



*"During this Lent,  
let us all ask the Lord:  
Make our hearts like yours."*

*-Pope Francis*

## ***LENT 2024 at Queen of Apostles Parish***

### **Lenten Fasting and Abstinence Practices**

In addition to choosing our own penitential practices, Catholics are asked to observe these practices of fast and abstinence during the 40 days of Lent ...

1. Everyone 14 years of age or over is bound to abstain from meat on Ash Wednesday and all the Fridays of Lent.
2. Everyone 18 years of age and under 59 years of age is bound to fast on Ash Wednesday and Good Friday. (The obligation of fasting ceases with the celebration of one's 59<sup>th</sup> Birthday.)
3. On Ash Wednesday and Good Friday, only one full meatless meal is allowed. Two other smaller meatless 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 on these two days, but liquids, including milk and fruit juices are allowed. When health or ability to work would be seriously affected, the law does not oblige.
4. Catholics should not lightly excuse themselves from these prescribed minimal penitential practices.

### **Lenten Little Black Books of Reflection**

Available in the Gathering Space. Donation Request: Large print \$4; Regular print \$3.

### **Reconciliation**

Service - Saturday, March 2, 10:00 am - Noon at Queen of Apostles.

Service - Wednesday, March 6, 6:30 pm at St Anthony on the Lake.

Individual Reconciliation QoA - 4:00-4:30 pm, Saturdays, February 17, 24, March 2, 9, 16, 23.

Archdiocese Deanery Reconciliation

- Wednesday, March 20, 8 am - 8 pm at St. James, Mukwonago & St Dominic's, Brookfield.

**Eucharistic Adoration** - Wednesdays, February 21 - March 27, at 9:30 am-10:30 am with sign-up & 5 - 6:15 pm followed by the Stations of the Cross.

### **Stations of the Cross**

6:30 pm Wednesday evenings, February 21, 28, March 6, 13, 20, & 27.

**The Rosary** - 9:30 am Monday, Tuesday, Friday; 8:30 am Wednesday in church and 4:00 pm Thursday by Zoom on either computer or phone. Email [lizk@queenofapostles.net](mailto:lizk@queenofapostles.net) for the link.

### **Lenten Outreach/Almsgiving Project for Sacred Heart Church in El Paso, Texas**

You are invited to participate in our Parish Lenten Outreach project, through Catholic Extension.

Your financial contributions will go to help repair and restore the church and support the ministry of Sacred Heart Church in El Paso, Texas. A flyer, with more information, will be shared during the first week of Lent.

### **Easter Vigil Encounter – Grades 6 – 10, March 30**

On Holy Saturday from 6 – 10 pm, the youth will participate in the Easter Vigil Mass at 8 pm, including The Service of Light and the Liturgy of Baptism. Before and after the Mass, the group will remember Jesus' Last Supper, agony in the garden, arrest, crucifixion, and resurrection with movies, music, and other activities. Dinner before and dessert after the Mass will also be included. This Mass does fulfill your Sunday obligation.

### **Friday Fish Fries**

Fridays, February 16, March 1, and March 15, 4:30 – 7:00 pm. Dine-in or Drive-thru. Please watch the bulletin for more information.

### **40 Cans for Lent – Pewaukee Food Pantry**

Parishioners are asked to contribute 1 can of non-perishable food per day for each of the 40 days of Lent. Bring your canned foods each weekend and place them in the cart/basket in the Foyer for the Pewaukee Food Pantry.



## ***LOOKING FORWARD TO HOLY WEEK***

### **Palm Sunday, Masses**

Saturday, March 23 – 5:00 pm. Sunday, March 24 – 8:00 & 10:30 am. All start in the Gathering Space – The Blessing of Palms, Gospel of the Entrance into Jerusalem, Procession into Church, Mass.

### **Holy Thursday, Mass of the Lord's Supper**

March 28 – 7:00 pm in Church.

### **Good Friday, Passion of the Lord Service**

March 29 – 3:00 pm in Church.

### **Holy Saturday, March 30**

10:30 am Blessing of Easter Foods in church. No Confessions or 5 pm Mass.

### **Easter Vigil, 8:00 pm**

Begins with the blessing of the Easter Fire out by Peter's Rock, then process into church.

### **Easter Sunday, March 31 Masses**

8:00 & 10:30 am Masses in Church. Details will be announced and in the bulletin.