

## Fast & Abstinence

- ❖ **Ash Wednesday and all Fridays during Lent** are days of abstinence from all meat. Except for a serious reason, all persons 14 years old and above are bound by this law.
- ❖ **Ash Wednesday (February 26) & Good Friday (April 10)** are also days of fast. Those of age 18 until the day after one's 59th birthday are bound by this law. On these two days, one full meatless meal may be eaten. Two other meatless meals may also be taken sufficient to maintain strength, but together they should not equal a full meal. Liquids, including milk and fruit juices may be taken between meals. If health or ability to work is affected, the law does not oblige.
- ❖ **Almsgiving: Solidarity with the Poor**
  - ❖ Fast and abstinence should help us be in **solidarity with the hungry, the poor**, and lead us to almsgiving, sharing with the needy what we saved by eating less.
  - ❖ The **collection on Ash Wednesday** will be given to the national collection for the Church in Eastern and Central Europe.
  - ❖ The **collection on Holy Thursday**, will be given to a local charitable organization.

### Christian Initiation

As our global church walks with our brothers and sisters who are preparing to receive the Sacraments of Initiation this Easter Vigil, they celebrate special rites. Sometime before the **Rite of Election** at the Cathedral, the Catechumens are sent from their parish with the **Rite of Sending**, which is typically held at the beginning of Lent. This is when the Bishop will accept them for baptism at this year's Vigil and enroll them in the book of the Elect. This is his promise that they are to receive the Sacraments of initiation at Easter. On the **Third, Fourth, and Fifth Sundays of Lent**, the **Scrutinies** are celebrated with the **elect**. During weeks of the third and fifth weeks of Lent, they receive the Our Father and the Creed.

## Suggested Lenten Practices

### ❖ Daily Mass

Experience a weekday Mass, with the same nourishing Word and Eucharist. Mass is celebrated Monday through Thursday at 7:30am, Friday at 8am, and Saturday at 8:30am.

❖ **Adoration of the Blessed Sacrament** is held daily (Monday-Friday) from noon-3pm in the Chapel. We also have Adoration on the First Fridays of the month from 8:30am to 5pm (Benediction).

### ❖ The Sacrament of Reconciliation/Penance

The church is also open for confessions every Saturday from 4-5pm. Our communal Penance Service will be Thursday, March 26th at 7pm.

### ❖ Morning Prayer

On Fridays at 7:30am a group of parishioners pray the Morning Prayer (from the Liturgy of the Hours, aka, Divine Office, aka Breviary) in the church. All are invited to join in this prayer of the Universal Church. If you have a smart phone, you can download the "iBreviary" app.

### ❖ Friday Lenten Suppers

On Fridays during Lent starting on February 28th we will be having Supper from 6-6:45pm. March 6th will be the CRS Rice Bowl Meal, the other ones will be soup and pizza.

### ❖ Stations of the Cross

Fridays during Lent, we invite you to gather for prayer in the Church. Stations will begin at 7pm. We will be offering various meditations on the Stations of the Cross. WALK WITH JESUS!

### ❖ Encountering Christ

Starting on February 28th, immediately following the Stations all are invited to stay for a time of Encountering Christ which will be from 7:30-8pm in the church.



## Faith Formation during Lent

### CHILDREN

If you have a child who is baptized and is not in Catholic school, or even if they are in Catholic school, you are invited to bring them to **Children's Faith Formation on Sundays at 11am**. If they are in need of preparation for the sacraments contact Maria at [Maria.Chacko@dsj.org](mailto:Maria.Chacko@dsj.org).

### ADULTS

We have ongoing bible studies on Monday mornings at 10am and Tuesday evenings at 7pm. See the bulletin for details.

### ADULT CONFIRMATION CLASSES

If you are a baptized, active Catholic who has not received the Sacrament of Confirmation, we have classes starting at the beginning of March. Please register by February 29th. You can print out a form from our website: [holysanctification.org/adult-confirmation](http://holysanctification.org/adult-confirmation) and submit it to the office.

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All middle schoolers can join us on Tuesday evenings at 6pm in the Youth Hall for the EDGE.

