

✠ ASH WEDNESDAY, MARCH 6, 2019 ✠

✠ We will celebrate Mass at 7am, 8:30am and 7:30pm. Ashes will be distributed ONLY during these liturgies.

✠ LENTEN SEASON ✠

✠ We are all invited to be part of our Lenten program, “**LIVE LENT 2019**,” which offers opportunities for parishioners to encounter Christ through integrating the Sunday liturgies, small faith-sharing groups, catechesis, and family activities. It is another opportunity in Lent to meet other parishioners and to let Jesus enter your life more deeply, rekindle the fire of the faith we share, and let the light of Christ shine brightly in our parish!

✠ To remind us of the penitential nature of the season of Lent, the Entrance and **Penitential Act at Mass** will take on a new form for the five (5) Sundays of Lent:

There will be NO Entrance Song. The Celebrant and Ministers will enter in silence. The Sign of the Cross, Greeting and Introduction to the Penitential Rite follow. We will kneel for a brief examination of conscience and then together pray the “I Confess...”. The Celebrant’s conclusion will be followed by a sung “Kyrie”, after which we will stand for the Collect.

✠ A **Lenten Calendar** has been inserted in the bulletin which suggests good deeds for each day of Lent.

✠ During Lent we offer an **additional Mass ONLY on Fridays at 7:30pm** after which we will pray the **Stations of the Cross**.

✠ On Saturday, March 30, we will celebrate a **Tri-Parish Lenten Communal Penance Service** at 1pm at St. John the Evangelist Church in Bergenfield.

✠ On Friday, April 12, we will join together for our **Family Lenten Evening of Recollection** which will begin with our Parish Soup Supper to be followed by Stations of the Cross, Mass, Exposition of the Blessed Sacrament, Holy Hour, opportunity for sacramental Reconciliation, and Benediction.

✠ 2019 LENTEN REGULATIONS ✠

1. The days of both Fast and Abstinence during Lent are Ash Wednesday and Good Friday. The other Fridays of Lent are days of Abstinence.
On a day of Fast, only one (1) full meal is permitted. Those between the ages of 18 and 59 are obliged to fast.
On a day of Abstinence, no meat may be eaten. Those who have reached the age of 14 are obliged by the law of abstinence.
2. The obligation to observe the laws of Fast and Abstinence “substantially”, or as a whole, is a serious obligation.
3. The Fridays of the year, outside of Lent, are designated as days of penance, but each individual may substitute for the traditional abstinence from meat some other practice of voluntary self-denial as penance.
4. The time for fulfilling the Paschal Precept (Easter Duty*) extends from the **First Sunday of Lent, March 10, 2019 to the Solemnity of the Most Holy Trinity, June 16, 2019.**

*Canon 920, §1. *All the faithful, after they have been initiated into the Most Holy Eucharist, are bound by the obligation of receiving Communion at least once a year.*