

Lenten Regulations 2023

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 February 22, 2023 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 (February 26, 2023) to the celebration of Pentecost (May 28, 2023).

OUR LADY HELP OF CHRISTIANS

THE LENTEN SEASON 2023



This year's **Parish Lenten Project** will be *Welcome the Strangers*.

February 22nd

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



Stations of the Cross Every Friday
During Lent at 7:30pm in Church

The assigned groups or ministries are as follows:

February 24: Eucharistic Ministers/PPC

March 3: Lectors

March 10: Friendship Club/R.i.J.C./ Rosary Society

March 17: OLHC Parish Staff/Ushers

March 24: Altar Servers/CCD/Youth Group

March 31: F.A.M.E./Filipino Community/The Lord's Flock

*** Thursday, March 30th Palm Weaving ***

After the 8:30am Mass & at 7pm in the Church Hall

Lenten Bible Study with Msgr. Boyle

Tuesdays during Lent 7:30pm St. Thomas Rectory

Lenten Retreat

Tuesday, March 7th 8:30am

12 Hours with the Lord

Friday, March 3rd 7:30am -7:30pm

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

**Please contact the Rectory to register
for all sessions that are on**



"HOLY WEEK"

April 2nd

PALM SUNDAY: MASS SCHEDULE

Saturday Vigil 5:00pm

Sunday Mass 10:00am

April 3rd

RECONCILIATION DAY - Confessions

2:00pm to 4:00pm & 6:00pm to 9:00pm

April 5th

LENTEN SOUP SUPPER/MOVIE NIGHT

6:30pm Church Hall

April 6th

HOLY THURSDAY: Morning Prayer 9am STA

Celebration of the Lord's Supper 7:30pm

Vigil immediately follows Mass until 12am

April 7th

GOOD FRIDAY: Morning Prayer 9am OLHC

Outside Stations of the Cross 12:00pm

Celebration of the Lord's Passion 3:00pm

Divine Mercy Novena 5:30pm

Stations of the Cross 6:00pm

April 8th

HOLY SATURDAY: Morning Prayer 9am STA

followed by ***Divine Mercy Novena***

Celebration of the Lord's Resurrection

7:30pm

April 9th

EASTER SUNDAY : MASS SCHEDULE

Sunday Mass 10:00am

Divine Mercy Novena 8:00pm on Zoom



Divine Mercy Novena continues

Monday, April 10th through Saturday, April 15th 8:00pm on
Zoom



April 16th

Divine Mercy Sunday -
9:30am (Chaplet) Mass 10:00am