

2010 LENTEN CALENDAR

OUR LADY OF THE SACRED HEART

HOW TO OBSERVE LENT:

Traditionally, observance of Lent consists of three practices:

- FASTING
- PRAYING
- ALMSGIVING (CHARITY)

FAST AND ABSTINENCE:

During Lent we should fast and abstain on certain days:

FASTING consists of eating one regular-size meal and two **small** meals a day.

ABSTAINING is restraining from eating **meat**.

ASH WEDNESDAY AND GOOD FRIDAY:

days of both fasting and abstinence.

FRIDAYS OF LENT:

days of abstinence.

SACRIFICE:

In Lent we should give up something:

- A type of food
- Television or internet time
- Unnecessary spending or shopping
- Alcohol or caffeine

BEYOND SUNDAY MASS:

- Receive the Sacrament of Reconciliation (Confession)
- Attend Mass during the week
- Pray the Stations of the Cross
- Spend time in Eucharistic Adoration
- Do some spiritual reading
- Participate in our parish special Lent program
- Visit sick in hospitals, elderly in nursing homes
- Offer your time in volunteering

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FEBRUARY 2010

WEDNESDAY, FEBRUARY 17 (ASH WEDNESDAY):

MASSES: 8:00 AM Mass & Ashes.
NOON: Ashes.
4:30 PM Mass & Ashes.
7:30 PM Mass & Ashes
Stations of the Cross.
CONFESSIONS half an hour before each
function.

All students in our Religious Education School should participate in one of the liturgies.

FIRST SUNDAY OF LENT MANDATORY MASS, FEBRUARY 20/21:

Mandatory Mass for all students
in Religious Education: "Ashes".

WEDNESDAYS, FEBRUARY 24:

Stations of the Cross in the Chapel, 7:30 PM.

MARCH 2010

WEDNESDAYS, MARCH 3:

Stations of the Cross in the Chapel, 7:30 PM.

FRIDAY, MARCH 5: FIRST FRIDAY,

All-day Adoration, 7:30 PM - 9:00 PM, Rosary,
Mass, and devotions to the Sacred Heart of Jesus.

WEDNESDAYS, MARCH 10, 17, 31:

Stations of the Cross in the Chapel, 7:30 PM.

FIFTH SUNDAY OF LENT MANDATORY MASS:

March 20/21 Mandatory Mass for all students
in Religious Education: "Cross of Jesus".

MARCH 2010

WEDNESDAY, MARCH 24:

Confessions: 6:30 PM - 7:30 PM.

7:30 PM Healing Mass with the anointing of the sick, followed by the Stations of the Cross.

PARISH LENT RECOLLECTION, SATURDAY, MARCH 27:

9:30 AM - 2:30 PM: breakfast, sharing of faith, healing Mass, Anointing of the Sick, Confessions, lunch.

PALM SUNDAY, MARCH 28:

BLESSING OF PALMS AT ALL MASSES

MONDAY, TUESDAY, WEDNESDAY, MARCH 29, 30, 31:

If you can, please attend the daily Mass at 8:00 AM in our Chapel as a close preparation for Triduum and Easter.

ALL CATHOLICS SHOULD APPROACH THE SACRAMENT OF RECONCILIATION (CONFESSION) AT LEAST ONCE A YEAR, PREFERABLY IN THE LENT/EASTER TIME. WE HEAR CONFESSIONS EVERY SATURDAY FROM 4 PM TO 5 PM. THE SACRAMENT OF RECONCILIATION WILL BE ADMINISTERED ALSO ON MARCH 24, FROM 6:30 PM TO 7:30 PM.



HOLY TRIDUUM

HOLY THURSDAY, April 1:

NO 8:00 AM MASS
LITURGY OF THE LORD'S SUPPER, 6:00 PM.

GOOD FRIDAY, April 2:

NO 8:00 AM MASS
STATIONS OF THE CROSS at NOON.
SOLEMN LITURGY, 3:00 PM.
SOLEMN LITURGY, 7:30 PM

HOLY SATURDAY, April 3:

NO 9:00 AM MASS
EASTER BLESSING OF THE FOOD, 4:00 PM.
CONFESSIONS, 5:00 PM.
VIGIL OF THE RESURRECTION, 8:00 PM.

EASTER SUNDAY, April 4:

Masses of the Resurrection of the Lord:

8:00 AM; 10:00 AM; NOON.

Prayers for Lent:

God, I begin Lent with desire to know, love and serve you better. Draw me into closer union with you.

God, give me the courage and humility to face my sins, my weaknesses and my pettiness. I ask your forgiveness.

God, your gift of faith is precious beyond words. Increase my faith.

God, open my eyes to see the needs of others: in my family, in my community, and in the world. Make me generous in loving my neighbour as I love myself.

God, I take up my cross to follow Jesus.

God, open my heart to receive the gift of your salvation through the passion, death and resurrection of Christ. You are with me, I am not afraid, draw me into closer union with you.