

2016 GUIDE TO LENTEN ACTIVITIES AND OFFERINGS

DAYS OF FASTING AND ABSTINENCE

Church discipline requires that Ash Wednesday and Good Friday be observed as days of fasting. Those between the ages of 18 and 59 should take only one full meal on those days, without taking solid food between meals. Abstinence from meat is also required on Ash Wednesday and all Fridays of Lent. Those with serious health conditions are excused from these requirements.

SACRAMENT OF RECONCILIATION

Confessions are heard each Saturday afternoon at 3:30PM in St. Francis Church. Our parish will also offer Reconciliation on Wednesday, March 9th at 4:15pm for Grades 3-6 and again at 7:00pm for Grades 7 & 8. Following the students, parishioners will have the opportunity to go to confession until 8:15pm. **Confessions will also be heard during the parish mission by Father David Gunter** at times to be announced by him.

PARISH LENTEN MISSION ~ THE TRIUMPH

Father David W. Gunter, MIC will present our 2016 Lenten Mission titled, **The Triumph**. Please consider joining us at St. Francis Church for a dynamic audio-visual presentation designed to encourage faithful Catholics to consecrate themselves to the Immaculate Heart of the Blessed Virgin Mary. Personal testimony, scripture, teachings from popes and saints make this a thoroughly Catholic program. Compelling insight will be given into the nature of the “Triumph”. This program provides tremendous hope for a world turned upside down.

- **Saturday-Sunday, February 13th-14th**—Fr. Gunter will preach at all weekend liturgies at St. Francis Church.
- **Sunday, February 14th—7PM:** Fr. Gunter will give his witness. He will conclude with an in-depth introduction to the key to understanding the “Triumph” of the Immaculate Heart.
- **Monday, February 15th—7PM:** Mission Service—Catholic teaching (catechesis) will be given to provide the necessary background to understand the nature of the coming triumph of Our Lady’s Immaculate Heart.
- **Tuesday, February 16th—7PM:** Mission Service—What has heaven been saying to us? This night’s program will examine apparitions to Catherine Labouré, Lucia dos Santos, Sister Faustina Kowalska and scripture.
- **Wednesday, February 17th—7PM:** Closing of Mission—Final remarks speculating on when the triumph will happen and what Catholics need to do to prepare, followed by exposition of the Blessed Sacrament and Benediction.

SORROWFUL MYSTERIES OF THE HOLY ROSARY

Join us Friday mornings during Lent to pray the Sorrowful Mysteries of the Most Holy Rosary immediately following morning Mass at St. Francis Church.

STATIONS OF THE CROSS

Stations of the Cross with Benediction will be offered on the Friday evenings of Lent at 7PM in St. Francis Church. **“Step Up Close to Jesus,”** the Stations of the Cross for children, will be offered during class times in Fr. Greenan Center on February 24th at 4:15pm and on February 28th at 11am. The **“Living Stations,”** presented by our seventh and eighth graders, will be offered on **March 23rd** at 7PM in St. Francis Church.



LOVE AND MERCY

Fr. Romain Rurangirwa, an associate pastor at St. Irene Church in Carlisle, MA and a survivor of the Rwandan genocide will be speaking to our teens on love and mercy on Sunday, March 6th from 7-8:30pm in Fr. Greenan Parish Center. All parishioners are welcome to attend.

LENTEN OFFERINGS AT ST. ROMUALD CHAPEL

Please join us at St. Romuald Chapel for **Adoration of the Blessed Sacrament with Evening Prayer** at 6:30PM on the Tuesday and Thursday evenings of Lent (except February 16th and March 24th). **Stations of the Cross** will be prayed in the chapel on Wednesday afternoons of Lent at 12:30PM.

The Divine Mercy Cenacle will meet every Thursday during Lent (except Holy Thursday, March 24th) immediately following Evening Prayer. All cenacle members are encouraged to attend and invite a friend or family member along to learn more about the Divine Mercy devotion and our prayer group.

THE SACRED TRIDUUM

Our Lenten preparations are ordered toward our observance of the three most sacred days of the year, the Sacred Triduum. Please plan on joining with our parish community as we commemorate the mysteries of our Redemption.

- Holy Thursday - 7PM Mass of the Lord’s Supper** in St. Francis Church
(Adoration of the Blessed Sacrament will continue until 11PM in Helen Bouchard Hall.)
- Good Friday - 3PM Celebration of the Lord’s Passion** at St. Romuald Chapel
3PM Stations of the Cross in St. Francis Church
7PM Celebration of the Lord’s Passion in St. Francis Church
- Holy Saturday - 7PM Solemn Vigil of the Lord’s Resurrection**

LENT + 2016

HIS MERCY
ENDURES FOREVER

PRAYER + FASTING + ALMSGIVING

ST. FRANCIS AND ST. ROMUALD
PARISH LENTEN PROGRAM



LENTEN CALENDAR 2016
ST. FRANCIS • ST. ROMUALD

KEY:

SFC - St. Francis Church • **SRC** - St. Romuald Chapel
FGC - Fr. Greenan Center • **HBH** - Helen Bouchard Hall
Shaded Days - Abstinence from meat (Ash Wednesday and
 Good Friday are also days of *fasting*)

