

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 APRIL PACK.**

Easter Egg Hunt

Holy Saturday, April 4th

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!*

2026

LENT AND EASTER

AT

HOLY FAMILY PARISH



*The "Little Black Books" are available
in the churches. 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 18th

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 20, 27, and March 6, 13, 20 & 27

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 26th

After 12:10 PM Mass and again
at 7:00 PM – Holy Trinity Church

Holy Week Services

Palm Sunday, March 29th

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

2:00 PM Mass in Spanish

Holy Trinity Church

Holy Thursday, April 2nd

7:00 PM Mass St. John Church

Good Friday, April 3rd

1:30 PM St. John Church

*This service includes the
Liturgy of the Word
and Holy Communion.*

Easter Services

Easter Vigil

Holy Saturday, April 4th

8:45 PM Mass Holy Trinity Church
*OCIA candidates and catechumens
will be baptized and received into
the church at this service.*

Easter Sunday, April 5th

8:00 AM Mass Holy Trinity Church

9:00 AM Mass St. John Church

11:00 AM Mass St. John Church

2:00 PM Mass in Spanish

Holy Trinity Church

We plan to stream one of these Masses.

