



OUR 2021

LENTEN JOURNEY

BROADEN YOUR FAITH HORIZONS BY EXPERIENCING THESE BEAUTIFUL CATHOLIC TRADITIONS:

OUR PARISH LENTEN MISSION:

**If Today You Hear
His Voice, Harden Not
Your Hearts**

WITH FR. BRIAN MULLADY, O.P.
*The Mission kicks off during Masses
on March 20-21.*

**Monday-Wednesday, March 22-24
Immaculate Conception
7:30-8:30 PM**

Prayer and music begin at 7:00 PM.

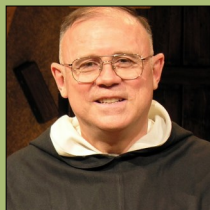
Encouraging growth in grace and prayer, Fr. Mullady will gently guide you through the stages of spirituality:

Monday: Spiritual Childhood

Tuesday: Spiritual Teenagers

Wednesday: Spiritual Maturity

Fr. Brian Thomas Becket Mullady has had many programs on EWTN and is currently a weekly radio host on the EWTN radio network. He is also a Missionary of Mercy appointed by Pope Francis.



Fr. Mullady entered the Dominican Order in 1966 and was ordained in 1972. He has a Doctorate in Sacred Theology (STD) from the Angelicum University in Rome, Italy and was professor there for six years.

He is currently a mission preacher and retreat master for the Western Dominican Province. He teaches online at Holy Apostles Seminary and is the author of four books and numerous articles and is the theological consultant for The Institute for Religious Life.

ATTEND DAILY MASS: Monday-Friday

- 7:30 AM at Assumption Church
- 8:30 AM at Immaculate Conception Church
- 12:00 PM at Immaculate Conception Church

ATTEND STATIONS OF THE CROSS: Every Friday

- 12:30 PM at Immaculate Conception Church
- 7:00 PM at Assumption Church on Feb. 26, Mar. 12, and Mar. 26
- 7:00 PM at Immaculate Conception Church on Feb 19, Mar. 5, and Mar. 19
- *In Spanish:* 7:00 PM at Assumption Church, Tues., March 30

PRAY THE ROSARY as a family!

- Before every Mass, Monday-Friday
- After the 8:30 AM Mass on Saturdays at Immaculate Conception Church
- Before the 9:00 AM Mass on Sundays at Assumption

EXPERIENCE ADORATION: Be in Jesus' Presence

- Exposition of the Blessed Sacrament: After the Noon Mass on Mondays until 3:00 PM at Immaculate Conception Church
- Exposition of the Blessed Sacrament: Every First Friday after the Noon Mass until 3:00 PM at Immaculate Conception Church

RECEIVE THE SACRAMENT OF RECONCILIATION

- Sat., 3:30-3:55 PM at Assumption Church
- Sat., 4:00-5:00 PM at Immaculate Conception
- Mon., March 29: **Reconciliation Monday** at Immaculate Conception Church. Confessions will be heard from 3:00-9:00 PM in three languages (*English, Spanish and Italian*).
- Tues., March 30: Confessions in Spanish at Assumption Church from 6:30-7:00 PM

ALMSGIVING

- Consider donating to "Lenten Coins for Nicaragua," boxes with the names of an individual child/student at the school in our sister parish of Cristo Agonizante del Rosario, Old Managua, Nicaragua.

HOLY WEEK AND EASTER SCHEDULES

Palm Sunday: March 28

Immaculate Conception Church

Saturday: 5:00 PM,

*Sunday: 8:00 AM, 10:00 AM,
Noon, and 5:00 PM*

Assumption Church

Saturday: 4:00 PM

Sunday: 9:00 AM and 11:30 AM

Chrism Mass

Tuesday, March 30

4:00 PM **Blessing of our Parish Holy Oils**
at St. Patrick's Cathedral, Manhattan

Sacred Triduum

Holy Thursday, April 1

10:00 AM **Tenebrae**

at Immaculate Conception

7:30 PM **Mass of the Lord's Supper**

at Immaculate Conception

Good Friday, April 2

10:00 AM **Tenebrae**

at Immaculate Conception

3:00 PM **Liturgy of the Lord's Passion**

at Immaculate Conception

7:30 PM **Liturgy of the Lord's Passion**

at Assumption

Holy Saturday, April 3

10:00 AM **Tenebrae**

at Immaculate Conception

8:00 PM **Easter Vigil**

at Immaculate Conception

Easter Sunday: April 4

Immaculate Conception Church

8:00 AM

10:00 AM - Upper Church

10:00 AM - Lower Church

Noon - Upper Church

Noon - Lower Church

Assumption Church

9:00 AM, 10:30 AM, 11:30 AM

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Lenten Fast and Abstinence

Let us be inwardly renewed through the self-discipline of our lives, turning from worldly things to spiritual things. Let us deny ourselves, training for the spiritual battles before us.

Please note:

The ill and elderly are excused from these rules.

ASH WEDNESDAY AND GOOD FRIDAY

Days of Fast and Abstinence: Abstain from eating meat and fast between meals. Limit of one full meal and two smaller meals for all aged 18-59. Catholics 14 and older do not eat meat but are allowed to eat eggs, milk products, and condiments made from animal fat. Abstinence does not include meat juices or liquid foods made from meat (broth, consommé, meat gravies or sauces, etc.)

HOW DO I FAST?

Fasting requires that those between the ages of 18-59 only eat one full meal per day. Two smaller meals may be taken during the day to maintain physical strength, but these two meals together do not equal a full meal as well as no eating between meals. Those not obliged to fast (under 18 or over 59) are encouraged to join in the discipline to the extent that they are able.

WHAT IS ABSTINENCE?

Abstinence prohibits all those 14 years old and older from eating meat on Ash Wednesday (February 17), Good Friday (April 2) and all Fridays of Lent. This obligation continues throughout our lives. Those younger than 14 are encouraged to join in the discipline of abstaining to the extent that they can.

FRIDAYS IN LENT

Fridays in Lent are days of abstinence for all who have reached the age of 14. This means to abstain totally from meat. During the other weekdays of Lent, fasting is not mandatory. Voluntary acts of self-denial and sacrifice are recommended. We practice giving up something good, so as to desire something far better.

DID YOU KNOW?

**Every Sunday is a mini celebration of the Resurrection,
so we break our fast!**