

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 2017 Lenten Season

Ash Wednesday, March 1

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

Joint Penance Service - Friday, March 10

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

Stations of the Cross - Fridays at 7:00 pm

March 3 ~ March 17 ~ March 24 ~ March 31

Tenebrae - Friday, April 7

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

Palm Sunday of the Passion of our Lord - April 9

Vigil Mass – Saturday, April 8 at 5:30 pm

Sunday Mass at 9:30 am



Lenten Reconciliation Monday - Monday, April 10

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 3:00 to 8:00 PM.
(There will be no Reconciliation held on this date at Our Lady of the Assumption.)

Holy Thursday, April 13

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

Good Friday, April 14

Stations of the Cross at 3:00 pm

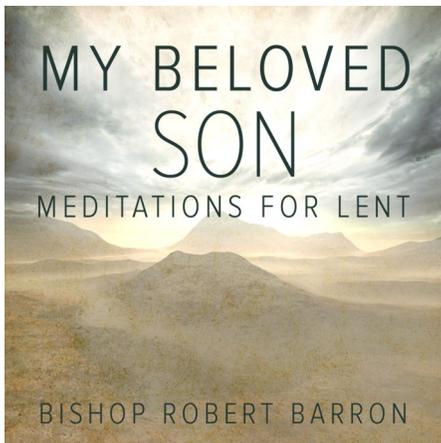
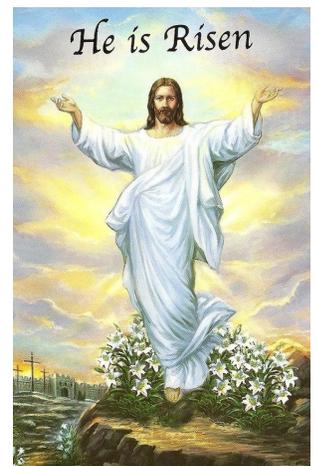
Veneration of the Cross & The Lord's Passion with Communion at 7:00 pm

The Easter Vigil

Saturday, April 15 at **8:30** pm

Easter Morning

Sunday, April 16 - Mass at 9:30 am



A Lenten Resource

My Beloved Son Meditations for Lent

Bishop Robert Barron

Another wonderful Lenten resource is Bishop Robert Barron's meditations available on the **formed.org** website. Open the home page, scroll down to "recently added" and you'll see the icon. Click on it and you're all set. If it's your first time on the website, our parish code for registering is **K8TFMK**.

