

Saint Albert the Great Church

# LENT

A SEASON OF REFLECTION,  
RENEWAL, AND PREPARATION

Dear Sisters and Brothers in the Lord,

Once again, the season of Lent is upon us; a time when we are called to prepare our hearts for the celebration of Easter. This special season is set aside for us to take stock of our relationship with Christ, and to hear again his invitation to “turn away from sin and be faithful to the Gospel” (Mk 1, 15). As we receive the Sign of the Cross on our foreheads in ashes, we recall that we were first signed with the Cross at our baptism. By prayer, fasting, and almsgiving, we strive throughout these forty days to be renewed and to be more faithful to our baptismal promises. We also pray in a special way with those preparing to receive the sacraments at the Easter Vigil.

Our whole lives—and everything we do as a parish—are rooted in the new life that Jesus Christ won for us in his Resurrection. Christ our Light leads us from the darkness of sin and death, along the Way of the Cross, to the Road to Emmaus where we recognize the Risen Lord in the breaking of the bread. Lent is a chance for us to re-commit ourselves to following the road that Jesus has marked out for us, as individuals and as a community.

We encourage you to take advantage of the opportunities for prayer, fasting and almsgiving, which this season provides. May God continue to bless you and yours, as together we prepare to celebrate the feast of the Resurrection.

God bless you –

*Msgr. Joseph P. Duncan, Fr. Quy K. Pham, Deacon Ed Morris,  
& the Staff of St. Albert the Great Parish*

## FASTING & ABSTINENCE

All Catholics fourteen years of age and older are obliged to abstain from meat on Ash Wednesday and on all the Fridays of Lent.

Catholics between the ages of eighteen and fifty-nine are obliged to fast on Ash Wednesday and Good Friday. The fast means taking only one full meal and, if necessary, two light meals that together would not make a full meal. Nothing is taken to eat between meals except water.

The laws for fast and abstinence do not apply to people who are sick, or those who need to eat at certain times for health reasons (to take medicine, while expecting, etc.). Those who cannot fast are encouraged to do some other act of penance on those days.



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## ALMSGIVING

Almsgiving means making sacrifices of our time, our talent, and our financial resources to help those less fortunate than ourselves. It includes not only donations to charity, but also a commitment to help our neighbors both near and far through works of service. Running errands for homebound neighbors, visiting a friend in the hospital, and offering prayers for the dead can all be forms of almsgiving.



## PRAYER & LITURGY

### Celebration of Mass

**Monday – Saturday:** 8:00 AM

**Saturday Vigil:** 5 PM; **Sunday:** 8 AM, 10 AM, & 12 PM

### Confessions

Saturdays: 4:00 to 4:45 PM (in church)

Sundays: 11:00 – 11:30 AM (in church)

**March 10:** 3:30 – 4:30 PM & 6:30 – 8:00 PM (in church)

**March 11:** 10 AM – 3 PM (in church)

### Stations of the Cross

1:30 PM with school children: March 3, 10, 24, & 31

7 PM every Friday in Lent (*No Evening Stations on 3/10*)

### St. Joseph Triduum

March 12, 13, & 14 @ 7 PM

### Adoration of the Blessed Sacrament

1<sup>st</sup> Sunday of the Month from 1:00 – 4:00 PM

with Benediction and Evening Prayer @ 4 PM

Every Tuesday in the rectory chapel from 8:30 AM – 4:00 PM

Every Thursday in the rectory chapel from 4:00 – 8:00 PM

### **24 Hours for the Lord**

March 10 @ 4:00 PM – March 11 @ 4:00 PM

## FORMATION

### Weekly Scripture Study

Facilitated discussion of the Sunday Scriptures

**Wednesday mornings 9 - 10 AM** in person (rectory basement) & via Zoom. Contact [dre@satq1.org](mailto:dre@satq1.org) for details on how to join virtually.

### The Lenten Companion

A weekly series held in person in the chapel Feb. 21, 28, Mar 7, 15, 21, 28, & Apr 5 from 7:00 – 8:15 PM **OR** via Zoom on Wednesdays, beginning Mar 1 through 28 from 7:00 – 8:15 PM. To order the accompanying book visit:

<https://ascensionpress.com/collections/the-ascension-lenten-companion/products/the-ascension-lenten-companion-year-a-journal-2023>

### Fearless and Free

**Walking with Purpose**, a Catholic women's ministry that leads hearts to Christ where He is found in Scripture, will be conducting a six-week study on the Book of Ephesians. This transformative study, with an emphasis on healing and wholeness, will be conducted via Zoom on Thursdays beginning February 23 at 7 pm. Contact [mrsregan@satq1.org](mailto:mrsregan@satq1.org) for details on how to participate.

### Poor Man's Supper

Our Junior High Youth CSI Program will prepare a "Poor Man's Supper" featuring vegetable and clam chowder soups served nice and hot with bread from 6:00 – 8:00 PM in the auditorium on Fri, Mar 24. Proceeds from your free-will donations for the meal will be used to support St. John's Hospice and Caring for Friends. Join us for an evening of fellowship in support of those in need.

## ASH WEDNESDAY

### February 22

Ashes will be distributed at each liturgy below:

8:00 am Mass

9:00 am Mass with school children

3:30 pm Liturgy of the Word

7:00 pm Mass

## HOLY WEEK

### Palm Sunday – April 2

Palm will be blessed and distributed at all Masses, which follow the normal Sunday schedule.

### Confessions

Monday, April 3, 7:00 – 8:00 PM in church

### Living Stations

Tuesday, April 4 @ 9:30 AM & 7:00 PM

## EASTER TRIDUUM

### Holy Thursday – April 6

**Morning Prayer:** 8:00 am (No Daily Mass)

**Mass of the Lord's Supper:** 7:00 pm

Adoration at the Repository until 10:00 pm

**Night Prayer:** 9:45 pm

### Good Friday – April 7

**NO CONFESSIONS**

**Morning Prayer:** 8:00 am (No Daily Mass)

**Adoration at the Repository**

8:15 am – 3:00 pm

**The Seven Last Words**

Reflections on the seven last words of Christ given by the clergy of the parish.

12:00 – 1:15 PM

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

**Stations of the Cross:** 7:00 pm

### Holy Saturday – April 8

**Morning Prayer:** 8:00 am (No Daily Mass)

**Blessing of Easter Baskets:** 11:00 AM

**Easter Vigil:** 7:30 pm (No 5 PM Mass)

### Easter Sunday – April 9

Masses at 8 AM, 10 AM & 12 PM

