

**LEN**



*Saint Alphonsus Parish  
Schedule of Lenten  
Activities  
2021*

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

*Look for more information in the weekly bulletin.*

## **Mass and Liturgical Schedule:**

**Daily Mass:** Tuesday through Saturday at 9:00 a.m.

**Ash Wednesday** (Feb. 17<sup>th</sup>): Masses at 6:30 a.m., 9:00 a.m., 12:00 p.m., and 7:00 p.m.

Celebration of the **Sacrament of Penance** on Saturdays from 9:30 to 10:30 a.m. and from 3:30 to 4:30 p.m.; on Sundays from 9:15 to 10:00 a.m.; in addition February 24<sup>th</sup>, March 3rd, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, and 31<sup>st</sup> from 5:00 to 6:00 p.m.

**Adoration of the Blessed Sacrament** on Wednesdays from 9:30 a.m. with Evening Prayer and Benediction at 6:00 p.m.

**Stations of the Cross** on Fridays at 6:00 p.m.

**Easter Triduum** (April 1-4): A schedule for Holy Week will be sent to your home.

## **Rules for Fasting and Abstinence**

Everyone 14 years of age or older is bound to abstain from meat on Ash Wednesday, all the Fridays of Lent and Good Friday.

Everyone 18 or older, and under 59 years of age, is bound to fast on Ash Wednesday and Good Friday.



## **Year of Saint Joseph:**

**Litany of Saint Joseph:** On Saturday and Sunday, March 6<sup>th</sup> and 7<sup>th</sup>, at all the Masses, we will pray the litany as a parish community, and we will continue to say the prayer together on the first weekend of every month. See the prayer cards distributed in February and still available in the Narthex.

**Feast Day of Saint Joseph on March 19<sup>th</sup>:** A special liturgy will be celebrated on this Friday at 12:05 p.m. in honor of Saint Joseph. We will also begin the **Novena to Saint Joseph**, which will continue on the 19<sup>th</sup> of every month through November.

**Prayer Minus Pizza:** Monsignor Hennessy will continue his monthly series with “Year of Saint Joseph” on Thursday evening, March 4<sup>th</sup>, from 6:30 to 7:15. We will meet in person in the church or you can join us virtually on our parish website.

## **Internet Lenten Resources:**

### **Dynamic Catholic:**

Go to [www.DynamicCatholic.com](http://www.DynamicCatholic.com) for offerings, including “Best Lent Ever!” a free email program which provides a short, inspirational video each day.

### **FORMED:**

Go to [www.stalphonsusparish.formed.org](http://www.stalphonsusparish.formed.org) then click “Study and Faith Formation” for the following adult faith offerings:

- *Forgiven: A Lent To Remember; Divine Mercy (Highly recommend by the Archdiocese.)*
- *Opening the Word, Year B, Lent Through Easter*
- *Echo, Part 2, Episode 18: The Sacrament of Penance*
- *Symbolon, Knowing the Faith, Session 16: The Paschal Mystery*
- *Into the Desert: A Lenten Study on Prayer*

## **Narthex Lenten Table:**

Catholic Relief Services Rice Bowls

*The Little Black Book:* six-minute prayers for each day.

*Five Minutes with the Word:* booklets with daily reflections.