

## **Lent**

The liturgical season of forty days begins with *Ash Wednesday* & ends with the celebration of the *Paschal Mystery*. Lent is the *primary penitential season* in the Church's liturgical year, reflecting the forty days Jesus spent in the desert in fasting and prayer.

### **Abstinence and Fasting**

Ash Wednesday, **February 17, 2010**, and Good Friday, **April 2, 2010**, are days of fasting and abstinence. Fridays of Lent are also days of abstinence.

### **Abstinence**

Abstinence is observed by all 14 years of age and older. On days of abstinence no meat is allowed. Note that when health or ability to work would be seriously affected, the law does not oblige. When in doubt concerning fast and abstinence, the parish priest should be consulted.

### **Fasting**

Fasting is to be observed by all 18 years of age and older, who have not yet celebrated their 59th birthday. On a fast day one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted, but liquids, including milk and juices, are allowed.

*Fasting, almsgiving, and prayer* are the three traditional disciplines of Lent. Catechumens and the faithful should undertake these practices seriously in a spirit of penance and preparation for Initiation into the Church, or the renewal of Baptismal Promises at Easter.

### **Special Lenten Days**

March 3, St. Katharine Drexel

March 17, St. Patrick

March 19, St. Joseph

March 25, The Annunciation of the Lord




**The Lenten Journey 2010  
Our Lady of Lourdes  
Catholic Church**

## ***Prayer, Fasting, and Almsgiving***

### **Feast of Our Lady of Lourdes, February 11, World Day of the Sick**

Liturgy of the Eucharist: Healing Mass - Anointing of the Sick 7:00 p.m.

### **Ash Wednesday, February 17**

Liturgy of the Eucharist 8:15 a.m. 12:00 p.m.  7:00 p.m.

**Ashes** distributed after the Homily

### **Wednesday Evening Mass & Soup Supper**

Liturgy of the Eucharist 6:00 p.m. Soup Supper 6:30 p.m.

February 24, March 3, 10, 17 & 24

### **GUEST SPEAKERS**

February 24: Mary Dudas, Director FC  
 March 3: Msgr. David Brockman  
 March 10: Fr. Dan Oschwald  
 March 17: Sr. Anne Heath, RSM.  
 March 24: Rick Miller-Haraway, LCSW

### **DONATIONS MADE TO**

Helen Wright Shelter for Women  
 Catholic Parish Outreach  
 Birthchoice/Project Rachel  
 Catholic Relief Services  
 Catholic Charities

### **Friday Stations of the Cross**

February 19, 26, March 5, 12, 19, 26 7:30 p.m.  
 Benediction of the Blessed Sacrament to follow the Stations

### **Sunday Morning Adult Faith Formation**

February 28, March 14, 21, 28 10:15 a.m.  
 A Lenten Journey with Fr. Michael Himes / School Library



## **Parish Mission**

March 7, 8 & 9 7:00 p.m.  
 Fr. Richard DeLillio, OSFS "Everyday Spirituality"

## **Penance Service**

### **OLL Penance Service, March 23**



7:00 p.m.

## **Holy Week Liturgies**

### **Palm Sunday of the Lord's Passion, March 28**

Saturday, March 27 5:00 p.m.  
 Sunday, March 28 9:00 a.m. 11:30 a.m.

### **Chrism Mass, March 30**

Celebrated by Bishop Burbidge at St. Michael the Archangel Church 2:00p.m.


## **The Easter Triduum**

### **Holy Thursday, April 1**

Closing of the Adoration Chapel, April 1 6:00 p.m.  
 Mass of the Lord's Supper 7:00 p.m.  
 Adoration of the Blessed Sacrament will follow in the upper Church until midnight.

The Adoration Chapel will reopen Easter Sunday.

### **Good Friday, April 2**

Stations of the Cross 4:00 p.m.  
 Passion of the Christ  12:00 p.m. 3:00 p.m.  
 The church will be open from 9:00 a.m. to 9:00 p.m. for prayer and reflection.

### **Holy Saturday, April 3**

Blessing of the Easter basket/food 11:00 a.m.  
 Upper Church

### **The Easter Vigil, April 3**

Liturgy of the Eucharist 8:00 p.m.  
 The community celebrates the Rite of Christian Initiation of Adults.

### **Easter Sunday, April 4**

Liturgy of the Eucharist 7:30 a.m. 9:30 a.m. 11:30 a.m.