

LENTEN DIRECTIVES - 2023

Weekdays of Lent:

There is no specific obligation to fast. Voluntary acts of self-denial are to be chosen by each person.

Ash Wednesday and Good Friday:

Days of ***Fast and Abstinence from meat***. One full meal without meat for all between the ages of 18 and 59 inclusive.

All Fridays in Lent: Days of Abstinence

All who have reached their 14th year are bound to abstain completely from meat.

Easter Duty Obligation:

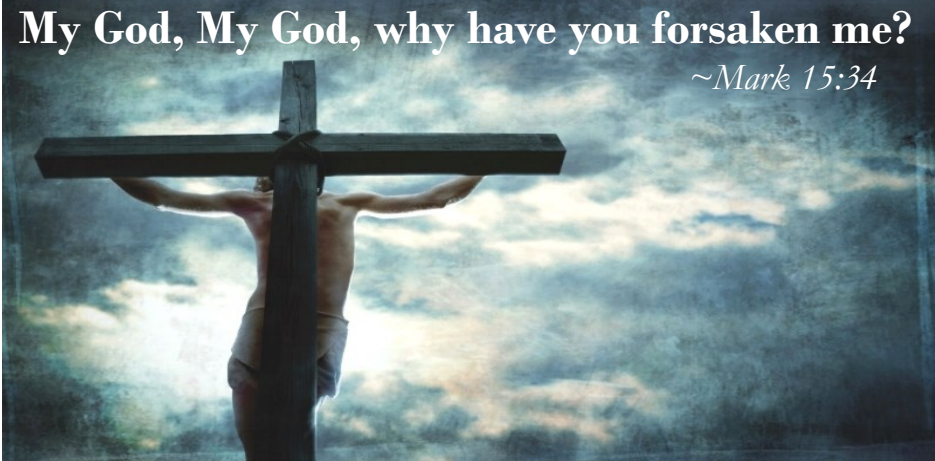
After they have received their First Holy Communion, Catholics are bound by obligation to receive Holy Communion at least once a year. This precept should be fulfilled during the Easter Season. Catholics are also bound to confess serious (mortal) sins at least once a year, but this is not limited to the Lenten/Easter season.

Lent is the foremost penitential season of the Church. It begins on Ash Wednesday & ends with the Mass of the Lord's Supper on Holy Thursday. Lent has six Sundays. The sixth is called Passion or Palm Sunday & marks the beginning of Holy Week.

Within Holy Week is the Easter Triduum which begins with the evening Mass of the Lord's Supper on Holy Thursday. It commemorates the Lord's passion and death on Good Friday, and reaches its high point at the Easter Vigil and ends with evening Prayer on Easter Sunday. Then the joyful Easter Season of 50 days begins.

Traditionally the Lenten season is a time of penance throughout the Catholic Church. Lent is a season in which prayer, the reception of the sacraments, charity and almsgiving are emphasized. Fast and abstinence are to be observed on Ash Wednesday and Good Friday. All the Fridays of Lent are days of abstinence from meat.

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LENT
— 40 Days Of Renewal —



Our Lady of the Assumption Church

35 Old Eagle School Road
Strafford, PA 19087

OLA 2023 LENTEN SCHEDULE

PRAYER FOR LENT

Dear Lord Jesus,
By Your Passion and Resurrection, You brought life to the world. But the glory of the Resurrection came only after the sufferings of the Passion.
You laid down Your life willingly and gave up everything for us. Your body was broken and fastened to a Cross, Your clothing became the prize of soldiers, your blood ebbed slowly but surely away, and Your Mother was entrusted to the beloved disciple. Stretched out on the Cross, deprived of all earthly possessions and human aid, You cried out to Your Father that the end had come.
You had accomplished the work given You, and You committed into His hands, as a perfect gift, the little life that remained in You.
Lord, teach me to accept all afflictions after the example You have given. Let me place my death in Yours and my weakness in Your abandonment. Take hold of me with Your love, that same foolish love that knew no limits, and let me offer myself to the Father with You so that I may rise with You to eternal life. *Amen.*

Our Lady of the Assumption Church

35 Old Eagle School Road
Strafford, PA 19087
610 - 688 - 1178
www.olastrafford.org

OLA 2023 LENTEN SCHEDULE

Ash Wednesday, February 22nd

Distribution of Ashes after the homily during Mass:
8 AM, 12:05 PM & 7 PM

Daily Lenten Mass Schedule

Monday – Friday: 8 AM in Church
Saturday: 9 AM in Church

Stations of the Cross

Friday Evenings at 7:00 PM in Church
(February 24 and March 3, 10, 17, 24, 31)

Confessions

Tuesdays: 7 PM to 8 PM in Church
(February 28, March 7, 14, 21, 28 and April 4)
Saturdays: 3:30 to 4:30 PM in Church
At the Parish Office by appointment: 610-688-1178

First Penance

Thursday, *March 30th* at 7 PM

Joint Lenten Penance Service

Wednesday, *March 22nd* at 7 PM
at St. Katharine of Siena Church

Faith Formation

Mary's Way of the Cross led by Deacon John & Bette Jo Rose
Wednesday, *March 8th* at 7 PM in Church

WWP Lenten Soup Night with Sr. Sheila Galligan, IHM
“Spiritual Cardiology: Psalm 51's Check-Up on the Heart”
Wednesday, *March 29th* at 6:30 PM in Assumption Hall



Palm Weaving

All parishioners who are interested in learning to weave palm prior to Palm Sunday are invited to come to **Assumption Hall** on either:

Saturday, March 25th from 10 AM – 1 PM
& *Thursday, March 30th* from 7 PM – 10 PM

Palm Sunday, April 2nd

Saturday, *April 1st* – 5 PM Vigil Mass
Sunday, *April 2nd* – 7 AM, 8:30 AM and 10 AM
Blessing of the Palms & Procession in Piazza [10 AM Mass only] (*weather permitting*)
(All palmweavers should pick up their palm at the conclusion of the 10 AM Mass.)

Holy Thursday, April 6th

No Morning Mass and No Morning Prayer
Mass of the Lord's Supper at 7:30 PM
Adoration of the Blessed Sacrament 9 PM – 10:30 PM
Night Prayer at 10:30 PM

Good Friday, April 7th

Morning Prayer & Office of Readings at 9 AM
Celebration of the Passion of the Lord with
Veneration of the Cross & Holy Communion at 3 PM

Holy Saturday, April 8th

Morning Prayer & Office of Readings at 9 AM
Confessions from 3:30 PM – 4:30 PM
Easter Vigil at 8 PM
Blessing of the New Fire & Easter Candle in Piazza
(*weather permitting*)

Easter Sunday, April 9th

Easter Masses: 7:00 AM, 8:30 AM and 10 AM