

# Saint Paul's Parish: Lent 2023

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## ASH WEDNESDAY FEBRUARY 22

The Season of Lent begins on Ash Wednesday, February 22. **Ashes will be distributed at St. Paul's during Mass at 8:00 AM, 12:10 PM and 7:00 PM.**

Ash Wednesday is a day of universal fast and abstinence in the Church.

DAILY MASS	WEEKLY CONFESSIONS	EUCCHARISTIC ADORATION
Monday - Friday 8:00 AM and 12:10 PM Saturday 9:00 AM	Thursdays 1:30 PM - 3:30 PM Saturday 3:00 PM - 4:30 PM Or by appointment	In the Church Every Friday 11:00 AM - 12:00 PM

## LENTEN GUIDELINES

**Fridays of Lent** are days of abstinence. **FASTING** is to be observed by all 18 years of age and older, who have not yet celebrated their 59th birthday. On a fast day, one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted, but liquids, including milk and juices, are allowed. **ABSTINENCE** is observed by all 14 years of age and older. On days of abstinence, no meat is allowed. Note that when health or ability to work would be seriously affected, the law does not oblige. When in doubt concerning fast and abstinence, the parish priest should be consulted.

## LENTEN COMMUNITY LUNCHESES

Beginning Wednesday, **March 8** the Homeless Out-reach Committee and friends will sponsor a community lunch program. It will take place on **March 8, 15, 22, 29 at 12:30 PM** in the lower Church. Volunteers to set up, greet and eat with guests, serve, and clean up are needed. To sign up and help, contact Nancy in the parish office (nnicol@stpaulparish.org or 617.491.8400 x303).

## HOLY WEEK AT SAINT PAUL'S

### ***Palm (Passion) Sunday, April 2***

***Vigil*** – 5:00 PM

Sunday – 7:30, **9:00 AM (Note time change)**  
11:00 AM and 5:00 PM

### ***Holy Thursday, April 6***

***Morning Prayer***—8:00 AM

***Evening Mass of the Lord's Supper with  
Procession to the Altar of Repose*** – 7:00 PM  
Compline at 10:00 PM

### ***Good Friday, April 7***

***Morning Prayer***—8:00 AM

***Solemn Celebration of the Lord's Passion***  
3:00 PM

***Stations of the Cross*** – 7:00 PM

### ***Holy Saturday, April 8***

***Morning Prayer***—9:00 AM

***The Great Vigil of Easter***  
7:30 PM

### ***Easter Sunday, April 9***

7:30 AM , **9:00 AM (Note time change)**,  
11:00 AM (*Upper Church Only*) and 5:00 PM

## SPECIAL OFFERINGS

**Lenten Evening of Recollection, Thursday, March 9, 5:30 PM to 6:30 PM St. Paul's Church**

Brief meditation followed by performance of the Pergolesi *Stabat Mater*.

**Extra Confessions: Wednesdays, March 1, 8, 15, 22, 29 and April 5 6:30 PM to 8:00 PM.**

Five priests available on April 5.

**Stations of the Cross** Join us in the Church every **Friday** during Lent for Stations of the Cross from **5:30pm to 6:00pm**.

**Lenten Prayer Websites:** BestLentEver.com; LentReflections.com

## **LENT: A TIME OF SPIRITUAL RENEWAL**

### **What is Lent?**

Lent is a solemn 40-day period in the Church's liturgical year in which we prepare ourselves spiritually for the great celebration of Easter. The name itself is derived from a Germanic word for springtime and came to be used in English-speaking countries in place of the Latin term *quadragesima* ("forty days"). The tradition of celebrating Lent for forty days is drawn from the experience of Jesus, who spent forty days in the desert fasting and preparing himself for his public ministry. The season of Lent is one of the two penitential seasons in the Church's liturgical calendar. It begins on Ash Wednesday and concludes on the afternoon of Holy Thursday. Lent is meant to be a time of spiritual renewal in which we take stock of our relationship with God and neighbor, undertake penance for the sins we have committed, and seek to make positive changes in our daily lives.

### **What are some of the traditions associated with Lent?**

Perhaps one of the best-known traditions is the custom of receiving ashes on the forehead on Ash Wednesday. In the Biblical world, people wore ashes on their heads as a sign of mourning and repentance. This custom continues today as a sign that we are sorrowful for our sins and wish to make a new start in our spiritual lives. Another popular Lenten devotion is the Stations of the Cross, in which we meditate on the various events in the passion and death of Jesus. In addition to these devotions, the Church requires persons over the age of 14 and under the age of 59 to fast on Ash Wednesday and Good Friday and to abstain from eating meat on the Fridays of the Lenten season. Following Ancient tradition, some people choose to fast and abstain on other days as well, particularly Wednesdays and Fridays. Many Catholics follow the custom of "giving up something for Lent" – forsaking some pleasure (sweets, snacks, alcohol, TV, social media) as a way of doing penance and allowing more time for prayer and charity. The idea behind this practice is that if we are able to give up something we are legitimately allowed to enjoy, we will be more disciplined when it comes to giving up sinful patterns of behavior in our lives.

### **What can I do for Lent?**

While it's easy to concentrate on the negative dimension of Lent – giving something up, abstaining from meat, fasting, etc., a genuine Lenten spirituality should also focus on the positive: doing something extra for God and other people. Lent offers us wonderful opportunities to grow in our relationship with God, by giving extra time to prayer or Scripture reading. Some ideas for spiritual growth during Lent might include attending daily Mass, praying the rosary, making the Stations of the Cross, spending quiet time in prayer before Jesus in Eucharistic adoration, taking part in a Bible study, or going to confession. Indeed, the sacrament of Confession is an especially valuable practice during this season of penance and self-reflection. In an effort to make it more widely available, confessions will be heard every Wednesday evening during Lent in addition to the normal confession times in our parish.

The season of Lent also summons us to be more charitable toward our family, friends, and the broader community. Perhaps the time we sacrifice by giving up social media could be spent deepening our relationships with our family or friends. Or maybe we could donate the money we would otherwise have spent on a favorite food or drink to a local charity. Almsgiving is an important component of Lent, whether in the form of monetary donations to charitable causes or giving of our time at a soup kitchen, food pantry, or homeless shelter.