



OUR LADY OF THE VALLEY PARISH

2020 LENTEN SCHEDULE



Traditionally the season of Lent is a time for spiritual renewal and reconciliation.

It is characterized by fasting, prayer and almsgiving.

This schedule is meant to assist you in keeping this season holy.

Copies of "Give us this Day" daily prayers are available in church for your use. We ask that you use these to create an environment of prayer in your home, especially during this sacred season.

Lenten Fast and Abstinence:

- **Ash Wednesday and Good Friday** are days of fast and abstinence. (Limit of one full meal on these days for all between the ages of 18 & 59.)
- **All Fridays of Lent** are days of abstinence. (All who have reached their 14th year are asked to abstain from meat.)

Operation Rice Bowl

We are participating once again in this work of Catholic Relief Services. This project provides needed support for the poor of the world. This is one way we may choose to live out our Lenten call to almsgiving.

Go to: <https://www.crsricebowl.org/> for inspiring stories of hope

Ash Wednesday: February 26, 2020

Mass with distribution of Ashes:

7:00am; 12:10pm; 5:15pm SA and 7:30pm SM

Holy Week & Sacred Triduum

Chrism Mass: Sacred Heart Cathedral

Tuesday April 7 at 7:30 pm

Let us Pray...

Daily Mass: Mon, Tues, Thur & Fri 12:10 pm

Additional Lenten Mass: Thurs 5:30 pm

Stations of the Cross: Every Fri 5:30 pm

Holy Thursday: April 9

7:00 pm Liturgy of the Lord's Supper

Individual visits to Church for prayer are encouraged after the service.

The Church will be open until 10:00pm.

Good Friday: April 10

2:30pm Praying of the Way of the Cross

3:00 pm Commemoration of the Lord's Passion

St. Ann's and St. Mary's

Holy Saturday: April 11

11:00 am Blessing of Food for Easter

– St. Ann's

7:30 pm Easter Vigil – St. Ann's

Easter Sunday: April 12

6:45 am Mass St. Ann's

8:45 am Mass St. Mary's

10:45 am Mass St. Ann's

Sacrament of Reconciliation

Private Reconciliation:

Tues & Thur of Lent 11:30am -Noon

Saturdays of Lent 3:00-4:15 pm

Diocesan Day of Penance and Mercy:

Wednesday April 1

Mass 12:10 pm

Penance:

12:45 - 3:30pm St. Ann's

5:30 - 7:00pm St. Mary's

RCIA

Please pray for our Catechumens & Candidates

Rite of Election:

St. Mary, Our Mother, Horseheads

Sunday, March 1 at 1:00 pm

