

The Season of Lent

Lent is a season of repentance, fasting and prayer. The season reflects the 40 days Jesus spent in prayer and fasting in the desert before starting his public ministry. Lent calls us to **true conversion of our hearts and minds as followers of Christ**. During Lent, we are asked to devote ourselves to *seeking the Lord* in **prayer and reading Scripture**, to *sacrifice self-control* through **fasting**, and to *service* by **giving alms**. These practices lead us on a journey of conversion and help draw us closer to God.

Sacrifice ~ Fasting

Ash Wednesday and **Good Friday** are obligatory days of fasting and abstinence.

FASTING: Those who are 18-59 years of age are allowed only one full *meatless* meal with two smaller meals that *combined should be less than a full meal*. No solid food should be consumed between meals.

ABSTINENCE FROM MEAT: Those who are 14-59 years of age are to abstain from meat on Ash Wednesday and all the Fridays of Lent.

OTHER WAYS TO FAST: Throughout Lent, we are also called to **practice self-discipline and fast in other ways**. Some examples: *refrain from being self-absorbed; refrain from gossip and criticism of others; don't react with anger but exercise patience; spend less time on your digital devices and more time with someone who needs your attention; stop ignoring your relationship with God and speak to him in prayer. What areas of your life need self-discipline and control?*

Offer ~ Giving Alms

During Lent, we are asked to focus more intently on **donating money or goods to the poor and performing other acts of charity**. Here are some suggestions:

"SHOE" DONATIONS FOR JAMAICA



New or gently used shoes, sandals, rain boots, flip-flops, and sneakers will be collected for the men, women and children of **Sacred Heart Church** in

Reading, Jamaica. Please drop off your donations in the bins in the Church lobby or Parish Hall.

Operation Rice Bowl - Pickup Rice Bowls in Church



Every human being has a special value and purpose. We need to care for each other so we can be the people God calls us to be. Visit crsricebowl.org to learn about the people you support through your Lenten gifts to CRS Rice Bowl. Rice Bowls will be collected on Good Friday.

Sharing God's Blessings - 2019 Annual Appeal



Help support the ministries and programs of the Archdiocese of Newark which provide social, educational, and spiritual support throughout Essex, Bergen, Hudson, and Union counties. Visit www.rcan.org/sharing.



PALM SUNDAY - APRIL 14, 2019

Sat: 5:00pm
Sun: 7:30am, 9:00am (Polish),
10:30am, 12 Noon

DAILY - APRIL 15-16-17 (M-T-W): 8:00am

SACRED PASCHAL TRIDUUM

The Easter *Triduum* ("three days") of the Passion and Resurrection of Christ is the culmination of the entire liturgical year. It is the great celebration of Christ's Paschal Mystery - the suffering, death and resurrection of Jesus. The *Triduum* is *one liturgical service* spread over three days: from the evening of Holy Thursday to the evening of Easter Sunday.

HOLY THURSDAY - April 18, 2019

Morning Prayer 8:00am
Mass of the Lord's Supper 7:30pm
Followed by Adoration until 11:00pm.

GOOD FRIDAY - April 19, 2019

Morning Prayer 8:00am
Celebration of the Lord's Passion 3:00pm
Stations of the Cross (Polish) 7:30pm

HOLY SATURDAY - April 20, 2019

Morning Prayer 8:00am
Blessing of the Easter Meal: 12:00Noon, 1Pm(Polish), 2Pm(Polish)

Easter Vigil

Mass of the Resurrection of the Lord 8:00pm

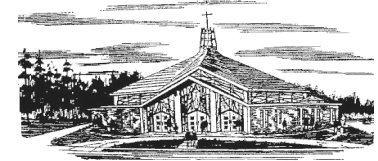
EASTER SUNDAY - APRIL 21, 2019

Mass of the Resurrection 6:30am (Polish)
Easter Breakfast in Parish Hall 8:00am
Masses (English) 9:00am, 10:30am, 12 Noon

