



PRAYER



FASTING



ALMSGIVING

Lenten Fasts

Catholics between the ages of **18 and 59** are asked to **FAST** on **Ash Wednesday** and **Good Friday**. In addition, all Catholics **14** years old and older are asked to **ABSTAIN** from meat on Ash Wednesday, Good Friday and all the Fridays of Lent. Abstinence does not have a age limit like fasting.

Fasting as explained by the U.S. bishops means partaking of only **one** full meal. Some food (not equaling another full meal) is permitted at breakfast and around midday or in the evening—depending on when a person chooses to eat their main or full meal.

Abstinence forbids the use of meat, but not of eggs, milk products or condiments made of animal fat.)

Abstinence does not include meat juices and liquid foods made from meat. (Foods such as chicken broth, consommé, soups cooked or flavored with meat, meat gravies or sauces, as well as seasonings or condiments made from animal fat are not forbidden. It is also permissible to use margarine and lard. Even bacon drippings which contain little bits of meat may be poured over lettuce as seasoning.)

(NOTE) People who are diabetic, mentally or physically ill **are not bound** by these Lenten rules. **The challenge is to be sensible and reasonable with one's own personal health concerns.**

CREATE IN ME A PURE HEART, O LORD.

LENT is a season of the Christian year where Christians focus on simple living, prayer, and fasting to grow closer to God. In earlier times, people used Lent as a time of fasting and repentance.



In Lent, we recognize life as a precious gift from God, and re-turn our lives towards Jesus Christ. We may make resolutions and a commitment to change our lives over the next forty days so that we might be more like Christ

In Lent, we acknowledge that something is not right in our lives, not right in society, not right in the world, not right in the Church. We need to change and give new direction. Lent reminds us that it is possible to create something new within ourselves and around us. Simply because God is faithful, and continues to be rich in goodness and mercy. God is always ready to forgive and start afresh.

Lent blesses us with the following **4** virtues:

- **Prayer:** God **IS** never far from us. Prayer bring us closer together, as we invite our God to walk with us, strengthen us and bless that thing we do each day in his Presence. That's what makes us holy.
- **Fasting:** Fasting helps us to attune us to the essential need that are common to all of us in our lives. We empower ourselves to set aside that which we have become addicted to, become more attentive to those who have less in life. Lent is much more than giving something up to be healthier. It about letting go of thing in our lives that we can become more attentive to the need around us.
- **Almsgiving :** Almsgiving is the freedom of being more generous to the needs around us. We reach out in such a generous way that we respond to the needs of someone who does not expect to receive anything in return. Almsgiving gives us liberty from the obsession of possessing, from the fear of losing what we have, from the sadness of one does not wish to share his/her blessings in life with others.
- **Personal Integrity:** Lent is the time where we draw upon God's grace to say **NO** and return to a merciful heart of the Father. We reject the "NO" life presses up us, to indifference, thinking that other people's lives are not my concern, to trivialize and alienate ourselves from life itself as a gift from God, to see ourselves as less than we are call to be in God's eyes, and the hear God's Word that we too are "beloved"

LENTEN OUTREACH - During the first three weeks of Lent we are collecting toiletries for the "Sample Soap" outreach. On the weekends of March 11th and March 18th, we will be collecting medical supplies and personal care items which will go to a medical team from The University of Buffalo to support the efforts to assist people in Haiti. Information for both will be posted in our bulletin.

ASH WEDNESDAY: FEBRUARY 14th MASSES WITH ASHES : 9:00 AM, 7:00 PM. On this day, the beginning of Lent, the faithful are marked on their forehead with ashes in the sign of the cross. Ashes **are not** a sacrament of the Church. They do nothing to enhance our spiritual life. It is only a sign/symbol that we pledge to take this Lenten season seriously in both fasting and addressing behaviors in our lives that make us less than we called to be as followers of Jesus. **(PLEASE JOIN US FOR)**

PANCAKE BREAKFAST - AFTER THE 9:00 AM Mass
SOUP AND SALAD SUPPER - 5:00 TO 6:30 PM BEFORE THE 7:00 MASS

Palms from previous years - We would ask that you bring your old palms to church on Ash Wed. They will be part of this year's Easter Vigil fire.

