



SAINT VINCENT DE PAUL PARISH

LENT AND HOLY WEEK

2019

Thursday of the Lord's Supper, April 18th

(NO morning Mass)

Mass of the Lord's Supper	7:00PM
Adoration of the Eucharist	8:00PM-midnight

Friday of the Passion of the Lord, April 19th

Liturgy of the Word Adoration of the Holy Cross Holy Communion	3:00PM
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Stations of the Cross	7:00PM
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The Easter Vigil, April 20th

The Solemn Vigil of Easter (Baptism and Confirmation of RCIA adults)	8:30PM
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Easter Sunday of the Resurrection of the Lord, April 21st

Celebration of Mass (<u>NO</u> Evening Mass)	9:00AM and 11:30AM
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Sacrament of Reconciliation

Wednesday, April 10 th (2 Priests)	6:30PM – 8:00PM
Wednesday, April 17th (2 Priests)	6:30PM – 8:00PM
Saturdays during Lent (2 Priests)	4:00PM – 5:00PM
(<u>NO</u> confessions April 20th)	

Sacrament of the Sick

Sunday, March 31st	Following the 11:30AM Mass
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SAINT VINCENT DE PAUL PARISH MY PERSONAL LENTEN 2019

Lent is the Christian season of preparation before Easter. The Lenten season is a time when many Christians observe a period of fasting, repentance, moderation, self-denial, spiritual discipline, prayer and acts of charity. The purpose is to set aside time for reflection and action related to Jesus – his suffering, life, death, burial and resurrection.

Prayer can be understood as a way to connect with God through quiet meditation and thought, through the use of written formal prayers, through reflection on Sacred Scripture, through participation in the Sacraments and through charitable actions toward others.

Thinks of ways you could more actively involve yourself in one or more of these forms of prayer.

- 1.
- 2.
- 3.

Fasting is a way of letting go of the dependence on the unnecessary satisfactions and pleasures that surround us. We are given an opportunity to re-think our use of time, food, entertainment, beverages, money and possessions. Lent is traditionally a time of sacrifice and fasting.

Think of ways you could establish a better order of importance in your daily life.

- 1.
- 2.
- 3.

Acts of Charity and Almsgiving are ways of caring for the needs of others. We can move beyond the concerns that are focused on self and share what we have with others. While financial care to others is very important, it is not the sole way to care for people in our communities. The gifts of time, attention, physical presence and knowledge are each wonderful ways to show and give charity.

Think of ways you could give generously to the persons in your family, your life, your neighborhood and your parish.

- 1.
- 2.
- 3.