



2022-23 Spiritual Formation | *Liturgy, Sacraments, and Prayer*

Dear Students and Parents,

Our program of liturgy, sacraments, and prayer brings students and staff into contact with the “one mediator between God and the human race, Jesus Christ” (1 Tim 2:5).

From our beautiful and reverent Masses to our new “Prayer Lab” experience, we are excited to see how our students will grow in their worship of God, discipleship, and personal prayer throughout this school year.

Please review the information below and feel free to reach out to any of us if you’d like to know more about our liturgy, prayer, and sacraments at Lansing Catholic.

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Liturgy and Sacraments

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CAMPUS MINISTRY

Incense Use

Incense **will be used** at every all school Mass in the gym

Incense will **not be used** in house Masses or any other daily Mass in the chapel

Incense will **not be used** during adoration in the chapel on Fridays until the very end of the last period of the day (for Benediction--usually at 3:00 PM)



Every school day students and staff have the opportunity to attend Mass in our [St. John Paul the Great Chapel](#). We offer daily Mass at Lansing Catholic because at the Last Supper Jesus asked us to celebrate the Eucharist “in remembrance of me” (Lk 22:19). The passion, death, and resurrection of Jesus Christ is the most important thing that has ever happened. When we celebrate the Eucharist at Mass, we come into contact with this reality.

A typical week’s Mass schedule can be found below. Students should listen for announcements or read our Cougar Connection email for exact times.

Monday: 7:15 AM

Tuesday: House Mass (Tekakwitha and Joseph)

Wednesday: House Mass (Frassati and De Porres)

Thursday: 7:15 AM

Friday: 3:25 PM



Our entire school body gathers in the gym for All School Mass for special feast days as well as significant moments for our school community. Parents and family members are encouraged to worship with us at any of these Masses.

Our All School Mass schedule can be found below. Dates/times are subject to change. Be sure to check our [public LCHS Calendar](#) for the most up to date information.

August 22 at 9:30 AM	First Day of School
September 21 at 1:30 PM	Grandparents Day during Homecoming Week
October 21 at 9:30 AM	Solemnity of St. John Paul the Great (School Patronal Feast)
November 1 at 9:30 AM	Solemnity of All Saints
December 8 at 10:15 AM	Solemnity of the Immaculate Conception
February 1 at 9:30 AM	Catholic Schools Week
February 22 at 9:30 AM	Ash Wednesday
March 22 at 9:30 AM	Lent
April 12 at 9:30 AM	Octave of Easter
May 11 at 1:50 PM	Last Mass with Seniors
June 2 at 1:30 PM	End of School Year + Awards



Confession is an opportunity to get right with God. When we repent and confess our sins we repair the one relationship that is foundational to all other relationships.

The Catechism ([paragraph 1458](#)) speaks beautifully of the graces available to us through frequent confession: "Without being strictly necessary, confession of everyday faults (venial sins) is nevertheless strongly recommended by the Church. Indeed the regular confession of our venial sins helps us form our conscience, fight against evil tendencies, let ourselves be healed by Christ and progress in the life of the Spirit. By receiving more frequently through this sacrament the gift of the Father's mercy, we are spurred to be merciful as he is merciful."

Regarding grave sins, the Catechism ([paragraph 1457](#)) says, "Anyone who is aware of having committed a mortal sin must not receive Holy Communion, even if he experiences deep contrition, without having first received sacramental absolution." Additionally, "Each of the faithful is bound by an obligation to confess serious sins at least once a year" (paragraph 1457).

Our hope is that all students and staff will make regular confession a normal part of life. For this reason, confession is offered regularly at LCHS every week.

