

OUR JOURNEY TOWARDS HOLINESS

St. Edward the Confessor Parish, Lent 2024

MASS

Ash Wednesday

Wednesday, February 14
8:00 a.m., 7:00 p.m.

Weekends

Saturdays—4:00 p.m.
Sundays—9:00 a.m.

Tuesday Evenings

February 20 through March 19
7:00 p.m.

Recitation of the Rosary
prior to Mass at 6:30 p.m.

Friday evenings

After Stations of the Cross



Our Parish theme for Lent is *Our Journey Towards Holiness*. Lent begins our journey towards Holy Week and Easter. It is a time to “Repent and believe in the Gospel” (Mark 1:15), a time of conversion, of turning back to God. As Pope Francis tells us, “...it is not a sad time, ... but a time of renewing ourselves according to the grace of our Baptism.”

We hope that you and your family will find our parish Lenten events helpful as we embrace the Lenten practices of prayer, fasting and works of love (almsgiving).

Happy, Blessed Lent

WORKS OF LOVE

CRS RICE BOWLS

We encourage all parishioners to join in this effort to assist our sisters and brothers across the globe overcome hardships like hunger and climate change.

“BLESSING BAGS”

We will be collecting small personal care items to donate for distribution at local food pantries and shelters. More information will be forthcoming.

PRAYING WITH THE LITTLE BLACK BOOK

Mondays, 1:00 p.m.
Parish Center

SACRAMENT OF RECONCILIATION

Saturdays

3:00 p.m.-3:30 p.m.

RECONCILIATION SERVICES

Sunday, March 10 ~ 5:00 p.m.

Tuesday, Mar. 12 ~11:00 a.m.

DEANERY SERVICE

Friday, March 8~ 7:00 a.m.-
7:00 p.m.

St. Bernard Church, Rockville

STATIONS OF THE CROSS

Fridays, 7:00 p.m.

In addition:

Stations at Noon

Fridays: February 23, March 8
and March 15

SOUP & STATIONS

Friday, February 16

Friday, March 22

5:45 p.m.

LIVING STATIONS of the CROSS

Presented by our Youth

Friday, March 22

40 FOR 40 LENTEN INSPIRATIONS

1. Fast from negative comments about others.
2. Give up the snooze button as a small sign of your willingness to do difficult things.
3. If it's not a regular part of your week, go to Mass every Sunday.
4. Write a letter a week to someone who has gone under-appreciated in your life.
5. Come to Sunday Mass ten minutes early.
6. Make a list of 40 people in your life, and pray for one each day.
7. Join the choir for Lent!
8. Give up Facebook. (Or all social media!)
9. Give up your pillow in solidarity with those who have none of the comfort we take for granted.
10. Think of a word you often overuse, and work to remove it from your vocabulary.
11. Make a budget, determine your tithe, and stick to it.
12. Write down something for which you're grateful each day.
13. Remove all notifications from your phone.
14. Go to Holy Hour every week.
15. Read the daily Scripture readings.
16. Give up caffeine.
17. Learn about the Sacrament of Reconciliation and commit to going at least once during Lent.
18. Give up Netflix/watching TV on your computer.
19. Do an Examination of Conscience before you go to sleep every night.
20. Don't let yourself go to sleep at night until your room is clean.
21. Read the Sunday readings before Mass.
22. Fast from comparing yourself to others, and pray for that other person when you catch yourself comparing.
23. Read one of the Gospels from start to finish.
24. Every time you find yourself complaining or using the word "stress", pray for peace in the war-torn areas of the world.
25. Drive in silence, focusing on God's work around you.
26. Read a spiritual book on forgiveness or love: The Return of the Prodigal Son (Henri Nouwen), The Screwtape Letters (C.S. Lewis)
27. Drink only water for all of Lent, in solidarity with those who hunger and thirst around the world.
28. Pray the Night Prayer from the Liturgy of the Hours each evening.
29. Select an article of clothing a day to give to the less fortunate.
30. Work to forgive a long-held grudge.
31. Commit to beginning each day with a prayer.
32. Give up texting and call whomever you need to talk to.
33. Go to daily Mass once a week.
34. Set aside one item of excess clothing every day, and donate them at the end of each week.
35. Hang a piece of religious artwork in your bedroom and say a prayer every time you see it.
36. When tempted to judgement of another, pray for them instead.
37. Try to fast every Friday during Lent.
38. Pray/play the Sorrowful Mysteries each night as you go to sleep.
39. Every time you wash your hands, remember your baptism and pray for your godparents.
40. Commit to calling a family member each week.