

Saint Francis de Sales Parish: United by the Most Blessed Sacrament

Fast & Abstinence & Other Acts of Penance for Lent 2010

The Bishops of the United States prescribe, as minimal obligation, that all persons who are fourteen years of age and older are bound to abstain from eating meat on Ash Wednesday, on all the Fridays of Lent and Good Friday (**March 19th is the Feast of St. Joseph and meat is permitted on this Friday**). Further, all persons eighteen years of age and older, up to and including their fifty-ninth birthday, are bound to fast by limiting themselves to a single full meal on Ash Wednesday and on Good Friday, while the other two meals on those days are to be light.

All the faithful are encouraged, when possible, to participate at Mass and to receive the Holy Eucharist daily, to celebrate the Sacrament of Penance, to undertake spiritual reading, especially the study of the Sacred Scriptures, and to participate in parish Lenten devotions as well as Lenten education programs. Adoration of the Blessed Sacrament is especially recommended.

A Day of Prayer, Reflection and Mediation: Listening to God

Saturday, February 27th – 11:30 AM – 4:00 PM in Church. You are invited to participate in a parish day of prayer and reflection – a day to slow down long enough to spend some time listening to God through selected biblical readings, sharing your reflections in small groups. For more information, please look for the flyer in the back of the Church.

Caritas In Veritate: An Encyclical for our Troubled Times – Monday, March 1st at 7:30 PM at the Convent of the Religious of the Assumption Sisters (1001 S. 47th Street). Dr. Gerard Beyer, Professor of Theology at St. Joseph's University will discuss Pope Benedict's timely encyclical on the global economy, including comments on the Pope's crucial wisdom and prudent guidelines for regulating market capitalism.

Lenten Sung Prayer – March 2nd – 7:30 PM – 8:15 PM with Stefan Waligur in our Upper Church.

Operation Rice Bowl

"Rice Bowl" containers are available at the doors of the church; take one home and place it on the table. Substitute a simple meal one day a week and place the savings from this sacrifice in the "Rice Bowl" each week. At the end of Lent, drop your contribution in the collection at the Mass of the Lord's Supper on Holy Thursday evening. This year's "Operation Rice Bowl" will help assist people here in our own community; half of all monies collected will go to the De Sales Parish Outreach Center at 56th Street and Chester Avenue. In addition to cash donations, all are invited to bring non-perishable food items to church each week of Lent and place donations in the baskets at the church entrances; all food collected will be distributed by the Sisters at the De Sales Parish Outreach Center.

Lenten Food Drive

You are asked to please bring a bag of non-perishable food items with you to Mass and leave them in the back of the Church. The food collected will be given to our Outreach Center on Chester Avenue for our needy brothers and sisters in the community. The food drive begins on Wednesday, February 17th and concludes on Sunday, March 28th.

Lenten Sacrificial Folders

In addition to prayer and fasting, we are called to give 'alms.' All households are encouraged to participate in this Lenten practice and to place your folders in the collection basket on Easter Sunday.

Stations of the Cross with Benediction

Wednesdays at 7 PM: 2/24, 3/3, 3/10, 3/17, 3/24.

Wednesdays with the De Sales School Community at 1 PM: 2/24, 3/3, 3/10, 3/17

Vietnamese Community: Fridays at 7 PM in Lower Church: 2/19, 2/26, 3/5, 3/12, 3/19, 3/26

Confessions

- Wednesdays of Lent (except March 31): following 7 PM Stations
- Saturdays of Lent: 4-4:30 PM
- Monday, March 22nd at 8:30 AM with the De Sales School Community
- **Monday, March 22nd at 7:00 PM – Parish Lenten Penance Service**
- Holy Saturday, April 3rd: 10-11 AM only
- [Vietnamese Community: Friday, March 19 and Saturday, March 20 at 7 PM in Lower Church]

