



Believing, Learning & Doing Since 1954

Lent 2019

Theme: “Love = Sacrifice, Sacrifice = Love”

Lenten Fast and Abstinence Regulations for all Roman Catholics

1. **ASH WEDNESDAY**- March 6th, is a day of fast and abstinence
2. **ALL FRIDAYS OF LENT ARE DAYS OF FAST AND ABSTINENCE** (no meat)
3. **GOOD FRIDAY**- April 19th, is a day of ABSTINENCE
4. **EASTER DUTY** is the obligation to receive Holy Communion between the First Sunday of Lent, March 10th, through Trinity Sunday, June 16th, 2019.

Three Traditional Areas We Are Called to “deepen our relationship with Jesus Christ”

-Prayer

An ideal time to establish a daily routine of prayer, such as: praying the Rosary, reading the Bible, attending daily Mass, “Stations of the Cross”, Adoration, and /or utilize the Lenten parish prayer book, is encouraged.

-Fasting

Anyone over 18 and under 59 years of age is asked to fast. On days of Fasting, one full meal is allowed. Two smaller meals, sufficient to maintain strength, may be taken. Eating between meals is not permitted. Liquids, including milk and fruit juices, are allowed.

-Almsgiving

SHARING with the less fortunate—an opportunity to make a financial sacrifice for the poor and the broken people of our community and the world: Parish Coin Folder or Rice Bowl.

The “Marble Heart”

First Sunday of Lent at the end of all Masses, parishioners who make a “promesa/promise”, will receive a Marble Heart to be placed in your pocket, desk or vanity, during Lent as a reminder of the “promesa/promise” you made for this 2019 Lenten Season.

Rites of Christian Initiation of Adults

(R.C.I.A.)

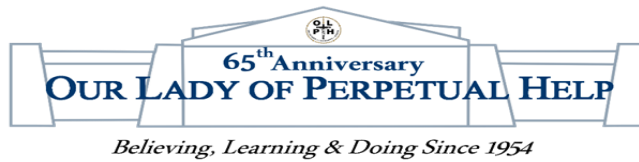
Please pray for the following as they finalize their preparation to become *Dynamic Catholics*

Catechumen: Baptism, First Communion, and Confirmation.

Melisa Gonzalez, Melody Davila, Juan Mares Jr., Raven Sanchez, Leah Chapa, Rusty Means, Yainey Ponce, Corrina Maldonado, DJ Gutierrez, Crystal Alvarado, Delilah Pacheco

Candidates: Confirmation and/or First Communion

Marc A. Espinosa, Laura L. Wade, Dale Delaney, Jason Ramirez, Danielle Gutierrez, Rachel Elizondo, Jamie Davila, Jorge Ozuna, Crystal Juarez, Cynthia Gonzales, Justin Pena, Jose Cortinas, Priscilla Trevino, Adrian Trevino, Andrew Gloria, Benito Gloria, Audri Ramirez, Davey Ramirez, Esther Lorena, Quevedo Delgado, Jenifer Ramos, Franchesa Martinez, Brittany Rodriguez, Victoria Delos Santos, Justin Delos Santos, Paul Rodriguez, Oscar Maldonado, Lorena Rodriguez, Stephanie Chapa, Jacob Garcia, Marisa Reyes, Anthony Martinez, David C. Harbour, Cristian Villar, Adriana Hernandez, Jazmin Tierranegra, Giovanna Barrios, Alisson Ramirez, Consuelo Gomez, April Romero, Lizbeth Alvizo, Eduard Alvizo, Alan Soto



OUR LADY OF PERPETUAL HELP CATHOLIC CHURCH
Lenten Theme: “Love = Sacrifice, Sacrifice = Love”

For “*deepening your relationship with Jesus Christ*” please choose at least 2 of the following:

FASTING & ABSTINENCE

- Follow church law on fasting every Friday as required and add another day of your choice.
- Anyone over the age of 14 is asked to abstain from meat on Friday

PRAYER:

Daily Scripture Readings for Lent: “Little Black Book”

Parishioners receive “Little Black Book”. Daily Reflections, Practices and Prayers on readings during Lent deepening a personal relationship with Jesus Christ.

Lectio Divina Prayer Community: Starts Wednesday, March 13th at 11:00 am in room 2

An ancient and simple way to pray Sacred Scriptures. It is a proven and traditional path to grow in friendship with Jesus Christ.

Acts of the Apostles Bible Study:

Every Thursday at 6:30 pm in the parish hall. Sessions are given in weeks of 5, then there will be a two week break and classes will resume again with 5 more sessions. Please check bulletin.

Stations of the Cross

Every Thursday at 6:30 pm Spanish and Friday evenings English, in the Church. As we journey with Jesus on His way to His cross, we meditate on His passion and death so we may experience the great love He has for each of us by dying for you and me.

Daily Mass at 8:00 a.m.

What a great way to begin your day during our Lenten Season.

Adoration of the Blessed Sacrament:

- Every Thursday from 8 – 9 p.m. “Restless Hearts Adoration”.
- 24 hours Adoration in Schoenstatt Adoration Chapel (code #12113)

Rosary

The Rosary is prayed everyday 45 minutes before every Mass. Come early and pray with us.

Lenten Parish Mission-Sessions

Lenten Mission with Fr. Pete Elizardo—Theme: “Season of Healing” March 25th-29th

English: 7:00 pm-8:00 pm Monday and Tuesday

Spanish: 7:00 pm-8:00 pm Thursday and Friday

Communal Penance Service

Communal Penance Service Wednesday, March 27th in the Church beginning at 7:00 p.m.

ALMSGIVING:

OLPH Fish Fry

Sacrifice your time and talents to help with our “Annual Fish Fry” that will begin ASH WEDNESDAY, March 6th, at 11:00 am-7 pm and every Friday from 3 pm -7 pm during Lent.

Coin Folder

Coin folders will be placed in back of the church for those who want to save quarters to help the needy in our parish which will be given to “OLPH Community Services”

Rice Bowl

Rice Bowl container will be placed in back of the church for families who want to save change every day for programs supported by “Catholic Relief Services”