

Lenten Regulations 2022

OUR LADY HELP OF CHRISTIANS

THE LENTEN SEASON 2022

Once again, the celebration of Christ's Passion and Resurrection draws near. In our preparation for Easter, the Church invites us to observe the penitential and grace - filled season of Lent which commences on March 2, 2022 with the observance of Ash Wednesday. Lent is a time of renewal for the entire Catholic community. It is also a time of spiritual accompaniment as we assist the catechumens and candidates who will be welcomed into communion with the Church during the Easter Season. In order to assist the faithful of the Diocese of Brooklyn to take full advantage of the Lenten season, our Bishop, Most Reverend Robert Brennan wishes to draw attention to the following:



Abstinence - All the faithful who have reached 14 years of age are required to abstain totally from meat on Ash Wednesday and the Fridays of Lent.

Fasting - All the faithful between the ages of 18 and 59 inclusive are bound to fast on Ash Wednesday and Good Friday. This practice involves limiting oneself to a single full meal and avoiding food between meals. Light sustenance may also be taken on two other occasions during the day.

Easter Duty - After they have been initiated into the Most Holy Eucharist, all the faithful are bound by the obligation of receiving Holy Communion at least once a year. This precept must be fulfilled during the Easter season, unless for a good reason it is fulfilled at another time of the year. By special indult, in the United States, the period for fulfilling this precept has been extended to include the period beginning the First Sunday of Lent (March 6, 2022) to Pentecost (June 5, 2022).

Our **Annual Blood Drive** takes place on Good Friday, April 15 from 3:00pm to 9:00pm in the Church Hall. Consider giving a pint of blood to remember how Jesus shed His blood for us.

*Ash X
Wednesday*

Ash Wednesday is March 2

Ashes will be distributed
During the **8:30am Mass**
3:00pm Prayer Service & 7:30pm Mass

Stations of the Cross

Fridays in Lent at 7:30pm in Church:

The assigned groups or ministries are as follows:

March 4: OLHC Parish Staff/PPC

March 11: Lectors

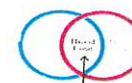
March 18: Friendship
Club/L&F/Rosary/Ushers/RIJC

March 25: CCD/Youth Group/Altar Servers

April 1: Eucharistic Ministers

April 8: Filipino Community/
F.A.M.E./Lord's Flock

Lenten Bible Study with Fr. Kieran
Mondays during Lent 7:30pm



Consecration to St. Joseph with Fr. Dwayne Tuesdays during Lent 7:30pm



Lenten Retreat 7:30pm

March 14th, March 15th (OLHC) & March 16th

24 Hours with the Lord

March 25th-26th 8:00am -8:30am

Lenten Book Club—"Life is Messy"
Thursdays at 1:00pm & Saturdays 10:30am



Bible Study at OLHC: 1st & 3rd Saturdays of Lent
at 2:30pm in Church Hall

Lenten Soup Supper/Movie Night: Wednesday,
April 13 at 7:30pm OLHC Hall. Join us for a light
Supper and watch the "Passion of the Christ"

Prison Ministry

This year's Parish Lenten Project is Prison Ministry.
Take a tag from our Lenten Cross in the Church
Vestibule to help those affected by incarceration.
(Led by our Confirmation Students)

*Dynamic Catholic Best Lent Ever Daily Meditation
sign-up online: dynamiccatholic/bestlentever

Contact the Rectory to register for all sessions