

~ ASH WEDNESDAY MASS & SERVICE SCHEDULE ~

Morning:

6:30am St. Edith Stein Parish
9:00am Christ the King Parish
St. Edith Stein Parish
St. Patrick Parish
Our Lady of Lourdes Parish

Afternoon/Evening:

12:10pm Christ the King Parish*
St. Patrick Parish*
4:30pm Our Lady of Lourdes Parish*
5:30pm St. Edith Stein (*Portuguese*)
7:00pm Christ the King Parish (*bi-lingual*)
St. Edith Stein Parish
St. Patrick Parish (*bi-lingual*)
Our Lady of Lourdes Parish

*Service of the Word with Distribution of Ashes

~ PARISH LENTEN PROGRAMS (see more on reverse) ~



Prayer



Almsgiving

“WHAT AM I DOING FOR LENT” BOOKLET:

Use this handbook to guide your Lent activities. No matter what size or make-up of your family, it is a great resource full of **prayers, reflections, and activities** to make Lent truly a time of preparation.



Fasting

FRIDAY FAST: Traditionally, Friday is the day of the week whose theme is penitential and sacrificial. Consider giving “something up” on Fridays. And remember, it’s not just about fasting from food. We are challenged to purify ourselves (through fasting) from **objects, habits, even people** that clutter our relationship with God.

OPERATION RICE BOWL: Catholic Relief Services has been helping troubled areas around the world for over 50 years. Often our Lenten sacrifices have **a monetary equivalent**. Consider offering your sacrifice through Operation Rice Bowl.

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EASTER SHARING BASKET: We’re collecting **new bathroom and toiletry items** (e.g., soap, Kleenex, toothbrushes, mouthwash, etc.) as well as **new underwear and socks** for all ages, men, women, and children. We suggest shopping from the ‘travel size’ bins at areas stores (those sizes are ideal for care packages). The items collected will support the *Main Spring House* and the *Louison House* in Brockton. Think globally, act locally!



CONFESSION - THE TIME IS NOW: On **all the Wednesday’s of Lent from 6:30-8:00pm**, Christ the King Parish and all the parishes and chapels of the Archdiocese of Boston will be open for individual confessions. Inviting Catholics to experience Christ’s healing love through the Sacrament of Reconciliation is one of the major initiatives of Cardinal Seán and the Archdiocese this year. The Archdiocese has set up a website, **www.TheLightIsOnForYou.org**, to help you prepare. It has videos on the Sacrament of Reconciliation, sheets on how to make a good confession, answers to frequently-asked questions and more. Please make plans to come on Lenten Wednesdays and spread the word of this special outreach of mercy to those you know.

LENT

~ CITY-WIDE LENTEN PROGRAMS ~

Mass schedule (weekdays, as specified):

| | | |
|--------------|---------------------------|---------------------------|
| 9:00am | Christ the King | Mon., Tues., Thu., & Fri. |
| | St. Edith Stein | Monday - Friday |
| | St. Patrick | Monday - Friday |
| | Our Lady of Lourdes | Mon., Tues., Thu., & Fri. |

Exposition & Adoration (Sundays & Mondays):

| | | |
|-------------------|-----------------------|---|
| 7:00pm, Sun..... | St. Patrick | communal, bi-lingual (<i>English & Spanish</i>) |
| 6:30pm, Mon. | Christ the King | communal, Rosary at 6:30pm |

Confessions (Wednesdays, see details on reverse side):

| | | |
|---------------------|-------------------|---------------------|
| 6:30 ~ 8:00pm | All parishes..... | private celebration |
|---------------------|-------------------|---------------------|

Stations of the Cross (Fridays):

| | | |
|--------------|---------------------------|---|
| 3:30pm | Our Lady of Lourdes | communal celebration |
| 7:00pm | Christ the King | private recitation |
| | St. Edith Stein | communal celebration (<i>Cape Verde</i>) |
| 6:30pm | St. Patrick | communal, bi-lingual (<i>English & Spanish</i>) |

Sung Evening Prayer (Fridays):

| | | |
|--------------|------------------------------|----------------------|
| 6:30pm | Christ the King Parish | communal celebration |
|--------------|------------------------------|----------------------|

~ LENTEN REGULATIONS FOR ABSTINENCE & FASTING ~

Abstinence: Catholics *over 14* years of age are bound to the obligations of abstinence. Abstinence is to be observed on Ash Wednesday and the Fridays of Lent. On days of abstinence, meat may not be eaten at all. **Fasting:** Catholics *over 18 and up to 60* are bound to the obligation of fasting. **Ash Wednesday** and **Good Friday** are days of fasting. On these days, only one full meal is allowed. Two other meatless meals, sufficient for strength, may be taken according to each one's needs, but together should not equal another full meal. Eating between meals is not permitted, but liquids, (water, milk and fruit juices) are allowed.



HOLY THURSDAY:

- 7:00pm - The Mass of the Lord's Supper
- 9:00 - 11:00pm - Adoration
- 11:00pm - *Compline* (Night prayer)

GOOD FRIDAY:

- 9:00am - Sung Morning Prayer
- 3:00pm - Dramatic Stations of the Cross
- 7:00pm - The Passion of our Lord

HOLY SATURDAY:

- 9:00am - Sung Morning Prayer
- 7:00pm - The Easter Vigil!

EASTER SUNDAY:

- **8:00AM** in English
- **10:00AM** in English
- **12:30PM** in Haitian-Creole