



2019 Lenten Journey

“Healing Our Wounds in Joyful Service”

Dates to Remember

March 6: Ash Wednesday
Mass: 7:00 am, 12:10 pm, 7:00 pm
March 10: RCIA Rite of Election
1:00 pm in McLennan
April 8: Reconciliation Service 7:00 pm
April 14: Palm Sunday
April 18: Holy Thursday (7:30 pm)
April 19: Good Friday
11:00 am: Liturgy of the Word with Children
3:00 pm: Celebration of the Lord’s Passion
April 20: Easter Vigil 9:00 pm
April 21: Easter Sunday
Masses: 9:00 am, 11:00 am, 1:00 pm

Daily Mass:

Monday, Wednesday, Friday, 7:00 am
(Morning Masses followed by coffee)
Tuesday, Wednesday, Thursday 7:00 pm
Saturday 9:00 am

Our Mother of Perpetual Help Devotions

Wednesdays 7:00 am & 7:00 pm

Chapel Morning Prayer

Weekly, Monday - Friday
8:15 - 8:45 am Silent Meditation
8:45 - 9 am Liturgy of the Hours

Enhance Your Journey

Shrove Tuesday Pancake Supper
5:00 - 7:30 pm, Tranquille Hall

Catholics Returning Home
6 consecutive Thursdays
March 7 - April 11, at 7:45 pm
Modern Martyrs Room

Stations of the Cross & Lenten Suppers
March 8 to April 12
Supper: Fridays at 5:45 pm
Stations of the Cross at 7:00 pm

Musical Rosary - The Sorrowful Mysteries
March 13, following 7:00 pm Mass

Feast of St. Joseph, March 19
Mass: 5:30 pm
Supper: 6:45 pm
Talent Show: 7:15 pm

Chrism Mass - Tuesday, April 16
In McLennan, at 7:30 pm

Dramatization of the Stations of the Cross
Good Friday, April 19, 8:00 pm

DID YOU KNOW?

Shrove Tuesday The name is derived from the word "shrive", which means to confess and receive absolution. Shrove Tuesday originated during the Middle Ages. Foods that were high in fat (meats, eggs and milk) were considered too indulgent for Lent, a season of simplicity. The English tradition of pancakes on Shrove Tuesday came about as a way to use as much milk, fats, and eggs as possible before Ash Wednesday began.

Universal days of fasting & abstinence from meat: Ash Wednesday & Good Friday.

The law of abstinence from meat binds those who are 14 years of age and older; the law of fasting binds those who are 18 to 59 years of age. The church does not encourage a "black fast" which implies eating nothing. We are invited to limit ourselves to one ordinary meal (perhaps more simple than usual) and simpler meals at other times. The purpose of fasting is to discipline ourselves and to be in solidarity with those around the world who have much less than we have. Ash Wednesday & Good Friday are good days to make an effort to refrain from snacking. Fasting is never intended to harm your health! If you are pregnant or have a medical condition in which you must eat specific foods at certain times, please continue with what you ordinarily do.

Friday Observances - Throughout the year Fridays are days of penance which usually includes abstaining from meat. However, we have the option of doing special acts of mercy or charity instead. During Lent we try to be more diligent about abstaining from meat on Friday's to be more in solidarity with those who have less to eat.

Feast of St. Joseph Our church's patron saint is St. Joseph, whose feast day is March 19. Even though it falls during Lent, it is most appropriate that we celebrate this very special occasion. We begin the celebration with Mass, followed by dinner and entertainment by members of our parish. It has become our tradition during this Mass to welcome into the Catholic Church those Candidates (people previously baptized in another tradition) who have been preparing for Reception.

3 PILLARS OF LENT - Prayer, Fasting & Almsgiving

Prayers: Lenten devotions can be found in print or online. They are excellent sources to help us meditate and reflect on our daily lives.

Fast: from a favourite food, TV show, video game, social media site, electronic device, negative attitude
Almsgiving: donate to Share Lent, the local food bank or shelter, your time and talents and/or perform random acts of kindness.

Our Mother of Perpetual Help Devotions

Prayers of intercession are often asked of the Blessed Virgin. The Icon of Our Mother of Perpetual Help is one of the most popular representations of the Virgin Mary. The Pope entrusted the Icon to the Redemptorist's in 1866 with the instruction "to make her known throughout the world."

Morning Prayer & Liturgy of the Hours

Together with the Mass, the Liturgy of the Hours constitutes the official public prayer life of the Church. You are invited to morning prayer in the chapel, beginning with silent meditation followed by the prayers for the Liturgy of the Hours.

Chrism Mass

During this Mass, the clergy with the bishop recommit themselves to their priestly ministry. The oils used in the celebration of the sacraments are blessed: the oil of catechumens used in baptism, the oil of the infirm used in the anointing of the sick and dying, and the oil of Chrism used in baptism, confirmation, Holy Orders and for the dedication of altars and churches. In the Consecration of the oil of Chrism, a balsam or perfume is added.

Stations of the Cross and Lenten Suppers

Each Friday in Lent the CWL serve a simple Lenten meal followed by a presentation organized by the Social Justice Committee. Donations for Development & Peace are collected. Stations of the Cross begin in the church at 7:00 pm. The 14 Stations of the Cross represent events from Jesus' passion and death. At each station we use our senses and our imagination to reflect prayerfully upon Jesus' suffering, death, and resurrection.