LENT 2019



*Raise Up.
Sacrifice.
Offer.*



Church of the Immaculate Heart of Mary

47 Island Road, Mahwah, NJ 07430
201 - 529 - 3517

www.ihmcmahwah.org

Rev. Jacek Marchewka, Pastor

Raise Up ~ Prayer and Reading of Scripture

Lent Mass Schedule

ASH WEDNESDAY - MARCH 6

† MASS with Distribution of Ashes
8am, 12 Noon, 6pm, 7:30pm (Polish)

† SERVICE OF THE WORD- Distribution of Ashes
3pm, 4pm, 5pm

Daily Mass: Mon-Sat 8am
Sunday Mass: Saturday 5pm
Sunday 7:30am, 9am (Polish)
10:30am, 12 noon

Sacrament of Anointing of the Sick

TUESDAY - MARCH 19 - 12 Noon MASS

A reception celebrating the Solemnity of St. Joseph, husband of Mary, will follow in the Parish Hall.

Sacrament of Reconciliation

Priests are available for Confession at the following times or by appointment:

- † Weekdays after the 8am Mass
- † Saturdays from 4- 5pm
- † Rel. Ed Gr. 3-5 - MONDAY, APRIL 8, 5PM
- † Rel. Ed Gr. 6-8 - MONDAY, APRIL 8, 7PM



Lent Pardon & Peace



TUESDAY - APRIL 9 - 7PM
Reconciliation Prayer Service followed by Individual Confessions
Several Priests will be available.

Parish Lenten Retreat - English



MARCH 16 - 19

SATURDAY, MARCH 16,
5PM MASS &
SUNDAY, MARCH 17,
ALL MASSES

MARCH 18-19,
MONDAY & TUESDAY,
8AM & 7PM

REV. EUGENE BETTINGER, O. CARM.

**A JOURNEY OF FAITH:
HEALING, WHOLENESS & HOLINESS**

Parish Lenten Retreat - Polish



APRIL 5 - 7

APRIL 5 & 6
FRIDAY & SATURDAY
7:30PM

APRIL 7
SUNDAY, 9AM MASS

MSGR. TOMASZ GRYSA

2016-Present: First Counsellor at the Permanent Observer Mission of the Holy See to the United Nations

HEALING OUR CHURCH

Youth Group (Grades 7-9 & HS)

WEDNESDAYS, MARCH 13 - APRIL 10
6pm - 8pm - Parish Hall
Games, Bible Study, Food, Fun & More...!

Confirmation Retreat

SATURDAY - MARCH 30 - 10AM - 3PM

Lent Faith-Sharing Groups



**MONDAY EVENINGS - 7PM TO 8:15PM,
MARCH 4TH THRU APRIL 8TH,**

Parish Center

WHY JOIN A SMALL FAITH-SHARING GROUP FOR LENT?

Just come over to the Parish Center Monday evenings!
For more info contact Barbara Dillon at 201-529-1529;
e-mail tdillon181@gmail.com.



HOW WELL DO YOU KNOW JESUS?

**TUESDAYS, 8:30AM - 9:30AM
MARCH 12TH THRU APRIL 9TH**

Parish Center

Through the presentation of *Priest, Prophet, King*, you will better understand Jesus, become more familiar with Scripture, and realize your own priestly, prophetic, and kingly mission. Come Join Us!

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www.lentreflections.com

Living Lent Daily - Loyola Press
www.loyolapress.com

Best Lent Ever - Dynamic Catholic
www.dynamiccatholic.com

More Prayer Opportunities

Stations of the Cross	Wed	7:30pm
	Fri (Polish)	7:30pm
Community Rosary	Mon-Sat	8:30am
Divine Mercy Chaplet	Every Friday morning	following 8am Mass
Eucharistic Adoration:	Fri	12 noon-7:30pm