

# Lenten Liturgies

## Masses

Monday to Saturday	9.15am
Wednesday	7.00pm
Saturday	9.15am & 5.30pm (Vigil)
Sunday	8.30am, 10.30 am & 5.00pm

**Anointing of the Sick will take place at the 5.30pm Vigil & 10.30am Masses on the weekend of TBA**

## Reconciliation

Friday	3.00-4.00pm
Saturday	9.45am
Other times on request	
Rite II (communal celebration) TBA	



## Ash Wednesday - 05th March

Mass	9.15am and 7.00pm
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## Special Devotions during Lent:

**Exposition of the Blessed Sacrament** Fridays (after Mass) 9.45 - 4.00pm

**Stations of the Cross** each Wednesday (commencing 12th March) at 6.30pm followed by **Mass** (approximately 7.00pm)

## Palm Sunday - 13th April

Usual Mass Times 5.30pm Vigil, 8.30am, 10.30am & 5.00pm  
Palm procession at beginning of 10.30am Mass



**NOTE: No morning Mass on Holy Thursday, Good Friday or Holy Saturday**

## Holy Thursday - 17th April

Mass of the Lord's Supper  
7.00pm  
Watch and pray with the Lord to 10.00pm



## Good Friday - 18th April

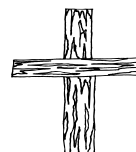
Stations of the Cross 10.00am  
Good Friday Liturgy 3.00pm



## Holy Saturday - 19th April

Morning Prayer 9.00am  
Easter Vigil 7.30pm

**Easter Sunday - 20th April**  
Masses 8.30 & 10.30am and 5.00pm



# The Season of LENT

“For by your gracious gift each year, your faithful await the sacred paschal feasts with joy of minds made pure, so that more eagerly intent on prayer and on the works of charity, and participating in the mysteries by which they have been reborn, they may be led to the fullness of grace that you bestow on your sons and daughters.” (Preface of Lent 1).

Beautiful words from the Preface of Lent. It is a beautiful reminder that the Lenten Season is an opportunity for us to renew our relationship with God. It is a time of preparation to celebrate the Easter Joy with minds made pure. Yes, it is a time of self-restraint, to “give something up” in sacrifice, but more so, a time to re-evaluate who we and where we are as Christians and strive to remember who and where we ought to be. Are we living the life Jesus calls us to live?

Ash Wednesday signals the beginning of Lent. How are we going to celebrate this special time individually and as a community at St Mary's? How are we going to make this different from the Ordinary Time? Year 2023, we saw conflicts among peoples, the rains, flooding, cyclone, forcing us to re-organize our way of living. How have we remained Christians and lived our faith and values amidst all these challenges? How have we reached out to others in need?

Here at St Mary's Parish Northcote, we invite our community to look into our own sinfulness and be sorry for our sins. Yes. We are encouraged to make an honest assessment of how we have hurt God, our brothers and sisters, our very self and our environment. Not only that we have not hurt anyone but what we have done to help our sisters and brothers? Saint Mary's is inviting you to participate in all our endeavours to extend a helping hand to those in need.

But there is more. Let us not forget the need to embrace the great mercy and forgiveness that God, through the suffering, death and resurrection of Our Lord Jesus Christ, is offering us. We recognise that although we have not been perfect in loving, love is alive in us. Jesus in His Resurrection has triumphed over sin!

During this season of Lent, let us grow more and more, as individuals, as families and as a community, to reflect the face of Christ in our words, our actions, with our very lives! To help us in this, the Church, through our parish, reminds and encourages us to PRAY more, to Sacrifice (fast) more and to GIVE (almsgiving) more. The three pillars of Lenten practice.

