

## 2015 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 **Lenten Penance Service** will be held on Tuesday, March 3rd, at 7PM. **Confessions** will also be heard on Thursday, March 26th, from 5PM to 6PM in St. Francis Church (an outside priest will be available).

### PARISH LENTEN MISSION

Fr. Nicholas P. Smith, Pastor Emeritus, will present our 2015 Lenten Mission titled, **The Challenge to be Catholic Today: Spiritual CPR**. Please consider joining us as we enter into the Lenten season, a time of prayer, fasting and almsgiving.

- **Saturday-Sunday, February 28th-March 1st**—Fr. Nick will preach at all weekend liturgies at St. Francis Church.
- **Monday, March 2nd—7PM:** Mission Service with Exposition of the Blessed Sacrament and Benediction.
- **Tuesday, March 3rd—7PM:** Lenten Penance Service with Mission Homily.
- **Wednesday, March 4th—7PM:** Closing Mission Mass.

### WEDNESDAY MORNING PRAYER



Every Wednesday during Lent, immediately following the 7AM Mass, beginning **Wednesday, February 25th**, we will pray Morning Prayer in Saint Francis Church. Morning Prayer is a simple liturgical celebration based on the praying of psalms. It is a brief service intended to

lift up our hearts in gratitude to God at the beginning of the day, and to consecrate the work and activities of the day to his glory. The texts will be provided for you, all you need to do is stick around **after the 7AM Mass on Wednesdays**. What a great way to start the day!

### 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.

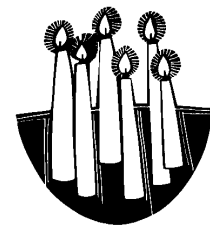
### STATIONS OF THE CROSS

**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 in Fr. Greenan Center on March 1st at 11AM and on March 11th at 4PM. The **“Living Stations,”** presented by our seventh graders, will be offered on March 18th at 7PM in St. Francis Church.



### 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 March 3rd and April 2nd). **Stations of the Cross** will be prayed in the chapel on the Wednesday afternoons of Lent at 12:30PM. Note that our **Taize Evening of Prayer and Song** will be held at St. Francis this year (see below).



### TAIZÉ

#### AN EVENING OF PRAYER AND SONG

All are invited to join us for a quiet evening of **TAIZÉ prayer, song and reflection** on Sunday, March 8th, at 6:30PM in St. Francis Church.

### 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 - 8PM Solemn Vigil of the Lord's Resurrection**

## LENT + 2015

# TRANSFIGURE US, O LORD

## PRAYER + FASTING + ALMSGIVING

### ST. FRANCIS AND ST. ROMUALD PARISH LENTEN PRAYER

# TRANSFIGURE US, O LORD, TRANSFIGURE US, O LORD. BREAK THE CHAINS THAT BIND US; SPEAK YOUR HEALING WORD, AND WHERE YOU LEAD WE'LL FOLLOW. TRANSFIGURE US, O LORD.



