

✠ ASH WEDNESDAY, February 17, 2010 ✠

✠ We will celebrate Mass at 7am, 8:30am, 12 Noon, 7:30pm and a Liturgy of the Word at 4pm. Ashes will be distributed ONLY during these liturgies.

A collection will be taken up at all the liturgies on Ash Wednesday. An envelope has been provided. Please be as generous as your means allow.

✠ LENTEN SEASON ✠

✠ We invite all parishioners, adults, families, and teens, to become part of our Lenten program,

Disciples on the Journey 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 Rite 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 Opening Prayer.

✠ 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.

✠ On Fridays in Lent we will pray the Stations of the Cross after the 7:30pm Mass.

✠ On Friday, March 12 we are invited to our Parish Fish and Chips Dinner. Tickets: \$8.00 per person.

✠ On Friday, March 26, we will join together for our Family Lenten Evening of Recollection which will include a Soup Supper (Free Will Donation), Mass, Exposition of the Blessed Sacrament, Stations of the Cross, opportunity for sacramental Reconciliation, and Benediction.

✠ On Saturday, March 20, we will celebrate a tri-parish Lenten Cummunal Penance Service at 1pm at St. John the Evangelist Church in Bergenfield.

✠ 2010 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, February 21, 2010 to the Solemnity of the Most Holy Trinity, May 30, 2010.**

*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.*