## PRAYER: Pray More!

Prayer is spending time with God. Take and make time to pray. Just like in any relationship, our connection with God will only grow if we invest time to spend with Him in prayer. We propose,

- Attend Mass more often, also on weekdays. We have an additional Mass every Wednesday of Lent.
- Pray with the family. Resources and links are available in our Diocesan website.
- Visit the church regularly, not only during Mass times.
- Set aside time each day to reflect on how your life is going and ask God for guidance.
- Pray with your children before/after meals and at bedtime.
- Read a Scripture verse every day.
- Pray the Rosary.
- Take the opportunity to receive the Sacrament of Reconciliation (Confession).
- Participate in our Parish Reconciliation Rite II Date/Time to be advised.
- Join in the other liturgical celebrations in the parish. Starting on 12th March, and on every



Wednesday leading to Holy Week, we invite you to join us at 6:30 pm to pray the Stations of the Cross followed by Mass at approximately 7:00 pm.

## **FASTING: Sacrifice more!**

Fasting is a beautiful way of emphasizing the sacrificial love we share with the Lord. In saying "NO" to ourselves, we recognise that the one we need is Jesus. Officially, the Church asks us to fast on Ash Wednesday and Good Friday, but we are encouraged to fast and to abstain as often as we can, especially on Fridays of Lent wherein we remember the Lord's sufferings for our salvation.

Adults over 60 years old and Children under 14 are not required to fast, but Lent is an excellent opportunity to teach our children the beauty of self-denial. Those who have medical conditions that might be aggravated because of fasting are also exempt.

Fasting and abstinence do not only mean denying ourselves of food but more in the spirit of sacrifice, of self-giving. Children are encouraged to think of others and to sacrifice time or even possessions e.g.

- Help with house chores.
- Volunteer to visit the elderly.
- Donate to the needy the toys or clothes they have outgrown.
- Try to be kind to a child in school who needs a friend.



## **ALMSGIVING: Give more! Offer ourselves more to others!**

Almsgiving is a way of remembering our task of sharing the bountiful goodness of God's love. We are challenged to share what we have, NOT only from our surplus/extra, but more so even from our want. Share with the poor.

- Continue to donate non-perishable food to the needy (collected on Sundays, placed in the basket in the narthex (foyer) of the church.)
- Donate to the Lenten appeal of "Caritas", our Catholic Charity. Envelopes are available and could be placed in our Sunday collection.
- Children may wish to share a portion of their allowance to be given to the poor.
- Look at how you can participate in developing our Economy of Charity Project. For more information send an email to our parish office.
- Donate time to support a person in need or for a good cause.

This could also be linked with fasting. If you decide to give up something for Lent, like coffee or soda, then set aside the money you would have spent for the coffee or soda. At the end of Lent, give whatever you have saved because of your sacrifice to a worthy charity or to a person in need.

## **Other Suggestions**

### **Lenten Reflection Groups - "The Seven Last Words"**

Why not join our parish (weekly) Lenten Reflection Groups, Thursday mornings 10.15 to 11.15am. Sessions will be 06th, 13th, 20th & 27th March & on 03rd, 10th, April. The morning sessions will be held in a Foley Centre meeting room, evening. Enquiries phone 480 7357.

### **Learn about Lent:**

Here is a few Websites that offer prayers, reflections and suggestions for families during Lent.

**www.sacredspace.ie/ recommended**  
*(Prayers and reflections)*



## **Lenten Food**

It's hard to avoid the temptation of Easter Eggs and Hot Cross buns when they go on sale so early, but these foods have significance if eaten at the right time.

- Hot Cross buns - Good Friday.  
Help children to make Hot Cross buns and discuss with them the significance of the Cross and the events of Good Friday.
- Easter Eggs - Easter - to celebrate Christ's resurrection and the new life His rising gives to us.

## **Rite of Christian Initiation of Adults (R.C.I.A)**

We are fortunate to have people preparing to be initiated into the Catholic church at the Easter Vigil. On the First Sunday of Lent (09th March) they will be 'sent out' during Mass, to gather at the Cathedral with other catechumens and candidates from around the diocese for a blessing by the Bishop. On the 3rd, 4th and 5th Sundays of Lent the 'scrutinies' or prayers for their enlightenment and protection against evil, will take place. Those preparing to be received into the church remind us of the faith which God has given us and we, sometimes, so easily take for granted.

