



How To Lent

Ash Wednesday, March 5, 2025

Masses at 6:30am, 8:30am, and 7:00pm

Ash Wednesday is a day of Fasting & Abstinence. (Self-imposition of ashes is not permitted.)

PRAY

- ◆ **Stations of the Cross:** Fridays at 7:00pm in the Church
- ◆ **Night Prayer:** Sundays at 7:00pm in the Church
- ◆ **Confessions:** Saturdays: 2:30pm - 4:00pm & 5:30pm. Tuesdays: 6:00pm - 7:00pm and First Friday, March 7 and April 4 at 7:00am
- ◆ **Family of Parishes Reconciliation Service:** Thursday, April 10: 7:00pm at Divine Child
- ◆ **Eucharistic Adoration:** Tuesdays: 11:15am - 7:00pm in the Church
- ◆ **Adoration Chapel:** Open every day 24 hours a day, 7 days a week
- ◆ **Mother of Perpetual Help Devotions:** Tuesdays at 7:00pm in the Church
- ◆ **Prayer Service for Healing:** First Friday, March 7 & April 4 after Stations of the Cross
- ◆ **Anointing of the Sick:** Saturday, April 5 after the 4:30pm Mass
- ◆ **Shroud Encounter:** Friday, April 11 at 7:00pm
- ◆ **G.I.F.T. Program (2yrs - 1st gr):** Sunday, Mar. 23, Apr. 13, Easter Egg Hunt Apr. 19
- ◆ **Women of Worth Feminine Genius:** Thursdays, March 6 - April 10 at 6:30pm, Gathering Room
- ◆ **How to Lent on FORMED:** Visit [FORMED.org](https://www.formed.org)
- ◆ **Holy Thursday Seven Churches Pilgrimage:** April 17 after the 7:00pm Last Supper Mass
- ◆ **Pray the Gospels of Luke**

FAST

- ◆ 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.

GIVE

- ◆ Give to the St. Vincent de Paul Poor Box located on the back wall of the church.
- ◆ CRS Rice Bowl: Fill it with your almsgiving for the poor and return on Palm Sunday.