LENTEN CALENDAR 2016 ST. FRANCIS ✦ ST. ROMUALD KEY: SFC - St. Francis Church • SRC - St. Romuald Chapel FGC - Fr. Greenan Center • HBH - Helen Bouchard Hall Shaded Days - Abstinence from meat (Ash Wednesday and Good Friday are also days of fasting)					Wed, February 10 ASH WEDNESDAY 7AM and 6:30PM—Mass with Distribution of Ashes (SFC) 4:10pm—Service of Ashes	Thurs, February 11 7AM—Mass (SFC) 6:30PM—Adoration and Evening Prayer (SRC) 7PM-Divine Mercy Cenacle (SRC)	Fri, February 12 7AM—Mass (SFC) followed by Sorrowful Mysteries of the Most Holy Rosary (SFC) 5:30PM Lenten Soup Supper (FGC) 7PM—Stations of the Cross with Benediction (SFC)	Sat, February 13 3:30PM—Confessions (SFC) 4:30PM—Mass with Mission Preacher Fr. David Gunter, MIC (SFC)
Sun, February 14 Regular Mass Schedule (Mission Preacher Fr. David Gunter, MIC at all Masses in St. Francis and the Mission begins at 7:00pm)—(SFC)	Mon, February 15 7AM—Mass (SFC) 7PM—Mission Service w/Fr. David Gunter, MIC (SFC)	Tues, February 16 7AM—Mass (SFC) 7PM—Mission w/Fr. David Gunter, MIC (SFC)	Fri, February 19 7AM—Mass (SFC) followed by Sorrowful Mysteries of the Most Holy Rosary (SFC) 5:30PM Lenten Soup Supper (FGC) 7PM—Stations of the Cross with Benediction (SFC)	Sat, February 20 3:30PM—Confessions (SFC) 4:30PM—Mass				
Sun, February 21 Regular Mass Schedule	Mon, February 22 7AM—Mass (SFC) followed by Adoration of the Most Blessed Sacrament until 12NN	Tues, February 23 7AM—Mass (SFC) 6:30PM—Adoration and Evening Prayer (SRC)	Fri, February 26 7AM—Mass (SFC) followed by Sorrowful Mysteries of the Most Holy Rosary (SFC) 5:30PM Lenten Soup Supper (FGC) 7PM—Stations of the Cross with Benediction (SFC)	Sat, February 27 3:30PM—Confessions (SFC) 4:30PM—Mass (SFC)				
Sun, February 28 Regular Mass Schedule 11AM—Stations- Step Up Close to Jesus (FGC)	Mon, February 29 7AM—Mass (SFC) followed by Adoration of the Most Blessed Sacrament until 12NN	Tues, March 1 7AM—Mass (SFC) 6:30PM—Adoration and Evening Prayer (SRC)	Fri, March 4 7AM—Mass (SFC) followed by Sorrowful Mysteries of the Most Holy Rosary (SFC) 5:30PM Lenten Soup Supper (FGC) 7PM—Stations of the Cross with Benediction (SFC)	Sat, March 5 3:30PM—Confessions (SFC) 4:30PM—Mass (SFC)				
Sun, March 6 Regular Mass Schedule 7-8:30PM Love and Mercy ~ Fr. Romain Rurangirwa, Rwandan genocide survivor to speak on love and mercy at FGC. All are invited to attend.	Mon, March 7 7AM—Mass (SFC) followed by Adoration of the Most Blessed Sacrament until 12NN	Tues, March 8 7AM—Mass (SFC) 6:30PM—Adoration and Evening Prayer (SRC)	Fri, March 11 7AM—Mass (SFC) followed by Sorrowful Mysteries of the Most Holy Rosary (SFC) 5:30PM Lenten Soup Supper (FGC) 7PM—Stations of the Cross with Benediction (SFC)	Sat, March 12 3:30PM—Confessions (SFC) 4:30PM—Mass (SFC)				
Sun, March 13 Regular Mass Schedule	Mon, March 14 7AM—Mass (SFC) followed by Adoration of the Most Blessed Sacrament until 12NN	Tues, March 15 7AM—Mass (SFC) 6:30PM—Adoration and Evening Prayer (SRC)	Fri, March 18 7AM—Mass (SFC) followed by Sorrowful Mysteries of the Most Holy Rosary (SFC) 5:30PM Lenten Soup Supper (FGC) 7PM—Stations of the Cross with Benediction (SFC)	Sat, March 19 3:30PM—Confessions (SFC) 4:30PM—Mass (SFC)				
Sun, March 20 PALM SUNDAY Regular Mass Schedule 3PM—So. County Chamber Singers Sacred Concert (FGC)	Mon, March 21 7AM—Mass (SFC) followed by Adoration of the Most Blessed Sacrament until 12NN	Tues, March 22 7AM—Mass (SFC) 6:30PM—Adoration and Evening Prayer (SRC)	Fri, March 25 GOOD FRIDAY 3PM—Stations of the Cross (SFC) 7PM—Celebration of the Lord's Passion (SFC)	Sat, March 26 HOLY SATURDAY 7 PM—Solemn Vigil of the Lord's Resurrection (SFC)				
✠ THE SACRED TRIDUUM ✠								
Sun, March 27 EASTER SUNDAY Regular Mass Schedule								