Dear Brothers and Sisters, Lent is a new beginning, a path leading to the certain goal of Easter, Christ’s victory over death. This season urgently calls us to conversion. Christians are asked to return to God “with all their hearts” (Joel 2:12), to refuse to settle for mediocrity and to grow in friendship with the Lord. Jesus is the faithful friend who never abandons us. Even when we sin, he patiently awaits our return; by that patient expectation, he shows us his readiness to forgive.

OBLIGATORY DUTIES FOR CATHOLICS DURING LENT Fasting & Abstinence: Our obligatory duty on Ash Wednesday and Good Friday. Abstinence: Do not eat meat on the Fridays of Lent. Treat it as a day of penance. Confession: Catholics are obligated to fulfill their Easter Duty by receiving Holy Communion at least once during the Easter season (from Easter Sunday to Pentecost), therefore the Sacrament of Penance for any mortal sins is required prior to this, and is strongly recommended as a Lenten penitential practice for any venial sins prior to the Easter feast. Parish Confessions with additional Priests on Thursday, at 4 pm at St. Josaphat’s, Resurrection, and Queen of Martyrs and at 6:30 pm at OLHC Church.

BEST LENTEN PRACTICES The entire season of Lent is a penitential season. The liturgical color for Lent is purple (just like Advent) to show that it is a special time of penance. Taking up additional practices, such as self-imposed fasting outside of the obligatory times, Lenten devotions and spiritual reading, Stations of the Cross, a daily rosary, serving the poor, etc. STATIONS OF THE CROSS EVERY FRIDAY DURING LENT AFTER THE 12:00 PM MASS AT ST. JOSAPHAT AND AT 6:30 PM using the following schedule:

February 23 - Resurrection
March 1 - Queen of Martyrs
March 8 - OLHC Church
March 15 - Resurrection
March 22 - Queen of Martyrs

Attend Mass on Holy Thursday to commemorate the institution of the Eucharist, called the “Mass of the Lord's Supper.”

At 3 o'clock on Good Friday, pause and make a special effort to keep this hour sacred. This is the hour of Christ's death on the cross, after which redemption for mankind was completed. Praying the Divine Mercy chaplet is ideal at this time.

If possible, try to clear your schedule in order to participate in the traditional Veneration of the Cross service on Good Friday.

Continue your Good Friday fast up to the start of the Easter Vigil to correspond to the entire time from Christ's death on the cross until his resurrection on Easter Sunday.

Attend the Easter Vigil at sundown on Holy Saturday to welcome the Easter Sunday feast. Pray for those being received into full communion with the Catholic Church at this Mass, that they will remain faithful to Christ and his Church, grow in holiness, and become saints.
On Easter Sunday and throughout the Easter season, fully celebrate the joy of Christ's Resurrection and the conquering of sin and death he merited for us. Greet one another with the Paschal Greeting/Easter Acclamation, "Christ is risen!" and the response, "He is risen indeed!"