

Fast & Abstinence

- ❖ **Ash Wednesday and all Fridays during Lent** are days of abstinence from all meat. Except for a serious reason, all persons 14 years old and above are bound by this law.
- ❖ **Ash Wednesday (March 6) & Good Friday (April 19)** are also days of fast. Those of age 18 until the day after one's 59th birthday are bound by this law. On these two days, one full meatless meal may be eaten. Two other meatless meals may also be taken sufficient to maintain strength, but together they should not equal a full meal. Liquids, including milk and fruit juices may be taken between meals. If health or ability to work is affected, the law does not oblige.

Almsgiving: Solidarity with the Poor

- ❖ Fast and abstinence should help us be in **solidarity with the hungry, the poor**, and lead us to almsgiving, sharing with the needy what we saved by eating less.
- ❖ The **collection on Ash Wednesday** will be given to the national collection for the Church in Eastern and Central Europe.
- ❖ The **collection on Holy Thursday**, will be given to a local charitable organization.

Christian Initiation

As our global church walks with our brothers and sisters who are preparing to receive the Sacraments of Initiation this Easter Vigil, they celebrate special rites. Sometime before the **Rite of Election** at the Cathedral, the Catechumens are sent from their parish with the **Rite of Sending**, which is typically held at the beginning of Lent. This is when the Bishop will accept them for baptism at this year's Vigil and enroll them in the book of the Elect. This is his promise that they are to receive the Sacraments of initiation at Easter. On the **Third, Fourth, and Fifth Sundays of Lent**, the **Scrutinies** are celebrated with the **elect**. During weeks of the third and fifth weeks of Lent, they receive the Our Father and the Creed.

Ideas for Lenten Practices

❖ Daily Mass

Experience a weekday Mass, with the same nourishing Word and Eucharist. Mass is celebrated Monday through Thursday at 7:30am, Friday at 8am, and Saturday at 8:30am.

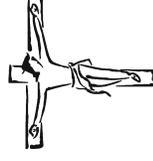
- ❖ **Adoration of the Blessed Sacrament** is held daily (Monday-Friday) from noon-3pm in the Chapel. We also have Adoration on the First Fridays of the month from 8:30am to 5pm (Benediction).

❖ The Sacrament of Reconciliation/Penance

The church is also open for confessions every Saturday from 4-5pm. Our communal Penance Service will be Monday, April 8 at 7pm.

❖ Stations of the Cross

Fridays during Lent, we invite you to gather for prayer in the Church. Stations will begin at 7pm. We will be offering various published meditations on the Stations of the Cross. WALK WITH JESUS!



❖ Morning Prayer

On Fridays at 7:30am a group of parishioners pray the Morning Prayer (from the Liturgy of the Hours, aka, Divine Office, aka Breviary) in the church. All are invited to join in this prayer of the Universal Church. If you have a smart phone, you can download the "Breviary" app.

Remember the "10 minute" prayer challenge from a couple of years ago?
Lent is a good time to check our "Spiritual Pulse." If you don't pray daily, see if you can carve out 10 minutes. If you have been successful at taking 10 minutes a day for prayer, maybe you're ready for 20. *There's never a shortage of things to pray for.*

Faith Formation during Lent

CHILDREN

Our ongoing **Children's Faith Formation** and sacramental preparation will continue as scheduled during Lent. If you have a child who is baptized and would like to receive 1st Communion and Confirmation, contact Christina at christina.fenn@dsj.org.

ADULTS

We have ongoing bible studies on Monday mornings at 10am and Tuesday evenings at 7pm. See the bulletin for details.

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FREE Catholic movies to watch from the comfort of your own couch! Learn more about your Catholic faith at a time that is convenient for you! Check out our custom URL: **Holy-FamilySJ.Formed.org** for movies, audio and much, much more! Questions? Contact - Christina (christina.fenn@dsj.org) for more information.



Homilies and other good resources on the Parish App

Want to revisit what Father said on Sunday? You can access & hear Fr. Andrew's homilies using the parish app. Visit: myparishapp.com (or download the app on your smart phone) and hit the "Podcast" button.



All middle schoolers can join us on Sunday afternoons at 3:45pm in the Youth Hall for the EDGE.

All high school teenagers can join us on Sunday evenings after the 6pm Teen Mass for Life Nights.



Contact Chris chris.mardesich@dsj.org or 408-265-8650 for more information!

Catholic Social Teaching

Join our faith community—and nearly 14,000 Catholic communities across the United States—in a life-changing Lenten journey of encounter with **CRS Rice Bowl**. Give up a meal or even just one cup of coffee, collect that money in the bowl, and see how your gift grows throughout the season of Lent. **Bring your gift to our Second Collection on Palm Sunday.** All proceeds from Rice Bowl go to **Catholic Relief Services**. Visit their website for family activities, reflections, stories of hope, and Lenten recipes: crsricebowl.org/.



Support the dignity of life for all people – even the unborn. Participate in **40 Days for Life**, prayer and activities to bring an end to abortion in this country. Many opportunities are available to actively participate in this experience. For more information visit <https://40daysforlife.com/search/san+jose+ca>

Parish Lenten Mission

Be Bound No More
with Fr. Anthony Sortino, LC
March 12-14



7—8:30pm in the Church

Fr. Anthony Sortino, LC will preach a dynamic parish mission, where he will invite parishioners to rediscover how Christ has called and chosen each by name and how embracing a relationship with Him heals you and strengthens the parish community. As we embrace this healing love, we find ourselves sharing this gift with others and welcoming them to our parish family. Come experience this renewal of your faith, and renewal of our parish. God's boundless and restoring love is waiting for you.

What are you waiting for?



April 14 - 21, 2019

Holy Week begins with the traditional Procession of Palms on **Passion Sunday, April 14th**.

Holy Thursday's Evening Mass of the Lord's Supper is **April 18th at 7:30pm**. Adoration in the "Garden" continues until Night Prayer at 11pm.

Good Friday's Liturgy of the Lord's Passion, **April 19th** is at **3:00pm & 7:30pm**. There will be Good Friday prayer and reflection: 11:00am—3:00pm with the Living Stations at 12:00pm.

Holy Saturday Easter Vigil, the "Night of all Nights," is **April 20th at 8:00pm**. There, having entered into the Lord's passion and death, we will celebrate the new life of Baptism, Confirmation, and Eucharist.

Easter Sunday is April 21st. We will have Masses at 6am, 8am, 10am and 12pm.

We invite every parishioner to celebrate with us this holiest of weeks at Holy Family Parish.

Holy Family Catholic Parish

4848 Pearl Ave
San Jose, CA 95136
4

408-265-4040

www.holyfamilysanjose.org



LENT - 2019



**ASH
WEDNESDAY**

Lent begins with Ash Wednesday and ends at sunset on Holy Thursday. We invite you to pray about what you might do (or not do)

for Lent to help you grow in personal holiness. Our traditions can help make the Lenten season a holy and spiritually renewing time. Purposefully set aside some time to enrich your understanding of our many Catholic practices: ancient signs, symbols, and rituals. **Ash Wednesday, March 6th** is the Church's annual "wake-up call". Ash Wednesday hits us squarely between the eyes, forcing us to face our mortality and sinfulness. We listen to Scripture readings that are urgent and vivid. We have black ashes rubbed into our foreheads. We recite a Litany of Penitence that takes our breath away, or should. It is a tough day, but take heart. The Lord is with you through it all!

The Liturgy of Ash Wednesday, which includes the blessing and distribution of ashes, will be celebrated at 7:30am, 10am (school), 5pm & 7:30pm.



LENT