

Exposition of the Blessed Sacrament

Alumni Hall

M-Th. 5:40pm-9:05pm
Fri. 12:55pm-4:05pm

Are you stressed? Need extra time for prayer? Adoration is spending time in prayer adoring the Lord. Questions? Please contact udadotration@gmail.com.
Campus Ministry Calendar

March
4-6 Guided Journaling Retreat
5 SERVICE Saturday
11-13 Catholic Lenten Retreat
15 Table of Plenty
19 Criminal Justice Plunge

SERVICE Saturdays
Volunteer with other UD students to meet the needs of our Dayton community with projects on Saturday March 5, Compassion First; April 9, Dayton Water; and April 16, Mission of Mary Farm. Visit the Center for Social Concern website for more details and to register.

Marrianist Three O’Clock Prayer
Every weekday during Lent, the chapel bells will ring with a Marian hymn just before 3pm, inviting us to pray the Marrianist Three O’Clock Prayer together at the sculpture in St. Mary’s Courtyard. Take a moment from your day to join members of the UD community to pray for our sisters and brothers around the world.

Coalition of Immokalee Workers Presentation
Monday, February 29, 3:45pm-4:45pm
Science Center Auditorium, Room 114
The CIW is a worker-based human rights organization internationally recognized for its achievements in the fields of social responsibility, human trafficking and gender-based violence at work. Questions? Contact Dr. Theo Majka at 937-229-2138 or at tmajka1@udayton.edu.

Criminal Justice Plunge
Saturday, March 19
Participants will experience a wide range of challenges and social justice issues that people who are or have been incarcerated experience. The day will include presentations, site visits, as well as a documentary screening in order to dive deeper into understanding life in the criminal justice system. Cost is $15. Registration on-line at the Center for Social Concern website.

Register Now For May BreakOuts
Are you interested in helping others? Have you always wanted to learn about a different way of life or part of the country? Sign up now for a May BreakOut. The Center for Social Concern is sponsoring three trips: New Orleans, May 8-14; Cincinnati, OH, with St Vincent DePaul’s Ozanam Center for Service Learning, May 8-14; and the Civil Rights Tour, where participants follow in the footsteps of the Civil Rights Movement through Memphis, Birmingham, Selma, Montgomery and Atlanta from May 9-14. All of these trips are great opportunities to learn and serve. For more information please visit our website. Questions? Contact Mary Niebler.

Why are there circles on the Lent banners?
Our new banners were designed, dyed, and sewn by faculty artists Darden Bradshaw and Suki Kwon and a team of four students. The hemp banners consist of 40 circular forms dyed using cochineal (a natural dye from an insect native to Central and South America) in the Shibori, a Japanese resistance, technique. The circles represent the 40 days of Lent and the quest we have towards wholeness with God in this time. The dye is a precious protective by-product that requires the insect to die to produce (read “lenten sacrifice”). Using naturally dyed fabric is symbolic of our prayer for faith to infuse the very nature of our being. The deep layered circular hues point to the long work of the Holy Spirit who changes us from within. The cloth is immersed in dye and is transformed, as we seek to be transformed in Christ through the renewal of our baptism at Easter.

That’s a lot of symbolism for two 26 foot banners! May they offer some insight for you throughout your Lenten journey.

Ink and Paper: Exploring the Sacred Journey
March 4-6: Governor’s Island
This new guided journaling retreat will use different methods of journaling to explore the stories that we carry, that have shaped who we are, and how God plays a role in our stories. Space is limited to fifteen students, so sign up ASAP on our website (tinyurl.comUDRetreats). Financial Aid is available upon request. Questions? Contact: Allison at aleigh1@udayton.edu or Mike at mbennett3@udayton.edu.

Rooted in Mercy: A Catholic Lenten Retreat
March 11-13

Women’s Wilderness Retreat Leaders Needed
We are currently seeking students to serve on the leadership teams for the upcoming Women’s Wilderness Retreat (April 15-17). The retreat team meets 3-4 times prior to the retreat and then leads the retreat itself. Applications to lead Women's Wilderness are available by emailing Tinamarie Stolz (tstolz1@udayton.edu) and are due back to Tinamarie by noon on Wednesday, March 9.

Miryam Award 2016
Monday, March 21, 4:30pm
Congratulations to the 2016 Miryam Award recipients: Irene Dickey and Molly Schaller, as well as the others who were nominated. To honor them, please join us in the Marianist Hall Chapel for a prayer service at 4:30pm. The reception and award presentation will immediately follow in KU’s Barrett Dining Room. To RSVP for the reception, call Sue Terbay at 937-229-2524.

Mass with Anointing of the Sick
Tuesday March 8, 5pm Immaculate Conception Chapel
All are welcome to a Mass which will include the Anointing of the Sick. Those who are ill may receive the Sacrament. For questions, contact cstander1@udayton.edu.