

LENT - 2020

What is Lent?

Ash Wednesday marks the beginning of Lent, the 40 days of preparation for the Easter season, when Catholics are called to deepen their spiritual lives through the practices of

Prayer, Fasting & Almsgiving.

Challenge yourself this year, and go beyond the usual practice of "giving up" something. Now is a great time to take stock of your spiritual life and to grow in it.

We begin our Lenten Journey on Ash Wednesday, February 26

Please join us for Mass at 6:30am, 8:30am or 7:00pm.

Ash Wednesday is a day of Fast & Abstinence.

(Self-imposition of ashes is not permitted.)

PRAYER

- ◆ **Night Prayer 8:00pm** - Every Sunday during Lent
- ◆ **Stations of the Cross 7:00pm** - Every Friday during Lent
- ◆ **Eucharistic Adoration** - Every Tuesday 9:00am - 7:00pm in the Church
- ◆ **Our Lady of Perpetual Help Novena** - Every Tuesday 7:00pm in the church
- ◆ Try adding a **Weekday Mass** to your schedule 6:30am or 8:30am
- ◆ **Read Scripture** or the readings of the day at www.usccb.org
- ◆ **Lenten Prayer Books** will be available on February 15 & 16
- ◆ **God's Unending Mercy** - A talk given by Sr. Rita Clare Yoches. March 19 at 6:30pm
- ◆ **Go to Confession:** Saturdays 3pm - 3:45pm & 5:30pm until all are heard
Tuesday, March 3, 10, 17, 24, 31 and April 7 at 6:00pm - 6:55pm
Monday, April 6 - 11:00am - Noon

FASTING

- ◆ Every person **14 years of age or older** must abstain from meat (and items made with meat) on Ash Wednesday, Good Friday, and every Friday during Lent.
- ◆ Every person between the **age of 18 and 59** (beginning of 60th year) must **fast** on Ash Wednesday and Good Friday. 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, according to Canon law & the U.S. Bishops.
- ◆ Fast from gossip, criticism or insensitive, cruel comments towards others.
- ◆ Unplug electronics for 20 minutes every day and spend time in silent prayer.
- ◆ Give up a habit that keeps you from being whom God is calling you to be.
- ◆ Join us for our Lenten Fish Dinners on Fridays from 4pm-7pm in the High School Cafeteria.

ALMSGIVING

- ◆ Donate to Divine Child's annual Catholic Services Appeal (CSA) collection.
- ◆ Volunteer your time at a local soup kitchen or other charitable organization.
- ◆ Give to the St. Vincent de Paul Poor Box located on the back wall of the church.

