

Lent as a Penitential Season

Our Lady of the Assumption Church

Bloomingsburg, New York

During the Season of Lent, the Church urges all the Faithful to reflect a spirit in penance in their daily life through performing acts of fasting and abstinence.

"FASTING" requires that only one full meal be taken per day. Two other smaller meals may be taken during the day to maintain physical strength, but these two meals together should not equal a full meal in quantity. Fasting obliges all those who have reached the age of 18 and continues to oblige until age 59. Those not specifically obliged to fast are encouraged to join in the discipline of fasting to the extent that they are able.

ABSTINENCE prohibits individuals from eating meat on a particular day. Abstinence obliges all those who have reached the age of 14 and continues to oblige throughout their entire life. Those not specifically obliged to abstain from eating meat are encouraged to join in this discipline to the extent they are able.

Ash Wednesday and Good Friday are days of fast and abstinence.

Fridays in Lent are days of abstinence.

Our 2018 Lenten Season

Ash Wednesday, February 14

Ash Wednesday marks the beginning of the Season of Lent.

This is not a Holy Day of Obligation but a day of **fasting and abstinence** from meat. (*see above*)

Ashes will be distributed at the 9:00 am and 7:00 pm Masses.

Both Masses will take place in the Church

Stations of the Cross - Fridays at 7:00 pm

February 16 ~ February 23 ~ March 2 ~ March 16

Joint Penance Service - Friday, March 9

7:00 pm at Our Lady of the Assumption – joined by St. Paul's & OLMC for R

Tenebrae - Friday, March 23

7:00 pm – Psalms, Scripture, Reflection & Song led by Bette Bonitz, Choir and

Palm Sunday of the Passion of our Lord - March 25

Vigil Mass – Saturday, March 24 at 5:30 pm

Sunday Mass at 9:30 am



Lenten Reconciliation Monday - Monday, March 26

Reconciliation will be available at Our Lady of Mount Carmel Church in Middletown from 4:00 to 8:00 PM, and at St. Paul's Church in Bullville from 4:00 to 8:00 PM.
(There will be no Reconciliation held on this date at Our Lady of the Assumption.)

Holy Thursday, March 29

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

The Blessed Sacrament will be transferred to "The Garden", located in the parish center lower level, immediately following Mass, where it will remain available for Adoration through 12:00 Midnight, then from 9:00 am to Noon on Good Friday morning.

Good Friday, March 30

- Adoration of the Blessed Sacrament in "The Garden" - 9:00 am to 12 Noon
- Stations of the Cross in the Church at 3:00 pm
- Veneration of the Cross & The Lord's Passion with Communion at 7:00 pm

The Easter Vigil

Saturday, March 31 at 9:00 pm

Easter Morning

Sunday, April 1 - Mass at 9:30 am

