

What are you doing for Lent?

10 IDEAS FOR A MORE MEANINGFUL LENTEN SEASON

1. Give up sin

Show your love for God by keeping his commandments. Turn away from sins.

2. Fast

An empty stomach can lead to more attentive prayer. Give the money you saved on food to others in alms.



3. Pray

Be in constant prayer. Pray for your family and friends, for those who suffer, and for the Church and the world.

4. Do good works

Help those in need. Pray for them and be ready to serve them in their time of need.



5. Give alms

Help the poor and support the good works of the Church. Give cheerfully to God who has given us everything we have.



6. Abstain

Give up meat or other desirable foods during Lent, especially on Friday, the day of Christ's saving death on the cross.



8. Control desire for possessions

Build up treasures in heaven rather than on earth. Cut down on material possessions, eliminate frills, lessen wants, share yourself – your time and your talents – with others.



7. Do meditative reading

Nourish your faith by spending time in quiet reading and reflection. Prayerful reading of God's word each day will open your heart to the Spirit, and let God's thoughts and ways influence yours.

9. Control desire for entertainment

Too much entertainment and other distractions can lead to less or no time for the works of the Lord.

10. Carry out duties in life

Serve God by living out your vocation in love each day. God is calling each of us to be a living sacrifice. Offer your daily life through Christ!



Cathedral of the Assumption
Louisville, Kentucky

2023



Archdiocese
of Toronto

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Schedule

Masses

Weekday, Monday-Friday, 12 Noon
Weekend, Saturday, 5:30 pm,
Sunday, 9:30 am, 12 Noon, 5:30 pm

Confessions

Wednesdays, 11:00 -11:45 am
Saturday, 4-5 pm (except Holy Saturday)

Stations of the Cross

Following Noon Mass on Fridays:
February 24, March 3, 10, 17, 24 and 31

Note different schedule during Holy Week & Easter.

February

Wednesday, February 22

Ash Wednesday Masses
12 noon and 5:30 pm in Cathedral

Friday, February 24

Kelty Endowed Organ Recital
Organist: Dr. Philip Brisson
7:30 in Cathedral

March

Saturday, March 4

First Saturday Mass and Devotions to
Our Lady of Fatima
9 am in Cathedral

Thursday, March 9

Movie Night: *Mary, the Mother of God*
7 pm in Undercroft

Saturday, March 11

Mass, Helpers of God’s Precious Infants
7 am in Cathedral

Monday, March 13

Book Club
The Ninth Hour by Alice McDermott
7 pm in Formation Room, Parish Office 2nd Floor

Thursday, March 16

Movie Night: *Peter, Keeper of the Keys*
7 pm in Undercroft

Sunday, March 19

Lenten Bible Reflection on St. Paul, Part 1
Presented by Michael Cirone
10:45 am in Undercroft

Thursday, March 23

Movie Night: *Paul, Contending for the Faith*
7 pm in Undercroft

Sunday, March 26

Lenten Bible Reflection on St. Paul, Part 2
Presented by Michael Cirone
10:45 am in Undercroft

Thursday, March 30

Movie Night, *Risen*
7 pm in Undercroft

April

Saturday, April 1

First Saturday Mass and Devotions to
Our Lady of Fatima
9 am in Cathedral

Palm Sunday, Holy Week, Easter

Saturday/Sunday, April 1/2

Palm Sunday Masses

Saturday, 5:30 pm,
Sunday 9:30 am, 12 Noon, 5:30 pm

Monday of Holy Week, April 3

12 Noon, Weekday Mass

Tuesday of Holy Week, April 4

12 Noon, Weekday Mass
7 pm, Chrism Mass

Wednesday of Holy Week, April 5

12 Noon, Weekday Mass
7 pm, Tenebrae Service

Holy Thursday, April 6

12 Noon, Midday Prayer
7 pm, Mass of the Lord’s Supper

Good Friday, April 7

12 Noon, Stations of the Cross
7 pm, Passion of Our Lord

Holy Saturday, April 8

8:30 pm, Easter Vigil Mass

Easter Sunday, April 9

9:30 am and 12 Noon Masses