

L I V I N G L E N T - 2 0 1 8

40 DAYS to PRAY – FAST – GIVE ALMS

OPPORTUNITIES FOR PRAYER:

DAILY MASS – 8:30 AM Monday – Friday and 5:30 PM Tuesday & Thursday (Chapel)

STATIONS OF THE CROSS – Friday afternoons at 4:00 PM Main Church except Friday March 23rd, Stations will be at 5PM followed by a Simple Lenten Supper at 5:30PM

24 HOUR EUCHARISTIC ADORATION First Fridays after Morning Mass to First Saturday before Morning Mass, March 2nd-March 3rd.

MEN'S/ WOMEN'S CONFERENCE - SATURDAY, MARCH 10th - 8AM- 4PM - Stonehill College.

Contemporary Meditation on the Stations of the Cross—Presented by Echo Community, Tuesday March 27th at 7:30 PM

Living Stations of the Cross—Presented by our Youth Ministry, March 30th, Good Friday, at 3PM

OPPORTUNITIES FOR FASTING AND FRUITFUL SACRIFICE:

FASTING: All are asked to *fast* (one main meal only) on Ash Wednesday and Good Friday. Fasting at other times is recommended but left to each person to decide.

ABSTINENCE: All are asked to *abstain* from meat on the Fridays of Lent. It is suggested that abstinence also be observed on an additional day of the week, which traditionally has been Wednesdays – but this is left to the discretion and the convenience of each individual or household.

SACRIFICE: Please consider fasting in the broader sense of self denial by forgoing other extras such as dining out, imbibing in expensive wines or liquors, giving up a Coffee Shop habit, or costly entertainments in order to save some resources that may be shared with the poor.

SIMPLE SUPPER - 5:30PM Friday, March 23rd following the Stations of the Cross - Lenten Meatless Meal of Vegetable Soup, Bread, Salad, Jello - Watch the Bulletin for details

OPPORTUNITIES FOR ALMSGIVING: - “*Charity covers a multitude of sins*”

RICE BOWLS- and/or an **ALMS BOX** of your own making is a convenient way to remember to save some of what is not spent on oneself during Lent in order to share this with the poor of the world through The St. Vincent de Paul Society, Catholic Relief Services, and the El Tablon Project of Food for the Poor. During Holy Week the monies in the Rice Bowl or other designated receptacle should be counted and converted into bills or a check made out to Christ the King Parish and placed in an envelope. These envelopes should be brought to church on Holy Thursday. During the Evening Mass of the Lord’s Supper the fruits of our Lenten Sacrifices are collected as a sign of our willingness to serve others, especially the poor – in the name of the Lord who has served us by laying down his life for our salvation. Unless otherwise designated the monies will be evenly distributed among our three Lenten charities.

OPPORTUNITIES FOR SACRAMENTAL RECONCILIATION:

Sacrament of Reconciliation-Saturday afternoons, 3:00 PM – 3:30 PM

Monday, March 26th - 3:00 – 6:00 PM

No confessions during the Sacred Triduum Holy Thursday, Good Friday or Holy Saturday

OPPORTUNITIES FOR FURTHER ENRICHMENT AND FORMATION

Adult Bible Study – Sundays after the 10:30 AM Mass

What's Missing? –The topic for Lent will be “The Art of Letting Go, Living the Wisdom of St. Francis” by Fr. Richard Rohr. Sessions every other Thursday

Walking With Purpose – A Bible Study for Women – Meets Tuesday mornings 9AM – 11AM or Thursday evenings 7PM – 9PM