

Special Liturgies for Lent & Holy Week 2024

Ash Wednesday, 14 February. Although it's also Valentine's Day, it is a day of Fast & Abstinence.

Masses: 8am at St. Patrick, 6pm at St. Joseph

All Fridays of Lent are days of Abstinence.

Stations of the Cross will be celebrated each Friday of Lent at 6pm.

16 Feb. at St. Joseph

23 Feb. at St. Patrick

1 Mar. at St. Joseph

8 Mar. at St. Joseph

15 Mar. at St. Patrick

22 Mar. at St. Joseph

Stations will conclude with veneration of the relic of the True Cross.

Holy Week

Monday of Holy Week, no Mass

Tuesday of Holy Week, no 5:30pm Mass at St. Joseph, due to the Chrism Mass at the Cathedral.

Wednesday of Holy Week, 8am Mass at St. Patrick

Holy Thursday, no 8am Mass at St. Joseph. **Mass of the Lord's Supper**, 6pm at St. Joseph

Good Friday, no 8am Mass at St. Patrick. **Liturgy of the Lord's Passion**, 3pm at St. Patrick

Holy Saturday, no 4pm Mass at St. Patrick. **Easter Vigil Mass**, 7pm at St. Joseph

Easter Sunday, no 8am Mass at St. Joseph, no 10:30am Mass at St. Patrick, **Easter Mass** 9am at St. Patrick

Parish Patronal Feast Days

St. Patrick's Day, Sunday, 17 March. The 5th Sunday of Lent outranks his feast this year, but celebrate nonetheless!

St. Joseph's Day, Tuesday, 19 March. Mass at Ivesdale, 5:30pm as usual.

No date has yet been set for the annual Vicariate Penance Service. Once it is announced, it will be published in the bulletin.

Confessions are heard weekly; 3:15-3:45pm on Saturdays at St. Patrick, and before Mass at St. Joseph. Confessions are also heard on Tuesdays at St. Joseph, during adoration, from 4:30-5:15pm, and on First Fridays at St. Patrick during adoration, from 8:30-9:15am. Father will also hear confessions by request outside of these times.

Lenten Regulations for Fasting and Abstinence, 2024:

Ash Wednesday, February 14th, and Good Friday, March 29th, are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence.

For members of the Latin Catholic Church, the norms on fasting are obligatory from age 18 up to the completion of their 59th year. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards.

If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honour the suffering and death of the Lord Jesus and to prepare ourselves to share more fully and to celebrate more readily his Resurrection.

Catholic Relief Service rice bowls will be available for all at both parishes. I highly encourage you to use them to help our hungry brothers and sisters in this country and throughout the world.

CRS Rice Bowl is one way Catholics can enhance their Lenten fasting practice by giving up meals and donating the cost of those meals to Catholic Relief Services in order to help those who do not have enough to eat. It is an easy and beautiful way to practice the three main works of Lent: prayer, fasting, and almsgiving.

Lent is a 40 day season of prayer, fasting, and almsgiving that begins on Ash Wednesday and ends at sundown on Holy Thursday. It's a period of preparation to celebrate the Lord's Resurrection at Easter. During Lent, we seek the Lord in prayer by reading Sacred Scripture; we serve by giving alms; and we practice self-control through fasting. We are called not only to abstain from luxuries during Lent, but to a true inner conversion of heart as we seek to follow Christ's will more faithfully. We recall the waters of baptism in which we were also baptized into Christ's death, died to sin and evil, and began new life in Christ. Many know of the tradition of abstaining from meat on Fridays during Lent, but we are also called to practice self-discipline and fast in other ways throughout the season. In addition, the giving of alms is one way to share God's gifts—not only through the distribution of money, but through the sharing of our time and talents. As St. John Chrysostom reminds us: "Not to enable the poor to share in our goods is to steal from them and deprive them of life. The goods we possess are not ours, but theirs." (Catechism of the Catholic Church, no. 2446). In Lent, the baptized are called to renew their baptismal commitment as others prepare to be baptized through the Rite of Christian Initiation of Adults, a period of learning and discernment for individuals who have declared their desire to become Catholics.

Note that Sundays and Solemnities (St. Joseph's Day, Tue., 19 March) are not days of penance.