

St. Vincent de Paul Parish

In this coming season of Lent, we look forward to seeing you at the many enriching events we have planned for the faithful of our parish. Lent is not a time for sadness and grief, but rather a time to prepare, and more deeply understand the incredible act of love that Jesus showed us upon the cross. Lent is a time of prayer, fasting and almsgiving. During this time, please hold in prayer the children preparing for Confirmation in April and Eucharist in May. Also keep in prayer those who have fallen away, that they might remember the beauty and consolation found at the Altar.

We look forward to seeing you on Sunday and at the many enriching activities here at St. Vincent de Paul Parish.

Dcn. Todd, Fr. Fred and the Staff of St. Vincent de Paul Parish

2019 Lent Schedule

Ash Wednesday

March 6th	8:30am Mass w/dist. of Ashes	St. Vincent de Paul Church
	6:00pm W&C w/dist. of Ashes	St. Patrick Church

Christian Meditation

Tuesdays	12:00pm	St. Vincent de Paul Church
Thursdays	4:30pm	St. Vincent de Paul Church

Offered on the Tuesdays and Thursday of the 1st-5th weeks of Lent

Stations of the Cross

Fridays	3:30pm	St. Vincent de Paul Church
March 15 th , 29 th , April 12 th		
	5:00pm	St. Patrick Church
March 22 nd & April 5 th		

Reconciliation

Saturdays	3:30pm-4:15pm	St. Vincent de Paul Church
Thursday March 28 th	6:00pm-7:30pm	St. Vincent de Paul Church

Fr. Fred will be available for individual confession at these times.

Soup Supper

Saturdays	Following 4:30am Mass	SVDP Social Hall
<i>March 9th, 23rd, 30th and April 6th</i>		

Whole Community Catechesis

SVDP Social Hall

March 31st and April 7th Following 9:30am Mass

We will be watching (over two sessions) and discussing NBC's Jesus Christ Superstar.

Palm Sunday

Mass begins in social hall

April 13th

4:30pm Mass

SVDP Social Hall & Church

April 14th

9:30am Mass

SVDP Social Hall & Church

Chrism Mass

April 16th

10:30am Mass

Cathedral of Mary of the Assumption

Will be livestreamed to the Diocesan website.

Holy Thursday

April 18th

6:00pm Potluck

SVDP Social Hall

7:00pm Mass

St. Vincent de Paul Church

Good Friday

April 19th

12:00pm

St. Vincent de Paul Church

Easter Vigil

April 20th

8:30pm Mass

St. Vincent de Paul Church

Easter Sunday

April 21st

9:30am Mass

St. Vincent de Paul Church

REGULATIONS FOR FAST AND 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 pastor or pastoral administrator should be consulted.

- Ash Wednesday, March 6th, 2019 and Good Friday, April 19th, 2019 are days of fast and abstinence. All the Fridays of Lent are days of abstinence.
- Fasting, almsgiving, and prayer are the three traditional disciplines of Lent. The faithful, the Elect and those Candidates preparing for Reception into Full Communion in the Catholic Church should undertake these practices seriously in a spirit of penance and of preparation for baptism or of renewal of baptism at Easter.