All high school teenagers can join us on Sunday evenings after the 6pm Teen Mass for Life Nights.



Contact Chris [chris.mardesich@dsj.org](mailto:chris.mardesich@dsj.org)  
408-265-8650 for more information!

## Catholic Social Teaching



Join more than 14,000 Catholic communities across the United States by participating in the Catholic Relief Services Rice Bowl campaign. Your contribution will help CRS lift families and communities all over the world out of poverty and put them on a path toward resilience, prosperity and stability. Rice Bowls are available in the Church today and all throughout Lent. [Visit crsricebowl.org](http://visit.crsricebowl.org) to learn more. **BEANS AND RICE DINNER – MARCH 6th at 6pm in the Youth Hall.** Contact Mary Anne at [maryannedevine@yahoo.com](mailto:maryannedevine@yahoo.com) if you are interested. *All are invited to the church for Stations at 7pm.*



Support the dignity of life for all people – even the unborn. Participate in the spring **40 Days for Life**, prayer and activities to bring an end to abortion in this country. Many opportunities are available to actively participate in this experience. For more information visit [40daysforlife.com/sanjoese](http://40daysforlife.com/sanjoese)

## Parish Lenten Mission/Retreat

*“The Saints and Us” with Fr. Kevin Joyce  
March 7th  
10am-12pm in the Church*

**Two of the most beloved saints of all time: Saint Francis of Assisi and Mother Teresa of Calcutta. What can they teach us about our own lives?**

*The presenter:*

Father Kevin Joyce, a priest of the Diocese of San Jose for 40 years has a PhD in spirituality from the Catholic University of America. He presently serves at our Lady of Guadalupe Parish in San Jose and at Saint Patrick’s seminary in Menlo Park.



## Homilies on the Parish App

Want to revisit what Father said on Sunday? You can access & hear Fr. Andrew’s homilies using the parish app. Visit: [myparishapp.com](http://myparishapp.com) (or download the app on your smart phone) and hit the “Podcast” button.



## HOLY WEEK

April 5 - 12, 2020

Holy Week begins with the traditional Procession of Palms on **Passion Sunday, April 5th.**

**Holy Thursday’s** Evening Mass of the Lord’s Supper is **April 9th at 7:30pm.** Adoration in the “Garden” continues until Night Prayer at 11pm.

**Good Friday’s** Liturgy of the Lord’s Passion, **April 10th** is at **3:00pm & 7:30pm.** There will be Good Friday time for prayer and reflection: 11:00am—3:00pm with the Living Stations at 12:00pm.

**Holy Saturday Easter Vigil**, the “Night of all Nights,” is **April 11th at 8:00pm.** There, having entered into the Lord’s passion and death, we will celebrate the new life of Baptism, Confirmation, and Eucharist.

**Easter Sunday is April 12th.** We will have Masses at 6am, 8am, 10am and 12pm.

*We invite every parishioner to celebrate with us  
this holiest of weeks at Holy Family Parish.*



## Holy Family Catholic Parish

4848 Pearl Ave  
San Jose, CA 95136

408-265-4040

[www.holyfamilysanjoese.org](http://www.holyfamilysanjoese.org)

# LENT - 2020



## ASH WEDNESDAY

Lent begins with Ash Wednesday and ends at sunset on Holy Thursday. We invite you to pray about what you might do (or not do)

for Lent to help you grow in personal holiness. Our traditions can help make the Lenten season a holy and spiritually renewing time. Purposefully set aside some time to enrich your understanding of our many Catholic practices: ancient signs, symbols, and rituals. **Ash Wednesday, February 26th** is the Church’s annual “wake-up call”. Ash Wednesday hits us squarely between the eyes, forcing us to face our mortality and sinfulness. We listen to Scripture readings that are urgent and vivid. We have black ashes rubbed into our foreheads. We recite a Litany of Penitence that takes our breath away, or should. It is a somber day, but take heart. The Lord is with you through it all!

**The Liturgy of Ash Wednesday, which includes the blessing and distribution of ashes, will be celebrated at 7:30am, 10am (school), 5pm & 7:30pm.**



# LENT