

## 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. 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.

Abstinence from meat is to be observed by all who are 14 years of age and older on Ash Wednesday and all the Fridays in Lent.

### 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, **March 8th at 7:00PM** in the church and every Friday evening throughout Lent with the exception of Good Friday, Stations of the Cross on Good Friday begin at **6:00PM**.

### 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 from **March 11th through April 8th 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 (March 6th) all liturgies throughout 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.csricebowl.org](http://www.csricebowl.org) for more information.

### PENANCE SERVICE

The Lenten Penance Service at St. Jude Church will be held on **Monday evening, April 8th at 7:00 PM**. All are invited to experience the beauty of God's forgiveness through song, prayer, and reflection.

### ANOINTING MASS

The Mass for the Anointing of the Sick will take place on **Saturday, March 23rd at 1:00 PM**.

### FLOWERS DURING LENT

Please be advised that there will be NO FLOWERS ON DISPLAY in the Church during Lent. The Season of Lent is compared to the desert; dryness and barrenness without any plants.