

Lent



LITURGIES on ASH WEDNESDAY, February 26, 2020

6:30 A.M.	St. James Church
12:10 P.M.	St. Ambrose Church
7:00 P.M.	St. John the Evangelist Church

FASTING AND ABSTINENCE

Ash Wednesday and Good Friday are days of both fast and abstinence. In the United States, all Fridays of Lent are days of abstinence.

The law of **abstinence** obliges those 14 years of age and older not to eat meat. Abstinence from meats is to be observed by all Catholics 14 years old and older on Ash Wednesday and on all the Fridays of Lent.

The law of **fast** obliges all those from ages 18 through the completion of their 59th birthday to refrain from eating between meals and to limit their eating to one full meal and two lighter meals for the day.

Fasting is to be observed on Ash Wednesday and Good Friday by all Catholics who are between 18 years of age and the completion of their 59th birthday. Those who are bound by this may take only one full meal. Two smaller meals are permitted if necessary to maintain strength according to one's needs, but eating solid foods between meals is not permitted.



Mass Times

PEACE OF CHRIST

DAILY MASS SCHEDULE

Monday	7:45 am	St. James
Tuesday	9:15 am	St. Ambrose
Wednesday	7:45 am	St. James
	12:10 am.	St. John
Thursday	7:00 am	St. John
	9:15 am	St. Ambrose
Friday	12:15 pm	St. Ambrose

NEIGHBORING CHURCHES

DAILY MASS SCHEDULE

Monday through Friday

6:30 am	Christ the King (Mon., Tues., Fri.)
8:00 am	St. Thomas More (M-F)
8:15 am	St. Rita's in Webster (M, T, Th., F)
8:15 am	Annunciation (M-F)
8:30 am	Our Lady of Lourdes (M, T, Th., F)
	Communion Service on Wednesday
8:30 am	St. Cecilia (W, Th, F, Sat)
9:00 am	Holy Spirit (M-F)
11:30 am	St. Margaret Mary (M-Th)

St. Paul's in Webster

8:30 am	Daily Mass (Mon. thru Thurs.)
8:30 am	Communion Service on Friday

The Sacrament of Penance is a channel of grace to help us avoid sin in the future and grow in grace and virtue. To prepare for the Easter, the Diocese will again offer a **Day of Penance on Wednesday, March 13, from 11:30 am to 6:30 pm at St. Ambrose Church.**

For details and ways to prepare for the Sacrament, go to <http://forgiven.dor.org>.

The Sacrament of Penance is offered weekly:

Saturday: 3:45 - 4:15 pm	St. James (not 4/11—Holy Saturday)
Sunday: 8:15 - 8:45 am	St. John
4:15 - 4:45 pm	St. Ambrose (not 4/12—Easter Sunday)

or by appointment.

STATIONS OF THE CROSS

The Stations of the Cross began as the practice of pious pilgrims to Jerusalem who would retrace the final journey of Jesus Christ to Calvary. Later, for the many who wanted to pass along the same route, but could not make the trip to Jerusalem, a practice developed that eventually took the form of the fourteen stations currently found in almost every church.

Stations of the Cross will be held :

Tuesdays starting March 3—April 7 at 6:30 pm at St. John the Evangelist,

Fridays starting March 6—April 3 after the 12:15 Mass at St. Ambrose.

Good Friday April 10 at noon at St. James.



Come travel the journey that Jesus made to Calvary with us.

LENTEN ALMSGIVING OPPORTUNITIES

This year we are encouraging the following options for almsgiving during Lent:

OPERATION RICE BOWL

Our parish will be participating in Operation Rice Bowl, Catholic Relief Services' Lenten program, as a way to encounter Jesus through others, especially through the most vulnerable in our world. Rice Bowls are available at all of the worship sites this weekend. Please be sure to take home a Rice Bowl and use this fun and easy resource to deepen your family's Lenten experience and make a difference in the lives of the poor.

AID TO STARVING ENVELOPES — these envelopes can be found

in your church envelope packet. We use these donations to support

St. Andrew's Cupboard and other local food cupboards.

GROCERY COLLECTIONS

All churches in the Peace of Christ Parish collect non-perishable groceries on a regular basis. Groceries can be left in any of the entrances of the churches. Volunteers from the parish deliver the groceries to St. Andrew's Area Food Cupboard, Dimitri House and Blessed Sacrament Soup Kitchen.

St. Ambrose - Every Weekend

St. John the Evangelist - First Sunday of each month.

St. James-First Weekend of each month.

Annual Lenten Soup Supper

Monday March 23, 2020

6:00 PM

Our guest speaker will be Rev. Peter Peters, a retired Episcopal Priest. He has been active in (REACH) Rochester Engaging in Action for the Chronically

Homeless.

We request that parishioners bring a pot of soup, bread, fruit or dessert.

Sign up sheets will be in each Church site.



A LITTLE EXTRA.....

With the desire to do "a little extra" in mind, our parish will be celebrating Evening Prayer (**Vespers**) on the **Thursdays during Lent (March 3, 12, 19, 26 and April 2)**, at **7 PM in St. Ambrose Church**. How much is a little? Just a half-hour: 30 minutes of hymns and psalms, Scripture and prayers of petition...a peaceful ending to the day of work and responsibility, the way the Church all over the world bids the faithful to their evening rest.

Also Morning Prayer (**Lauds**) on **Holy Thursday, Good Friday and Holy Saturday (April 9, 10 & 11)** at **9:00 AM at St. John the Evangelist Church**, and Night Prayer (**Compline**) on **Holy Thursday (April 9)** at **10:30 PM at St. James Church**.



Pope Francis' Words

Do you want to fast this Lent?

- ◆ Fast from hurting words and say kind words.
- ◆ Fast from sadness and be filled with gratitude.
- ◆ Fast from anger and be filled with patience.
- ◆ Fast from pessimism and be filled with hope.
- ◆ Fast from worries and trust in God.
- ◆ Fast from complaints and contemplate simplicity.
- ◆ Fast from pressures and be prayerful.
- ◆ Fast from bitterness and fill your heart with joy.
- ◆ Fast from selfishness and be compassionate to others.
- ◆ Fast from grudges and be reconciled.
- ◆ Fast from words and be silent so you can listen.