

Immaculate Conception Parish ~ Lent 2024

Christians have for centuries “kept Lent” by devoting extra time to the disciplines of prayer, fasting, and almsgiving. We fast from food to discover our true hunger and needs, to better appreciate the good things that are ours, and also to take a hard look at all that we consume (and all that consumes us). Although we renounced evil at our baptism, how faithful have we been in righting wrongs and taking a stand against injustice? Lent has us praying for the clarity to see what is wrong in our lives and taking action to put it right.

Almsgiving has to do with giving of our time, talent, and treasure. It aims to correct the wrong distribution of these components of our well-being, caused by greed, power, and false attachment. Almsgiving isn’t limited to money. The hardest alms to give might be time spent with an aging parent, sick or lonely neighbor; it might be generously sharing relaxing time with a child or helping at a local food kitchen. Fasting and almsgiving are good year-round habits, but being creatures who frequently stray from our good habits, Lent helps us strive for improvement.

When we focus on the above disciplines, we should also pray with greater intensity by sharing Eucharist more devoutly, making intercessions for the world’s needs, and reflecting on the scriptures of Lent so that we know what to pay attention to at home, in the neighborhood, at work, and in the larger world.

Lenten Obligations

Fasting

Means anyone between 18 and 59 years of age may eat only 1 full meal with 2 smaller meals not equivalent to 1 full meal. One may, however, enter more into the spiritual element of fasting and not partake of any of the above mentioned meals. The traditional days of fasting are Ash Wednesday (February 14th) and Good Friday (March 29th).

Abstinence

Means those 14 years of age or older may not eat meat on the following days: Ash Wednesday (February 14th), Fridays during Lent and Good Friday (March 29th).

Easter Duty

Is the obligation to receive Holy Communion between the 1st Sunday of Lent (February 18th) and Pentecost Sunday (May 19th). The celebration of the Sacrament of Reconciliation is also strongly encouraged.



Prayer:

Daily Mass - Attending Daily Mass will bring us far in our Lenten Journey toward putting God first in our day and thus in our lives. Our Daily Mass schedule is as follows: Monday through Thursday, 8:30am. The Rosary is recited before Mass, at 7:45am.

Adoration of the Blessed Sacrament - Adoration of the Blessed Sacrament will continue to be celebrated every Wednesday throughout the Season of Lent (including Ash Wednesday and the Wednesday of Holy Week), following the 8:30am Daily Mass, until 4pm. Please note the change in this schedule on Ash Wednesday, February 14th.

Holy Hour of Eucharistic Adoration - A weekly Holy Hour of Eucharistic Adoration is held in the Church on Wednesdays, 8pm-9pm. During this hour, all are welcome to come and pray privately or simply sit in silent meditation. The hour ends with Reposition and Night Prayer. Please note, there will be no Holy Hour on Ash Wednesday, February 14th.

Prayer Hour - This is a prayer ministry based on devotion to Divine Mercy as revealed to Saint Faustina Kowalska. The Divine Mercy Chaplet is recited Monday through Friday at 3pm in the church foyer, by the image of the Divine Mercy, followed by the Rosary.

Stations of the Cross - The Stations of the Cross is a powerful way to contemplate and enter into the mystery of Jesus’ gift of Himself to us. The Stations of the Cross will be held at 5:30pm on Fridays during Lent (as well as 2:30pm on Good Friday, March 29th). The Stations will be followed by Lenten Soup in the Gathering Hall. Please Note: On Friday, March 22nd, Middle and High School Students will present “Journey to the Cross,” a live version of the Stations at 7pm in the Church; the Lenten Soup will be served at 6pm.

Lenten Practices

Penance:

The Sacrament of Reconciliation

- Saturdays before the 5pm Mass, 4:00pm-4:30pm.
- Wednesdays during Lent (February 21 and 28, March 6, 13, 20, and 27) 9am-10am.
- Monday, March 25 11am-1pm and 5pm-6:30pm.
- Deanery-Wide Lenten Penance Service Sunday, March 10 at 2pm in the church.
- Visit masstimes.org to find the Sacrament of Penance near your home or work.
- You may also schedule a private appointment with our pastor.

Almsgiving:

Operation Rice Bowl

CRS Rice Bowl is a Lenten faith formation program that invites Catholics to “live in solidarity with our poorest and most vulnerable brothers and sisters through the three Lenten pillars of praying, fasting, and almsgiving.” Rice Bowls will be available at the church narthex starting Ash Wednesday, February 14th, and should be returned by Holy Thursday, March 28th.

Personal & Parish Tithing

Our parish is a tithing community and shares 10% of its weekly income with others so that the good work of charity locally and beyond may continue in the name of Jesus. An increased offering on the part of those who attend our liturgies increases the parish tithes to those who approach us for assistance.

Please visit iccnashuanh.org for up-to-date information on our Lenten Journey and Easter.





