

# LENT

PRAYER FASTING ALMSGIVING

## ASH WEDNESDAY

February 26, 2020

Mass Schedule

7am, 8:45am\*, 12 noon, 5pm, 7pm

\*8:45am is the Saint Paul School Mass - All Are Welcome!

### MERCY MONDAYS

*Come for Confession, Adoration, Prayer,  
Conversation with one of our Friars, or simply  
spend some time in quiet reflection*

Mondays 7:00-8:00pm

March 2, 9, 16, 23, 30 and April 6

### STATIONS OF THE CROSS

Fridays at Sacred Heart Church, 7pm  
February 28, March 6, 13, 20, 27, April 3

School Stations of the Cross - All Are Welcome!

Friday, February 28th at 2pm (Grades 6-8)  
Friday, March 6th at 1pm (Grades 3-5)  
Friday, March 20th, 1pm (Grades K-2)  
Friday, March 27th at 1pm (Grades 3-5)  
Friday, April 3rd at 2pm (Grades 6-8)

Living Stations of the Cross  
Thursday, April 9th at 1:45pm (All Grades)  
in the school gym



### CONFESSION

Saturdays 8:30am-9:30am  
Saturdays 3:00-4:00pm  
Mondays 7:00pm-8:00pm

### HOLY HOUR

Tuesdays 4:00pm-5:00pm

### DAILY MASS

Monday to Friday 7:00am and 5:00pm

### LENTEN REFLECTIONS

**\*See reverse side for details!**

Sunday, March 1st, 1:30-3:00pm  
Sunday, March 8th 1:30-3:00pm  
Sunday, March 22nd, 1:30-3:00pm  
Thursday, March 5th 6:45-8:15pm  
Thursday, March 12th, 6:45-8:15pm  
Thursday, March 26th, 6:45-8:15pm  
St. Paul Church Hall (downstairs)

All events are held at St. Paul Church unless otherwise noted

### Reminder about Abstinence & Fasting on Ash Wednesday & during Lent

All Catholics age 14 & older are obliged to **abstain from eating meat** on Ash Wednesday, on all Fridays in Lent and Good Friday. All Catholics between the ages of 18 and 59 are obliged to **fast** on Ash Wednesday & Good Friday. Fasting means only one full meal is to be eaten. Two smaller meals may be eaten, but should not equal a full meal and there should be no eating in between meals.

# LENTEN REFLECTIONS

## The Lord's Call to Ongoing Conversion

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**Sundays, March 1, 8 and 22**

1:30 p.m. to 3:00 p.m.

Led by Fr. Michael

**Thursdays, March 5, 12 and 26**

6:45 p.m. to 8:15 p.m.

Led by Fr. Joe

The time spent together at each session will consist of watching **two 20 minute videos** from Bishop Robert Barron, the Auxiliary Bishop of Los Angeles, that feature the conversion stories of six biblical figures:

1. Bartimaeus
2. The Rich Young Man
3. Matthew
4. Jonah
5. The Woman at the Well
6. The Journey of the Magi

Each video will be followed by discussion about how these ordinary people were met by Jesus and called to a better life through him. We will see how conversion is not so much a one-time event, but a life-long process of focusing our attention and energy toward an ever-deepening relationship with Christ.

There will be time also to consider the Lord's call to each of us and our ongoing conversion and a deepening of our own relationship with Jesus.

*The Sunday and Thursday sessions will be essentially the same. Participants are free to go to the Sunday or Thursday sessions or all six sessions if they want to, or mix and match Sundays and Thursdays as fits their schedule. So you could attend two Sundays and one Thursday or any other combination.*

**A light lunch or supper will be available 20 minutes prior to each session.**

**All are welcome!**

There is no charge to attend. All sessions will take place in the St. Paul Church Hall (downstairs).

If you are planning to attend, please let us know which session(s), so we know how much food to order.

\*Please RSVP at least 3 days prior to each session.

**Call the Parish Office at 860-828-0331 or email [j.vancour@stpaulkensington.org](mailto:j.vancour@stpaulkensington.org).**