

# Lent & Holy Week Schedule

## Our Lady of the Mountains † A.D. 2019

### ASH WEDNESDAY, MARCH 6TH

Mass, 9:30 a.m. & 6:00 p.m.

After the 6:00 p.m. Mass, we begin our Lenten Mission with a homily preached by Fr. Gregory Wilson, followed by Solemn Exposition and a procession to begin our 40 Hours Devotion of Adoration before the Blessed Sacrament.

### THURSDAY, MARCH 7TH

At 6:00 p.m., we continue our Lenten Mission with public recitation of the Rosary in English and Spanish, followed by a homily by Fr. Wilson. We will then pray the Divine Mercy Chaplet and at 7:00 p.m., have our Lenten Penance Service. Afterwards, we will continue Adoration through the night.

### FRIDAY, MARCH 8TH

At 6:00 p.m., we will have Solemn Vespers, followed by the final homily by Fr. Wilson. We will conclude our Lenten Mission with a procession and Solemn Benediction. Afterwards, we will have our Lenten Supper in Fr. Denis Hall.

### FRIDAYS DURING LENT (STARTING MARCH 15TH & EXCLUDING GOOD FRIDAY)

Stations of the Cross, 6:00 p.m. followed by a Lenten Supper in Fr. Denis Hall.

## The Triduum

### HOLY THURSDAY, APRIL 18TH

*(No 9:30 a.m. Mass)*

Mass of the Lord's Supper, 7:00 p.m. followed by an hour of Adoration

### GOOD FRIDAY, APRIL 19TH

*(No 9:30 a.m. Mass)*

Stations of the Cross, 3:00 p.m.  
Liturgy of the Passion, 7:00 p.m., with veneration of the Cross

### HOLY SATURDAY, APRIL 20TH

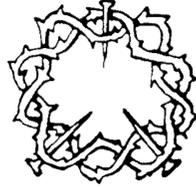
*(No Confessions; no 4:00 p.m. nor 6:00 p.m. Mass)*

Easter Vigil Mass, 9:00 p.m.

### EASTER SUNDAY, APRIL 21ST

Mass, 8:30 & 11:00 a.m.

The Parish Office will be closed Holy Thursday, April 18th, through Easter Monday, April 22nd. We will have no daily Mass Monday, April 22nd through Friday, April 26th.



# Lenten Regulations

## DAYS OF FAST AND ABSTINENCE

ASH WEDNESDAY, MARCH 6TH

GOOD FRIDAY, APRIL 19TH

## DAYS OF ABSTINENCE

ALL FRIDAYS OF LENT

### RULES OF FASTING

Fasting is to be observed by all 18 years of age and older who have not yet celebrated their 59th birthday. On a day of fasting, one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted, but liquids, including milk and juices, are allowed.

Note that when health or ability to work would be seriously affected, the law does not oblige. When in doubt concerning fast and abstinence, please consult Fr. Byrd.

### RULES OF ABSTINENCE

Abstinence is to be observed by all 14 years of age until death. Abstinence requires one to abstain from eating meat. Meat is considered to be the flesh and organs of mammals and fowl. Moral theologians have traditionally considered this also to forbid soups or gravies made from them. Salt and freshwater species of fish, amphibians, reptiles and shellfish are permitted, as are animal-derived products such as margarine and gelatin which do not have any meat taste.

## RECOMMENDATIONS FOR OBSERVING LENT

Lent should be a time of self-denial and penance, preparing the way for baptism or for the renewal of baptism at Easter. Besides doing what the Church requires, each person should voluntarily perform other acts of penance. Herewith, some suggestions:

- Daily participation in the Mass;
- Daily recitation of the Rosary;
- Participation in the Stations of the Cross;
- Fasting at least once a week; and/or
- Personal service to the aged and/or the sick.