<h1 style="margin: 0;">LENTEN CALENDAR 2015</h1> <h2 style="margin: 0;">ST. FRANCIS + ST. ROMUALD</h2> <p style="margin: 5px 0;"><b>KEY:</b>  <b>SFC</b> - St. Francis Church • <b>SRC</b> - St. Romuald Chapel  <b>FGC</b> - Fr. Greenan Center • <b>HBH</b> - Helen Bouchard Hall  <b>Shaded Days</b> - Abstinence from meat (Ash Wednesday and Good Friday are also days of <i>fasting</i>)</p>				<p><u>Wed. February 18</u></p> <p><b>ASH WEDNESDAY</b>  7AM, 12NN and 6:30PM—Mass with Distribution of Ashes (SFC)</p>	<p><u>Thurs. February 19</u></p> <p>7AM—Mass (SFC)  6:30PM—Adoration and Evening Prayer (SRC)  7PM-Divine Mercy Cenacle (SRC)</p>	<p><u>Fri. February 20</u></p> <p>7AM—Mass (SFC) followed by Sorrowful Mysteries of the Most Holy Rosary (SFC)  7PM—Stations of the Cross with Benediction (SFC)</p>	<p><u>Sat. February 21</u></p> <p>3:30PM—Confessions (SFC)  4:30PM—Mass (SFC)</p>
<p><u>Sun. February 22</u></p> <p><i>Regular Mass Schedule</i></p>	<p><u>Mon. February 23</u></p> <p>7AM—Mass (SFC) followed by Adoration of the Most Blessed Sacrament until 12NN</p>	<p><u>Tues. February 24</u></p> <p>7AM—Mass (SFC)  6:30PM—Adoration and Evening Prayer (SRC)</p>	<p><u>Wed. February 25</u></p> <p>7AM—Mass (SFC) followed by Morning Prayer  12:30PM—Stations of the Cross (SRC)  7PM—Mission: Closing Mass (SFC)</p>	<p><u>Thurs. February 26</u></p> <p>7AM—Mass (SFC)  6:30PM—Adoration and Evening Prayer (SRC)  7PM-Divine Mercy Cenacle (SRC)</p>	<p><u>Fri. February 27</u></p> <p>7AM—Mass (SFC) followed by Sorrowful Mysteries of the Most Holy Rosary (SFC)  7PM—Stations of the Cross with Benediction (SFC)</p>	<p><u>Sat. February 28</u></p> <p>3:30PM—Confessions (SFC)  4:30PM—Mass with Mission Preacher Fr. Nicholas P. Smith (SFC)</p>	
<p><u>Sun. March 1</u></p> <p><i>Regular Mass Schedule</i>  (Mission Preacher Fr. Nicholas P. Smith at all Masses in St. Francis)  11AM—Stations-Step Up Close to Jesus (FGC)</p>	<p><u>Mon. March 2</u></p> <p>7AM—Mass (SFC) followed by Adoration of the Most Blessed Sacrament until 12NN  7PM—Mission Service w/ Exposition and Benediction (SFC)</p>	<p><u>Tues. March 3</u></p> <p>7AM—Mass (SFC)  7PM—Mission: Parish Lenten Penance Service (SFC)</p>	<p><u>Wed. March 4</u></p> <p>7AM—Mass (SFC) followed by Morning Prayer  12:30PM—Stations of the Cross (SRC)  7PM—Mission: Closing Mass (SFC)</p>	<p><u>Thurs. March 5</u></p> <p>7AM—Mass (SFC)  6:30PM—Adoration and Evening Prayer (SRC)  7PM-Divine Mercy Cenacle (SRC)</p>	<p><u>Fri. March 6</u></p> <p>7AM—Mass (SFC) followed by Sorrowful Mysteries of the Most Holy Rosary (SFC)  7PM—Stations of the Cross with Benediction (SFC)</p>	<p><u>Sat. March 7</u></p> <p>3:30PM—Confessions (SFC)  4:30PM—Mass (SFC)</p>	
<p><u>Sun. March 8</u></p> <p><i>Regular Mass Schedule</i>  10AM Mass-Family Liturgy  6:30PM Taizé Prayer Service (SFC)</p>	<p><u>Mon. March 9</u></p> <p>7AM—Mass (SFC) followed by Adoration of the Most Blessed Sacrament until 12NN</p>	<p><u>Tues. March 10</u></p> <p>7AM—Mass (SFC)  6:30PM—Adoration and Evening Prayer (SRC)</p>	<p><u>Wed. March 11</u></p> <p>7AM—Mass (SFC) followed by Morning Prayer  12:30PM—Stations of the Cross (SRC)  4PM—Stations - Step Up Close to Jesus (FGC)</p>	<p><u>Thurs. March 12</u></p> <p>7AM—Mass (SFC)  6:30PM—Adoration and Evening Prayer (SRC)  7PM-Divine Mercy Cenacle (SRC)</p>	<p><u>Fri. March 13</u></p> <p>7AM—Mass (SFC) followed by Sorrowful Mysteries of the Most Holy Rosary (SFC)  7PM—Stations of the Cross with Benediction (SFC)</p>	<p><u>Sat. March 14</u></p> <p>3:30PM—Confessions (SFC)  4:30PM—Mass (SFC)</p>	
