

Lent



2023 at 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.

Masses & Activities

Ash Wednesday ~ February 22

Mass with Distribution of Ashes at 9:00 AM and 7 PM

"No Greater Love" ~ Sunday, March 5 at 4 PM

The Passion of Christ in drama, song & dance presented by the Xavier Company. The play will be followed by a light supper, and an opportunity to meet the cast, musical director and performance director. *Free Will Offering*



the *X*avier Company

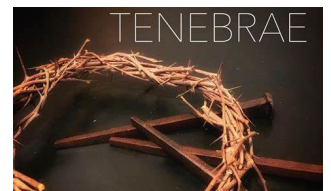


Stations of the Cross ~ Certain Fridays at 7 PM

February 24 and March 3 ~ 10 ~ 17 ~ 24

Tenebrae ~ Friday, March 31 ~ 7:00 PM

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



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Holy Week ~ April 2-9

Palm Sunday of the Passion of our Lord

Vigil Mass ~ Saturday, April 1 at 5:30 PM

Sunday Mass ~ April 2 at 9:30 AM

Lenten Reconciliation Monday - Monday, April 3

Reconciliation will be available at Our Lady of Mount Carmel Church in Middletown from 2:00 to 4:00 PM and 6:00 to 9:00 PM.

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

Holy Thursday, April 6

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 10:00 PM.



Good Friday, April 7

- ◆ 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 8 ~ 8:30 PM

Easter Morning - Sunday, April 9 ~ 9:30 AM