Immaculate Conception Parish Lenten Calendar 2024

Wednesday

Thursday

Friday

Saturday

FEBRUARY

February/March

Sunday

Monday

Tuesday

			14 ASH WEDNESDAY 7:45am - Rosary 8:30am - Mass 12:10pm - Mass 1:00pm - Exposition 3:00pm - Prayer Hour 4pm - Reposition 7:00pm - Mass No Holy Hour 	15 7:45am - Rosary 8:30am - Mass 3:00pm - Prayer Hour (Divine Mercy Chaplet & Rosary)	16 3:00pm - Prayer Hour 5:30pm - Stations of the Cross 6:00pm - Lenten Soup	17 8-9:30am Women of the FIAT 4-4:30pm - Confessions 5:00pm - Mass
18 Masses 7:30am, 9am & 11am	19 No Daily Mass 3:00pm - Prayer Hour (Divine Mercy Chaplet & Rosary) PRESIDENT'S DAY	20 7:45am - Rosary 8:30am - Mass 3:00pm - Prayer Hour 6:30pm - Divine Mercy Program	21 7:45am - Rosary 8:30am - Mass 9:00am - Exposition 9am-10am - Confessions 3:00pm - Prayer Hour 4:00pm - Reposition 8:00pm Holy Hour	22 7:45am - Rosary 8:30am - Mass 3:00pm - Prayer Hour	23 3:00pm - Prayer Hour 5:30pm - Stations of the Cross 6:00pm - Lenten Soup 	24 4-4:30pm - Confessions 5:00pm - Mass
25 Masses 7:30am, 9am & 11am	26 7:45am - Rosary 8:30am - Mass 3:00pm - Prayer Hour (Divine Mercy Chaplet & Rosary)	27 7:45am - Rosary 8:30am - Mass 3:00pm - Prayer Hour 6:30pm - Divine Mercy Program	28 7:45am - Rosary 8:30am - Mass 9:00am - Exposition 9am-10am - Confessions 3:00pm - Prayer Hour 4:00pm - Reposition 8:00pm Holy Hour	29 7:45am - Rosary 8:30am - Mass 3:00pm - Prayer Hour	1 MARCH 3:00pm - Prayer Hour 5:30pm - Stations of the Cross 6:00pm - Lenten Soup 	2 4-4:30pm - Confessions 5:00pm - Mass
3 Masses 7:30am, 9am & 11am	4 7:45am - Rosary 8:30am - Mass 3:00pm - Prayer Hour (Divine Mercy Chaplet & Rosary)	5 8:00am - Rosary 8:30am - Mass 3:00pm - Prayer Hour 6:30pm - Divine Mercy Program	6 7:45am - Rosary 8:30am - Mass 9:00am - Exposition 9am-10am - Confessions 3:00pm - Prayer Hour 4:00pm - Reposition 8:00pm Holy Hour	7 7:45am - Rosary 8:30am - Mass 3:00pm - Prayer Hour	8 3:00pm - Prayer Hour 5:30pm - Stations of the Cross 6:00pm - Lenten Soup 	9 7-9am Men of St. Joseph 4-4:30pm - Confessions 5:00pm - Mass
10 Masses 7:30am, 9am & 11am 2:00pm Deanery-Wide Lenten Penance Service DAYLIGHT SAVING	11 7:45am - Rosary 8:30am - Mass 3:00pm - Prayer Hour (Divine Mercy Chaplet & Rosary)	12 7:45am - Rosary 8:30am - Mass 3:00pm - Prayer Hour 6:30pm - Divine Mercy Program	13 7:45am - Rosary 8:30am - Mass 9:00am - Exposition 9am-10am - Confessions 3:00pm - Prayer Hour 4:00pm - Reposition 8:00pm Holy Hour	14 7:45am - Rosary 8:30am - Mass 3:00pm - Prayer Hour	15 3:00pm - Prayer Hour 5:30pm - Stations of the Cross 6:00pm - Lenten Soup 	16 8-9:30am Women of the FIAT 4-4:30pm - Confessions 5:00pm - Mass
17 Masses 7:30am, 9am & 11am ST. PATRICK'S DAY	18 7:45am - Rosary 8:30am - Mass 3:00pm - Prayer Hour (Divine Mercy Chaplet & Rosary)	19 7:45am - Rosary 8:30am - Mass 3:00pm - Prayer Hour 6:30pm - Divine Mercy Program FEAST OF ST. JOSEPH	20 7:45am - Rosary 8:30am - Mass 9:00am - Exposition 9am-10am - Confessions 3:00pm - Prayer Hour 4:00pm - Reposition 8:00pm Holy Hour	21 7:45am - Rosary 8:30am - Mass 3:00pm - Prayer Hour	22 3:00pm - Prayer Hour 6:00pm - Lenten Soup 7:00pm - Journey to the Cross 	23 4-4:30pm - Confessions 5:00pm - Mass

HOLY WEEK: MARCH 24TH - MARCH 30TH, 2024

24 PALM SUNDAY Masses 7:30am, 9am & 11am	25 7:45am - Rosary 8:30am - Mass 11am-1pm - Confessions 3:00pm - Prayer Hour 5pm-6:30pm - Confessions 7:00pm - Tenebrae	26 7:45am - Rosary 8:30am - Mass 3:00pm - Prayer Hour (Divine Mercy Chaplet & Rosary)	27 7:45am - Rosary 8:30am - Mass 9:00am - Exposition 9am-10am - Confessions 3:00pm - Prayer Hour 4:00pm - Reposition 8:00pm Holy Hour	28 HOLY THURSDAY 3:00pm - Prayer Hour 7:00pm - MASS OF THE LORD'S SUPPER (followed by Procession to the Chapel of Repose in the Hall where the Blessed Sacrament will be reserved until 7am)	29 GOOD FRIDAY 2:30pm - Stations of the Cross. Followed by Divine Mercy Novena 7:00pm - Celebration of the Lord's Passion (Veneration of the Cross) 	30 HOLY SATURDAY 7:30pm - EASTER VIGIL No Confessions No 5pm Mass
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SACRED PASCHAL TRIDUUM (MARCH 24-30, 2024)

EASTER SUNDAY, MARCH 31, MASSES AT 7AM, 9AM & 11AM

Any changes to this Calendar will be posted on our website iccnashuanh.org.