YOUR GUIDE TO LENT

Remember that you are dust, and to dust you shall return.

STATIONS WITH CONFESSIONS

Each Friday, except Good Friday, Confessions are heard at 5:00 p.m. and the Stations of the Cross are prayed at 6:00 p.m.

Please pray for our RCIA Catechumens, Candidates, and Confirmand:

Jefferson Abaricia
Carey Ann Campbell
Kathy Gideon
Sean Gottschalk
Emily-Cheryl Grimes
Timothy Irby
Katherine Murphy
Richard Nehrboss
Gary Romer
Lauren Romer
Natalie Schmitting
Graham Scholl
Taylor Spalt
Jonathan Walker

Rite of Election
February 21 at 9:00 a.m. Mass

First Scrutiny of the Elect
March 7 at 9:00 a.m. Mass

Second Scrutiny of the Elect
March 13 at 5:15 p.m. Mass

Third Scrutiny of the Elect
March 20 at 5:15 p.m. Mass

Parish Lenten Activities and Events

Ash Wednesday Masses
February 17
9:00 a.m. (Diocesan Livestream) *Bishop Knestout, celebrant*
12:00 Noon (Cathedral Facebook Livestream)
6:00 p.m (Cathedral Facebook Livestream)

Lauds (Morning Prayer)
Every Wednesday at 7:30 a.m.
Zoom Link

Confessions and Stations of the Cross
Every Friday, except Good Friday, during Lent
Confessions at 5:00 p.m. followed by Stations at 6:00 p.m.
Stations livestreamed on the Cathedral's Facebook page

Monthly Catechesis
Spiritual Works of Mercy
Thursday, March 11 at 6:00 p.m.
Zoom Link

Holy Hours
Corporal Works of Mercy
Thursday, February 25 at 6:00 p.m.

Spiritual Works of Mercy
Thursday, March 18 at 6:00 p.m.
Cathedral's Facebook Livestream

February Service
Clothe the Naked: St. Peter's Shower Ministry

March Service
Comfort the Afflicted: Send Easter Cards to our friends at The Virginia Home or to homebound parishioners.

Tips for making the season more meaningful

SLOW DOWN. Set aside 10 min a day for silent prayer or attend Lauds (Morning Prayer) on Wednesdays at 7:30 a.m.

READ *OPEN WIDE YOUR HEARTS*. Open your own heart and conversation with another.

BE KIND. Go out of your way to do something nice for someone every day.

GET INVOLVED. Participate in monthly service activities. February: St. Peter's Shower Ministry. March: Send a card to one of our friends at The Virginia Home or to a homebound parishioner.

REACH OUT. Invite someone to attend a monthly catechesis or holy hour.

PRAY. Especially for those discerning a priestly vocation.

TUNE OUT. Turn off the television and spend quality time talking with family members or friends.

DONATE. Did you know that less than 1/2 of Hatians have clean drinking water? **Donate to our twinning parish in Haiti.**

Palm Sunday of the Passion of the Lord
March 28

Chrism Mass
March 29 at 6:00 p.m.

Holy Thursday
April 1: Evening Mass of the Lord's Supper at 7:00 p.m.

Good Friday
April 2
10:00 a.m. Confessions
3:00 p.m. Stations of the Cross
7:00 p.m. Celebration of the Passion of the Lord

Easter Vigil in the Holy Night
April 3 at 8:00 p.m.

Easter Sunday of the Resurrection of the Lord
April 4: Masses at 9:00 a.m. and 11:00 a.m.
No 5:15 p.m. Mass

Fasting and Abstinence

Abstinence: No meat may be eaten on Ash Wednesday, the Fridays of Lent, and Good Friday. This applies to Catholics 14 and older.

Fasting: Only one full meal is permitted on Ash Wednesday and Good Friday for Catholics between 18 and 59. Two smaller meals should not equal a second full meal. Coffee, tea, or, water between meals is allowed, but snacks are not.