Confession schedule:

- Weekly: Every Monday and Wednesday during both A and B lunches in Fr. Joe's office.
- Advent: Friday, December 2nd – confessions heard all day in chapel (with visiting priests)
- Lent: Thursday, February 23rd – confessions heard all day in chapel (with visiting priests)
- Retreats: confession is offered during all retreats.
- Or any time – just catch Fr. Joe in his office and wherever you can find him



FRIDAY ADORATION

Jesus Waits for Us

Every Friday students spend half of their Theology class in Eucharistic Adoration in the chapel. This time of weekly prayer provides students the opportunity to pray; to think about the meaning of life and to respond to Jesus who is waiting to speak to us.

Students are able to use the time to pray quietly as they wish. They also have the option of utilizing guided prayer resources provided by Campus Ministry. These resources coordinate with our Prayer Lab (see below).

Eucharistic Adoration is a special time of prayer where the body of Christ in the form of bread is displayed for our adoration in a monstrance on the altar. Adoration has been a place of encounter with Jesus for countless saints and holy men and women throughout the centuries.



PRAYER LAB

An Encounter with the Meaning of Life

7 Friday Adoration days during the school year will be devoted to a new initiative of prayer formation that we are calling *Prayer Lab*.

Every human person prays. What is prayer? A definition that we like to use is “thinking about the meaning of life.” This search is the foundation for an encounter with Jesus Christ,

who is the meaning and purpose of every human life. For the one who has said “yes” to following Jesus Christ, prayer is a continued encounter with the meaning of life.

Each Prayer Lab will include a short teaching followed by an opportunity to respond in faith through prayer to the promises of God.

Prayer Lab Dates and Topics

September 9, 2022 - The Meaning of Life

Every human heart is made to know the meaning of life; the meaning of all life, and of our individual lives.

October 21, 2022 - The Search

“What are you looking for?” (Jn 1:38). These are the first words that Jesus spoke to two men who would soon become his apostles. He asks each of us this question whenever we turn to him in prayer.

December 9, 2022 - The Promises

Throughout scripture God promises that he will be with us always (Mt 28:20), that we will hear his voice (Jn 10:27), that he will help us when we do not know how to pray (Rom 8:26), and so much more. To grow in prayer, we make acts of faith in these incredible promises.

January 27, 2023 - God Speaks

It takes great faith and courage to believe that God would speak to me. But that is exactly what he promised us. The closeness that Jesus had with his Father is the closeness he wants to have with us.

March 3, 2023 - God Speaks to Me

What does this look like? How can we approach prayer with greater faith and receptivity to how God might want to speak to me?

April 14, 2023 - Space for God

How does Jesus model for us a healthy life of prayer? How did he make space to speak with his Father?

May 19, 2023 - Change Your Mind

Prayer is a battle. We will be tempted to quit, to doubt the promises of God, and to doubt our worthiness. How can we fight back and keep the relationship with God that he wants for us?



ST. JOHN PAUL THE GREAT CHAPEL

The Heart of Our School

Lansing Catholic is blessed with one of the most beautiful worship spaces in all of Lansing. Our St. John Paul the Great chapel was built in 2015 under the direction of Fr. Gordon Reigle, the high school chaplain at the time. Its design is reminiscent of the Romanesque architecture of the chapels of Europe. The marble in the main altar and tabernacle stand are from St. Michael in Flint, a parish that is now closed. The wood sanctuary furnishings were all hand made by Dr. David Flint, a friend and longtime supporter of the LCHS community. All of the wood pews were handmade by a team of woodworkers and school parents led by Dr. Flint. The four gospel writer icons were handmade by a local artist.

Perhaps the most striking feature of the chapel is its stunning stained glass windows depicting many of the saints of our faith. Our house patrons (St Joseph, St Kateri Tekakwitha, St Martin DePorress, and Blessed Pier Giorgio Frassatti) are among the saints included in the stained glass and statuary of the chapel. In 2022, the chapel received a new paint job and some new woodwork accents to the sanctuary which further added to the reverence and beauty of the space. Our chapel is truly an outward expression of the beauty and goodness of God; it remains a vital sanctuary of prayer, peace, and union with God for all who come to LCHS.