

## OPPORTUNITIES FOR INCREASED SPIRITUAL GROWTH DURING OUR LENTEN SEASON

### ASH WEDNESDAY & GOOD FRIDAY - OBLIGATORY FAST AND ABSTINENCE

Ash Wednesday and Good Friday are days of obligatory fast and abstinence. Abstinence from meat is to be observed by all who are 14 years of age and older on Ash Wednesday and Good Friday. Fasting is to be observed on Ash Wednesday and Good Friday by all who are 18 years of age but not yet 59. Those who are bound by this may take only one full meal. Two smaller meals are permitted if necessary to maintain strength according to one's needs, but eating solid foods between meals is not permitted.

### STATIONS OF THE CROSS

Praying the Stations of the Cross is part of the Catholic tradition of devotional prayer. To pray the "Way of the Cross" requires only that you meditate on the Passion of the Lord before each Station. Stations of the Cross begin Friday, **February 16th at 7:00PM** in the church and thereafter every Friday evening throughout Lent.

### WELCOME HOME TO HEALING

"Welcome Home" is a diocesan initiative to invite all Catholics to experience the grace of the Sacrament of Reconciliation. Confession is a wonderful opportunity to set aside our sinful ways and to draw closer to our Lord. Confessions will be held every Monday during Lent, **February 19th through March 26th from 7:00PM-8:30PM** in every Catholic Church in the Diocese of Paterson.

### SILENCE THROUGHOUT LENT

Just a reminder that **beginning with Ash Wednesday liturgies February 14th all liturgies through Lent will conclude in silence instead of a closing song.** This provides a new way to experience prayer in our lives, and respect for those around us who may wish to remain after liturgy in silent prayer. Therefore, we strive to remain silent until we exit our worship space.

### OPERATION RICE BOWL

As part of our community's observance of Lent, we ask all families to participate in Catholic Relief Services' Operation Rice Bowl, a program of prayer, fasting, learning, and giving. Please be sure to take home a Rice Bowl packet and follow this simple yet powerful Lenten practice. Packets are available in the church vestibule. Visit [www.crsricebowl.org](http://www.crsricebowl.org) for more information.

### BEST LENT EVER 2018

Sign up for Best Lent Ever, a **FREE**, video-based email program featuring internationally acclaimed speaker and *New York Times* bestselling author Matthew Kelly. From Ash Wednesday to Easter Sunday, Matthew will help you identify what stands between you and happiness...and what to do about it. Are you ready for your best Lent ever? Sign up at <http://dynamiccatholic.com/bestlentever>.

### PENANCE SERVICE

The Lenten Penance Service at St. Jude Church will be held on **Monday evening, March 19th at 7:00 PM.** All are invited to experience the beauty of God's forgiveness through song, prayer, and reflection.

### SPECIAL LENTEN PROGRAM

A Special Lenten Program will be held on **Saturday, March 10th, A Day of Reflection with Rev. Jude Salus.** The Program will begin with Morning Mass at 9:00 AM followed by a Seminar in the Parish Center and will conclude at 12:00 Noon. The cost of the Seminar is \$15.00 which will include a full hot/cold breakfast. A sign up sheet will be in the Narthex of the Church.

### ANOINTING MASS

The Mass for the Anointing of the Sick will take place on **Saturday, March 3, 2018 at 1:00 PM.**