



Lenten Schedule

Ash Wednesday, February 18th
Masses: 8:00am, 4:30pm & 7:00pm

Lenten Mass each Wednesday at 5:00pm

Lenten Meals each Wednesday at 5:30pm

Stations of the Cross each Friday at 8:00am

(Good Friday, April 3rd Stations at 3:00pm)

Confessions- Saturdays 3:00pm – 3:30pm

(Tuesday, March 31st Confessions 6:30pm -7:30pm)

Our Lenten Charity is Visitation House

Support Visitation House by filling a baby bottle with your spare change during the Lenten Season as a Lenten sacrifice. Your gift is essential in helping Visitation House live its mission: to provide a safe harbor for courageous women who have chosen life for their babies. Visitation House affirms the choice of life while providing support and guidance empowering moms to transition into motherhood with all its challenges.

Our present site at 119 Endicott Street in Worcester opened its doors on the Feast of the Visitation, May 31, 2005. Since that time, we have welcomed over 300 women and their children to our home.

Empty Baby Bottles will be at the church doors on February 21 & 22.

Return your baby bottle to the church by March 29th, Palm Sunday.



LENT

Pray + Fast + Give

PRAYER, that process of listening to and responding to God's daily call, sustains and strengthens our relationship with God the Father, Son, and Holy Spirit. Without prayer, personal and communal, this relationship may be weakened, sometimes to the point of complete silence on our part. Every day the Spirit of Jesus invites us to enter that serious conversion that leads to a deeper relationship with God. This Lent, seek those opportunities to have a conversation with Jesus, whether through private prayers at home, or join the parish community in our Lenten devotions.

FASTING, this second call of Jesus, is a very special form of penance and has been a consistent part of our Catholic tradition. Fasting assists us in getting our own house in order. All of us must deal with areas of excess, whether they be smoking or alcohol consumption, misused sexuality, uncontrolled gambling, unhealthy misuse of stimulants, immoderate use of the Internet and pornography, or preoccupations with other forms of unhealthy distractions. By fasting and self-denial, by living lives of moderation, we have more energy to devote to God's purposes and a better self-esteem that helps us to be more concerned with the wellbeing of others. During this Lent, rid yourself of the extra "clutter" in your life and replace that clutter with disciplines that will help you to grow closer to Jesus.

ALMSGIVING, the third call of the Lord is to give alms. Jesus was always concerned about those who were poor and in need. He was impressed by the widow who, though having so little, shared her resources with others: "I tell you truly, this poor widow put in more than all the rest; for those others have all made offerings from their surplus wealth, but she, from her poverty, has offered her whole livelihood" (Lk 21:3-4). To be a disciple of Christ means to live a life of charity and of giving to others in need.

FASTING AND ABSTINENCE Ash Wednesday and Good Friday are required days of fasting and abstinence for Catholics. In addition, Fridays during Lent are days of abstinence. Fasting is required from age 18 until age 59, when fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. Abstinence from meat is required for those age 14 and older.