

## Lenten Fasting

So You're Thinking of Fasting  
During the Lenten Season?

Why not....

Fast from hurting words  
and say kind words.

Fast from sadness  
and be filled with gratitude.

Fast from pessimism  
and be filled with hope.

Fast from worries  
and have trust in God.

Fast from complaints  
and contemplate simplicity.

Fast from pressures  
and be prayerful.

Fast from bitterness  
and fill your hearts with joy.

Fast from selfishness  
and be compassionate to others.

Fast from anger  
and be filled with patience.

Fast from grudges  
and be reconciled.

Fast from words  
and be silent so you can listen.

## Almsgiving

*The practice of giving up coffee or a movie  
and contributing the money saved to the  
missions is a longstanding tradition.  
These donations will be collected during  
Holy Week and will be given to our  
Guatemalan Mission Twin - Sr. Sarah's Clinic.*

**AGAIN THIS YEAR, WE'LL HAVE A  
SPECIAL ALMSGIVING ENVELOPE  
IN ADDITION TO ALMS BOXES.  
THE SPECIAL ENVELOPE WILL BE  
INCLUDED IN THE MARCH PACK.**

## Easter Egg Hunt

**Holy Saturday, March 30<sup>th</sup>**

11:00 AM Holy Trinity Grounds

Three age groups: 3 and under, 4-7 and 8-10

**BRING YOUR BASKET AND ARRIVE EARLY —  
IT'S OVER IN MINUTES!**

## Fish Fry Fridays

Fridays in Lent

**The Eagles Lodge**

1300 First Avenue

Just down the block from St. John Church.

Dine in or Carry out!

Find details in the Sunday Bulletins  
and at [www.holyfamilymiddletown.com!](http://www.holyfamilymiddletown.com!)

2024

LENT AND EASTER

AT

HOLY FAMILY PARISH



*The "Little Black Book" is enclosed as  
a gift to you from Holy Family Parish.  
It's an easy way to add daily prayer  
during Lent. The "Little Purple Books"  
for children are available in the churches.*

*If you are homebound and unable to  
attend Mass this Easter, let us know!*

*I'll be making Communion visits.*

Fr. John Civile

## Lenten Services

Ash Wednesday, February 14<sup>th</sup>

*ASHES GIVEN OUT DURING MASS.*

8:15 AM Mass St. John XXIII School

*park in the upper lot near the entrance*

12:10 PM Mass Holy Trinity Church

7:00 PM Mass Holy Trinity Church

### Stations of the Cross & Benediction

Fridays during Lent

February 16, 23 and March 1, 8, 15, & 22

7:00 PM Holy Trinity Church

### Lenten Weekday Schedule

#### **Tuesday**

8:15 AM Mass St. John XXIII School

*park in the upper lot near the entrance*

#### **Wednesday**

12:10 PM Mass Holy Trinity Church

#### **Thursday**

12:10 PM Mass Holy Trinity Church

#### **Friday**

8:00 AM Mass Holy Trinity Church

## Penance Services

### Communal Penance Services

Thursday, March 21<sup>st</sup>

After 12:10 PM Mass and again

at 7:00 PM – Holy Trinity Church

## Holy Week Services

Palm Sunday, March 24<sup>th</sup>

*PALMS GIVEN OUT DURING MASS.*

*Saturday*

4:30 PM Mass St. John Church

*Sunday*

9:00 AM Mass Holy Trinity Church

10:30 AM Mass St. John Church

Holy Thursday, March 28<sup>th</sup>

7:00 PM Mass Holy Trinity Church

Good Friday, March 29<sup>th</sup>

1:30 PM St. John Church

*This service includes the*

*Liturgy of the Word*

*and Holy Communion.*

## Easter Services

### Easter Vigil

Holy Saturday, March 30<sup>th</sup>

8:30 PM Mass Holy Trinity Church

*RCIA candidates and catechumens*

*will be baptized and received into*

*the church at this service.*

Easter Sunday, March 31<sup>st</sup>

8:00 AM Mass Holy Trinity Church

9:00 AM Mass St. John Church

11:00 AM Mass St. John Church

*We plan to stream one of these Masses.*

