



LENT

40 days of Reflection, Renewal, and Preparation

Lent is a 40 day season of prayer, fasting, and almsgiving that begins on Ash Wednesday and ends at sundown on Holy Thursday. It's a period of preparation to celebrate the Lord's Resurrection at Easter. During Lent, we seek the Lord in prayer by reading Sacred Scripture; we serve by giving alms; and we practice self-control through fasting. We are called not only to abstain from luxuries during Lent, but to a true inner conversion of heart as we seek to follow Christ's will more faithfully.



STATIONS OF THE CROSS

Every Friday during Lent following the 8am Mass in English & 6pm Bilingual with Benediction



FRIDAY LENTEN FISH FRY

March 17, 24, 31 & April 7
4:30-6:00pm in Fr. Cronin Hall

More information to follow in the upcoming bulletins.

Sponsored by the Knights of Columbus



HOW TO LIVE LENT THIS YEAR

Here are three tips to deepen your relationship with God during the 40 days of #Lent.

- 1) Participate in the sacraments.
- 2) Help those in need around you.
- 3) Sacrifice something that's hard for you.

For other resources, visit:
www.usccb.org/prayer-worship/liturgical-year/len

THE LIGHT IS ON

Reconciliation

Tuesdays 5:30-6:45pm
Wednesdays 8:30am

Lenten Penance Services

Tuesday, March 21st - 6:30pm
St. Clement

Monday, March 27th - 7pm
Nativity, Brandon

Tuesday, March 28th - 7pm
St. Stephens, Riverview

Wednesday, March 29th
Resurrection - Riverview



HOLY WEEK

Palm Sunday

Regular Weekend Mass Schedule

Holy Thursday

Mass of the Lord's Supper
April 6 16:30pm
Followed by Adoration

Good Friday

Veneration of the Cross
3pm English 16:30pm Spanish

Holy Saturday

8pm Vigil - Bilingual

Easter Sunday

6:45am Sunrise Mass-English
11am English
9am & 1pm Spanish



Lenten Fasting & Abstinence



Fasting

Good Friday
Ages 18-59

Abstinence

Every Friday during Lent
Ages 14+

How do we fast?

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.

Am I excused from fasting and abstinence?

Those that are excused from fast and abstinence outside the age limits include the **physically** or **mentally ill** Including individuals suffering from **chronic illnesses** such as **diabetes**. Also excluded are **pregnant** or **nursing women**.

For more information on fasting & abstinence, visit usccb.org



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A New Kind of Fast

In the words of Pope Francis

Fast from hurting words and say kind words. Fast from sadness and be filled with gratitude.
Fast from anger and be filled with patience. Fast from pessimism and be filled with hope.
Fast from worries and have trust in God. Fast from complaints and contemplate simplicity.
Fast from pressure and be prayerful. Fast from bitterness and fill your hearts with joy.
Fast from selfishness and be compassionate to others. Fast from grudges and be reconciled.
Fast from words and be silent so you can listen.

