

During the Season of Lent, the Church urges all the Faithful to reflect a spirit of penance in their daily life by performing acts of fasting and abstinence.

"FASTING" requires that only one full meal be taken per day. Two other smaller meals may be taken during the day to maintain physical strength, but these two meals together should not equal a full meal in quantity. Fasting obliges all those who have reached the age of 18 and continues to oblige until age 59. Those not specifically obliged to fast are encouraged to join in the discipline of fasting to the extent that they are able.

ABSTINENCE prohibits individuals from eating meat on a particular day. Abstinence obliges all those who have reached the age of 14 and continues to oblige throughout their entire life. Those not specifically obliged to abstain from eating meat are encouraged to join in this discipline to the extent they are able.

Ash Wednesday and Good Friday are days of <u>fasting</u> and <u>abstinence</u>. Fridays in Lent are days of <u>abstinence</u>.



# **Masses & Activities**

# Knights of Columbus 40 Cans for Lent

The Mamakating Knights of Columbus are sponsoring "40 Cans for Lent" and are asking Parishioners to contrib-

ute one can of food per day during the Lenten Season; canned foods such as vegetables, fruit, tuna, and soup, just to name a few. The campaign will kick off the weekend of March 8 & 9 and concludes Palm Sunday weekend. Please bring your cans in a bag to Mass each week and place them in the Gathering Area of the Church at the direction of the Ushers. The food will be distributed to the Pantries of St. Joseph's Church, Our Lady of the Assumption, The Communi-ty Church of Wurtsboro, and Sullivan County BOCES. *Thank you!* 

### Ash Wednesday ~ March 5

Mass with Distribution of Ashes at 9:00 AM and 7:00 PM

### "No Greater Love" ~ Sunday, March 23 at 4:00 PM

The Passion of Christ in Drama, Song and Dance  $\sim$  followed by a light supper in the Parish Center Lower Level

## Stations of the Cross ~

on the Following Fridays at 7 PM March 7, March 14, March 21, March 28, April 4







#### Simple Soup & Tenebrae ~ Friday, April 11 ~ 5:30 PM

Experience the peace and prayerfulness of a monastic-style Sim-Soup meal with spiritual readings, followed by a program of Psalms, Scripture, Reflection & Song.

Simple Soup 5:45-6:30, Tenebrae 7 PM



# Holy Week ~ April 13-20, 2025

Palm Sunday of the Passion of our Lord Vigil Mass ~ Saturday, April 12 at 5:30 PM Sunday Mass ~ April 13 at 9:30 AM

### Lenten Reconciliation Monday - Monday, April 14

Reconciliation will be available at Our Lady of Mount Carmel Church in Middletown from 2:00 to 4:00 PM and 6:00 to 9:00 PM. (There will be <u>no</u> Reconciliation held at Our Lady of the Assumption or St. Paul's.)

### Holy Thursday, April 17

#### Mass of the Lord's Supper & Washing of Disciples' Feet - 7 PM

Immediately following Mass, the Blessed Sacrament will be transferred to "The Garden", located in the parish center lower level, where it will remain for Adoration through 10 PM.

## **Good Friday, April 18**

- Stations of the Cross at 3:00 PM
- Veneration of the Cross & The Lord's Passion with Communion at 7:00 PM

Easter Vigil ~ Saturday, April 19 ~ <u>8:30</u> PM

Easter Morning ~ Sunday, April 20 ~ Easter Mass at 9:30 AM

