

# 2022 Lenten Season

## Our Lady of the Assumption Church

Bloomington, New York

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

**Fridays in Lent are days of abstinence.**

## Lent



## Masses & Activities

*Stations of the Cross - Certain Fridays at 7:00 pm*

March 4 ~ March 11 ~ March 18 ~ March 25 ~ April 1



*Tenebrae - Friday, April 8 - 7:00 pm*

Psalms, Scripture, Reflection & Song led by Bette Bonitz, Choir & Lectors

## Holy Week



*Palm Sunday of the Passion of our Lord*

Vigil Mass ~ Saturday, April 9 at 5:30 pm

Sunday Mass ~ April 10 at 9:30 am

Turn Page for Additional Information



## *Lenten Reconciliation Monday - Monday, April 11*

Reconciliation will be available at Our Lady of Mount Carmel Church in Middletown from 3:00 to 8:00 pm.

(There will be no Reconciliation held on this date at Our Lady of the Assumption or St. Paul's.)

## *Holy Thursday, April 14*

**Mass of the Lord's Supper & Washing of Feet at 7:00 pm**

Immediately following Mass, the Blessed Sacrament will be transferred to "The Garden", located in the parish center lower level, where it will remain available for Adoration through 11:00 PM.



## *Good Friday, April 15*

- **Stations of the Cross at 3:00 pm**
- **Veneration of the Cross & The Lord's Passion with Communion at 7:00 pm**

## *Easter Vigil - Saturday, April 16 ~ 8:30 pm*

## *Easter Morning - Sunday, April 17 ~ 9:30 am*

