

LENT AND EASTER 2024

ASH WEDNESDAY ■ 14 February

Masses at 8:30 a.m. and 7:00 p.m.

EUCCHARISTIC ADORATION

Friday morning after the 8:30 a.m. Mass until 12:00 p.m.

Friday evening after the 7:30 p.m. Mass until 9:00 p.m.

VIA CRUCIS (Stations of the Cross)

Italian – Thursdays at 7:30 p.m., following the 7:00 p.m. Mass

English – Fridays at 7:00 p.m., followed by Mass at 7:30 p.m.

DAY OF CONFESSIONS ■ Wednesday 13 March

5:00 p.m. to 8:30 p.m. (even during the 7:00 p.m. Mass)

in addition to regularly scheduled Confession times

CHILDREN'S MOVIE NIGHT ■ Wednesday 13 March

7:00 p.m. to 9:00 p.m. in the Parish Hall

PALM SUNDAY ■ 23/24 March

Regular weekend schedule

Saturday 5:00 p.m.

Sunday 8:30 a.m., 10:00 a.m., 11:30 a.m. (Italian), 1:00 p.m.

HOLY THURSDAY

28 March

*There is no morning Mass.
The church will open at 5:30 p.m.*

MASS OF
THE LORD'S SUPPER

(Bi-lingual En/It)

7:00 p.m.

*followed by Eucharistic
Vigil until 12:00 a.m.*

GOOD FRIDAY

29 March

*There is no morning Mass.
The church will open at 10:30 a.m.*

CELEBRATION OF
THE LORD'S PASSION

(English with some Italian)

12:00 p.m. and 3:00 p.m.

HOLY SATURDAY

30 March

*There is no morning Mass.
The church will open at 6:00 p.m.*

SOLEMN
EASTER VIGIL

(Bi-lingual En/It)

7:30 p.m.

EASTER SUNDAY ■ 31 March

Regular Sunday Schedule

8:30 a.m., 10:00 a.m., 11:30 a.m. (Italian), 1:00 p.m.

A Note about Fasting and Abstinence

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence (from meat). Fasting, along with prayer and helping the poor, is one of the three spiritual disciplines of Lent. These work as a three-fold conversion practice as we prepare for the joys of the Easter season. Fasting adds a serious edge to your prayer life. It is a prayer practice that involves denying yourself something in order to increase your spiritual awareness, strengthen a commitment, or petition God for something you or another person really needs. Fasting is also about detachment - separating yourself from something that you have become overly attached to. It's a way of reclaiming your spiritual strength and regaining some balance in your life. Practicing some denial of our wants and needs in small ways can help us grow in self-discipline and the ability to put off momentary comfort for a larger, more important goal. Fasting should not be misused to gain praise or sympathy, to manipulate, or to harmfully affect the body. Done correctly, it can be a spiritual practice that can take your prayer to a new and different level!

For members of the Latin Catholic Church, **the norms on fasting are obligatory from age 18 until age 59.** When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. **The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards.**

Members of the Eastern Catholic Churches are to observe the particular law of their own *sui iuris* Church.

If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus and to prepare ourselves to share more fully and to celebrate more readily his Resurrection.