

Lent and Holy Week Schedule 2021

PLEASE NOTE THAT THE SCHEDULE IS VERY MUCH REDUCED BECAUSE OF FR. VERRIER'S FRAGILE HEALTH. I APOLOGIZE FOR THE INCONVENIENCE OF THE REDUCED SCHEDULE.

Ash Wednesday Feb 17th

St Joseph - 8:30 AM Mass

St. Joseph - 6:30 PM Mass

- **DAILY MASS DURING LENT**

8:30 am - Daily Mass – Monday to Friday.

at St. Joseph Church

- **WEDNESDAY CONFESSIONS - with Adoration**

5:00 pm to 6:45pm – Wednesday Confessions with Adoration

at St. Joseph Church

February 24th, March 3rd, March 10th, March 17th, March 24th

- **FRIDAY STATIONS OF THE CROSS**

7:00 pm – Fridays

at St. James Church

Feb. 19th, Feb 26th, March 5th, March 19th, March 26th

(March 12th No Stations)

HOLY WEEK

Wednesday	March 31 st	St. Joseph	5:00 – 6:45 pm Confessions with Adoration
Holy Thursday	April 1 st	St. James St. Joseph	5:30 PM Mass 7:30 PM Mass – Confessions follow
Good Friday	April 2 nd	St. Joseph St. James	12-1:45 PM Confessions 2:00 PM Stations of the Cross 2:30 PM Divine Mercy Devotions 3:00 PM Passion Liturgy 6:00 PM Stations of the Cross 6:30 PM Divine Mercy Devotions 7:00 PM Passion Liturgy
Holy Saturday	April 3 rd	St. Joseph	2-4:00 PM Confessions 8:00 PM Mass Easter Vigil
Easter Sunday	April 4 th	St. James St. Joseph	8:00 AM Mass Easter Day 10:30 AM Mass Easter Day
Divine Mercy Sunday	April 11 th	St. Joseph	2:00 PM Devotions (Not a Mass)

Lenten Regulations

1. **Ash Wednesday** and **Good Friday** are days of abstinence from meat and fasting. (Meat is considered red meat (beef, lamb), poultry (chicken, turkey) and pork. Fish is acceptable to eat.)
2. The Fridays of Lent are days of abstinence from meat (canon 1250 – 1253). (See above on what is considered meat.)
3. The observance of abstinence from meat applies to all Catholics 14 years of age and older (canon 1252).
4. The observance of fasting applies to all Catholics 18 years of age and older, but not yet 59 (canon 1252). *A Catholic tradition of fasting is one main meal per day, along with two small meals which do not equal the main meal.
5. Traditionally, Fridays of the year outside the Lenten season remain days of penance where each individual may substitute for the traditional abstinence from meat some other form of penance which might include acts of self-denial, temperance, acts of religion (e.g.: attending daily mass, praying the rosary), charity and/or Christian witness (canon 1250). Those who are sick, pregnant (or nursing), or whose health would adversely be affected by fasting or abstinence should not consider themselves bound by these observances.

The following are some recommendations for voluntary self-denial or personal penance:

- Daily prayer (add some additional time).
- Prayers for vocations to the priesthood and the religious life.
- Personal service to the aged or the sick.
- Fasting at least once a week as a way of identifying with the poor and starving of the world.
- Prayer for the Catechumens and Candidates who will be celebrating the Easter Sacraments this year.
- Prayer for peace in our hearts and in the world.