

LENT BEGINS - ASH WEDNESDAY, FEBRUARY 26



# Lent 2020

PRAYER, FASTING, ALMSGIVING



**Ash Wednesday** always occurs six and a half weeks before Easter, encompassing the forty day period of Lent (technically 46, since Sundays are skipped). On Ash Wednesday, people receive dark ash marks on their foreheads in the sign of a cross. What's the reason behind the ashes and why are they given on this day? The ashes are meant to symbolize both death and repentance in order to begin Lent in a solemn, humble way. This is said to allow people to reflect on their sins throughout Lent before Easter, when Christians celebrate the resurrection of Jesus. The ashes are made from the blessed palms used in the Palm Sunday celebration of the previous year. The ashes are christened with Holy Water and are scented by exposure to incense. While the ashes symbolize penance and contrition, they are also a reminder that God is gracious and merciful to those who call on Him with repentant hearts. His Divine mercy is of utmost importance during the season of Lent, and the Church calls on us to seek that mercy during the entire Lenten season with reflection, prayer and penance.



**During Lent**, daily mass will be celebrated on Monday, Tuesday, Thursday and Friday at 8:00 A.M. On Wednesdays, Mass will be celebrated at 7:00 P.M. This will provide an opportunity for the people who work to attend Mass during Lent, in addition to attending on Saturday evening/Sunday morning.



**Stations of the Cross** - Lenten Adoration of the Cross will be all day on Fridays immediately following the 8:00 A.M. Mass. The Stations of the Cross will be recited at 7:00 P.M.



**"Chaplet of the Divine Mercy"** - Saturdays/Sundays during Lent, before the 4:00 P.M. Mass (around 3:45 P.M.); before the 8:30 A.M. mass (around 8:15 A.M.); before the 11:00 A.M. Mass (around 10:45 A.M.), we will sing the *"Chaplet of the Divine Mercy"*.



All men of the parish, 18 years of age and older, are encouraged to attend the Men's Conference – The Well – on Saturday, March 21st, at Westmorland Community College. All details are in the weekly bulletin. Also, pamphlets are located at all of the church entrances. The Men's Group will coordinate car-pooling for all men who register. To register, please visit: [DioceseofGreensburg.org/THEWELL](http://DioceseofGreensburg.org/THEWELL) or contact Tim Fogarty at: [tpfogarty618@gmail.com](mailto:tpfogarty618@gmail.com); 724-294-0089 to request a registration form.

## Lenten Reflections

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# CONFESSIONS

**Regional Penance Services Schedule** - This schedule is in addition to our regular confession schedule which is 3:00 to 3:45 P.M. on Saturdays. Following is the Regional Penance Schedule:

Tuesday, March 24th at 7:00 P.M. at Mary, Mother of God, Yatesboro  
Saturday, March 28th at 12:00 Noon at Our Lady of Guadalupe, Kittanning  
Tuesday, March 31st at 7:00 P.M. at Saint Lawrence in Cadogan  
Thursday, April 2nd at 7:00 P.M. at Saint Patrick, Brady's Bend  
Saturday, April 4th at 12:00 Noon at Christ, Prince of Peace, Ford City  
Tuesday, April 7th at 7:00 P.M. at Mary, Mother of God, Freeport



St. Ferdinand's CROSSWALK Youth Ministry will perform the *Living Stations* at 7:30 P.M. on Sunday, March 22nd here at St. Mary, Mother of God Church.

## Community Corner

### LENTEN EVENINGS OF REFLECTION

**Sunday, March 1st at 6:30 P.M. — St. Mary, Mother of God Church** - All are welcome to attend. Fr. Matthew Palkowski, OFM, a Capuchin Friar, will be the speaker and the theme will be "Lent with Mary", that she is there to accompany us in our Lenten journey.

**Sunday, March 15th at 6:30 P.M.— Freeport United Methodist Church** - Pastor Robert Keplinger will be the speaker and the theme will be "Paul (or other figure from Acts/Epistles)

**Sunday, March 29th at 6:30 P.M.— United Presbyterian Church** - Dr. Andrew P. Spore will be the speaker and the theme will be "John the Seer".

#### Good Friday Prayer Walk



**Good Friday Prayer Walk—April 10th** - based on the Stations of the Cross. Beginning at 11:00 A.M. with stops at St. Mary's; Traffic Light; Library, overlooking River and Food Pantry; Borough Building—VFD; Methodist Church; Presbyterian Church; Trinity Lutheran.

## Lenten Regulations

- **Ash Wednesday** and **Good Friday** are *days of fast and abstinence*. The Fridays of Lent are days of abstinence.
- The obligation of abstinence (refraining from eating meat) begins at the age of 14. The law of fasting (limiting oneself to one full meal and two lighter meals) are for those between the ages of 18-59.
- Those individuals who have a medical condition in which fasting may be considered harmful are not obliged to fast, but should perform some other act of penance or charity.
- No one should lightly excuse themselves from these obligations during the Lenten Season.
- Everyone is encouraged to do acts of penance and charity during Lent beyond what is prescribed by Church Law.

## Lenten Suggestions

IDEAS

For

LENT

- **Local Food Bank/Meals-on-Wheels** - Consider donating food or lending a helping hand by volunteering some of your time to our local food bank or meals-on-wheels.
- **Donate Blood** at one of the local blood banks.
- **Spend Time with God** - Consider attending weekday Mass, the Stations of the Cross, one or all three of the Evening Lenten Reflections.
- **Make your TV time spiritual.** Watch programs that will strengthen your love for Jesus - *The Shroud of Turin; Convinced; The Silent Witness* or *Prayer: A Surge of the Heart*.