LENTEN SCRIPTURE REFLECTION GROUP

WEDNESDAYS - 11:00 AM in the Church Hall

WEDNESDAYS- 7:00 PM @ Katie Amann's home 55 Quail Lane North Chili

SATURDAYS- 9:00 AM @ Mary May's home - 4131 Union St. North Chili

EACH FRIDAY EVENING IN LENT

6:00 TO 7:00 PM RECONCILIATION (Confessions)

7:00 PM STATIONS OF THE CROSS (March 30th @ 7:30 PM)

7:30 PM BENEDICTION OF THE BLESSED SACRAMENT

CARS: Religious Ed Building, February 24th 10:00 AM - 12 NOON

LENTEN RETREAT - REFLECTION ON THE EUCHARIST With:

FR. MICHAEL COSTIK

February 26th - GUARDIAN ANGELS PARISH, HENRIETTA @ 7:00 PM

February 27th - ST. MARY'S OF THE ASSUMPTION SCOTTSVILLE @ 7:00 PM

February 28th - ST. CHRISTOPHER'S, NORTH CHILI (Lenten Reconciliation Service) @ 7:00 PM

FAITH FORMATION LENTEN RETREAT March 3rd 1:00 - 4:00 PM

DAY OF MERCY AND PENANCE: March 14th CONFESSION will be heard anytime between 12 NOON TO 7:30 PM

LENTEN HEALING SERVICE: Wednesday March 21st, 7:00 PM @ ST. LAWRENCE CHURCH 1000 North Greece Rd Greece

SEDER SUPPER: March 25th - 6:00 PM - Parish Hall.

Easter Triduum



These "**Three Days**" are at the heart of the Paschal Mystery as they prepare us for Easter. The **Triduum** liturgies, which commemorate Christ redemptive passage through death, burial and resurrection are rich with experiences that we have at no other time during the Church year, i.e...the institution of the Eucharist, the washing of feet, the veneration of the cross, the service of light, the singing of the Exultet, the baptism of the elect, and the reception of candidates into full membership in the Catholic Church. During these three days, we focus on one event - the Passover of the Lord, our Easter. These **three** services remind us of death and rebirth and are the most important days of celebration in the Catholic Church. We walk in joyful celebration along the road from betrayal and suffering, to death and resurrection with Jesus Christ who walked that way first for us. We come together with all Christians to pray and keep vigil. We gather as the people of God to remember the saving act of Jesus, the miracle of his resurrection and to celebrate our faith and identity as Christians. Because Christ was willing to die for our sins and was raised from the dead, death is no longer the end of life for us. It is the beginning of a new life in Him.

PALM SUNDAY SERVICE: March 24th & 25th, Saturday 4:30 PM, Sunday 9 & 11:00 AM

CHRISM MASS: March 27, 7:00 PM @ SACRED HEART CATHEDRAL (Renewal of Priestly Vows & Blessing of Holy Oils)

HOLY THURSDAY Mass: March 29th, 7:30 PM "*The Lord's Supper*"

We invite those in our 1st communion program to join us

9:00- 11:00 PM: Adoration of the Blessed Sacrament

10:45 PM: Prayer Service

GOOD FRIDAY SERVICE: March 30th, 3:00 PM

GOOD FRIDAY YOUTH STATIONS OF THE CROSS: 7:30 PM

We invite those in our Confirmation & Youth program to join us

EASTER VIGIL: SATURDAY EVENING MASS March 31st 7:30 PM

Confirmation candidates are invited to participate in this evening's service

EASTER SUNDAY Masses: April 1st 9:00 AM & 11:00 AM