<p><u>Sun. March 15</u></p> <p><i>Regular Mass Schedule</i></p>	<p><u>Mon. March 16</u></p> <p>7AM—Mass (SFC) followed by Adoration of the Most Blessed Sacrament until 12NN</p>	<p><u>Tues. March 17</u></p> <p>7AM—Mass (SFC)  6:30PM—Adoration and Evening Prayer (SRC)</p>	<p><u>Wed. March 18</u></p> <p>7AM—Mass (SFC) followed by Morning Prayer  12:30PM—Stations of the Cross (SRC)  7PM—7th Grade Living Stations of the Cross (SFC)</p>	<p><u>Thurs. March 19</u></p> <p>7AM—Mass (SFC)  6:30PM—Adoration and Evening Prayer (SRC)  7PM-Divine Mercy Cenacle (SRC)</p>	<p><u>Fri. March 20</u></p> <p>7AM—Mass (SFC) followed by Sorrowful Mysteries of the Most Holy Rosary (SFC)  7PM—Stations of the Cross with Benediction (SFC)</p>	<p><u>Sat. March 21</u></p> <p>3:30PM—Confessions (SFC)  4:30PM—Mass (SFC)</p>	
<p><u>Sun. March 22</u></p> <p><i>Regular Mass Schedule</i>  3PM—So. County Chamber Singers Sacred Concert (FGC)</p>	<p><u>Mon. March 23</u></p> <p>7AM—Mass (SFC) followed by Adoration of the Most Blessed Sacrament until 12NN</p>	<p><u>Tues. March 24</u></p> <p>7AM—Mass (SFC)  6:30PM—Adoration and Evening Prayer (SRC)</p>	<p><u>Wed. March 25</u></p> <p>7AM—Mass (SFC) followed by Morning Prayer  12:30PM—Stations of the Cross (SRC)</p>	<p><u>Thurs. March 26</u></p> <p>7AM—Mass (SFC)  5PM to 7:30PM—Confessions (SFC)  6:30PM—Adoration and Evening Prayer (SRC)  7PM-Divine Mercy Cenacle (SRC)</p>	<p><u>Fri. March 27</u></p> <p>7AM—Mass (SFC) followed by Sorrowful Mysteries of the Most Holy Rosary (SFC)  7PM—Stations of the Cross with Benediction (SFC)</p>	<p><u>Sat. March 28</u></p> <p>3:30PM—Confessions (SFC)  4:30PM—Mass (SFC)</p>	
<p><u>Sun. March 29</u></p> <p><b>PALM SUNDAY</b>  <i>Regular Mass Schedule</i></p>	<p><u>Mon. March 30</u></p> <p>7AM—Mass (SFC) followed by Adoration of the Most Blessed Sacrament until 12NN</p>	<p><u>Tues. March 31</u></p> <p>7AM—Mass (SFC)  6:30PM—Adoration and Evening Prayer (SRC)</p>	<p><u>Wed. April 1</u></p> <p>7AM—Mass (SFC) followed by Morning Prayer  12:30PM—Stations of the Cross (SRC)</p>	<p><u>Thurs. March 26</u></p> <p>7AM—Mass (SFC)  5PM to 7:30PM—Confessions (SFC)  6:30PM—Adoration and Evening Prayer (SRC)  7PM-Divine Mercy Cenacle (SRC)</p>	<p><u>Fri. April 3</u></p> <p><b>GOOD FRIDAY</b>  3PM—Celebration of the Lord's Passion (SRC)  3PM—Stations of the Cross (SFC)  7PM—Celebration of the Lord's Passion (SFC)</p>	<p><u>Sat. April 4</u></p> <p><b>HOLY SATURDAY</b>  8PM—Solemn Vigil of the Lord's Resurrection (SFC)</p> <p><u>Sun. April 5</u></p> <p><b>EASTER SUNDAY</b>  <i>Regular Mass Schedule</i></p>	
<h3 style="margin: 0;">* THE SACRED TRIDUUM *</h3>				<p><u>Thurs. April 2</u></p> <p><b>HOLY THURSDAY</b>  7PM—Mass of the Lord's Supper (SFC)  Adoration Continues until 11PM (HBH)</p>	<p><u>Fri. April 3</u></p> <p><b>GOOD FRIDAY</b>  3PM—Celebration of the Lord's Passion (SRC)  3PM—Stations of the Cross (SFC)  7PM—Celebration of the Lord's Passion (SFC)</p>	<p><u>Sat. April 4</u></p> <p><b>HOLY SATURDAY</b>  8PM—Solemn Vigil of the Lord's Resurrection (SFC)</p> <p><u>Sun. April 5</u></p> <p><b>EASTER SUNDAY</b>  <i>Regular Mass Schedule</i></p>	