

LENTEN OBSERVANCE 2010

February 15 (Ash Monday) and April 2 (Great Friday) are days of abstinence for all Catholics over the age of 14 years. On these days, fasting and abstinence are both obligatory for those between the ages of 18 - 59 years. Abstinence means no eating meat. Fasting means no food or beverage (except for water) between 12 Midnight to 12 Noon. No Catholic may lightly excuse his/herself from this obligation.

All other Fridays of Lent are days of abstinence from meat for everyone aged 14 and older. Fasting from 12 Midnight to 12 Noon daily is optional. Here again, Catholics may not lightly excuse themselves from this observance. However, if there is a serious health issue, or if strenuous physical work is required, then this obligation would not apply.

The season of Lent is a time of prayer, penance, and change of heart; turning from sin and facing the Lord Jesus. Indeed, this Lenten Season is a time of deep conversion and deep prayer.

SEASON OF LENT SCHEDULE:

Feb. 15	<i>Ash Monday</i>	Holy Mysteries and Distribution of Ashes – 10 a.m.
Feb. 22 Mar. 22	<i>Mondays</i>	Oblates of Jesus, Mary and Joseph (third Monday of the month)
Ongoing	<i>Tuesdays</i>	Scripture Classes at St. Sharbel – 6:30 p.m. <i>** No prayer group meeting during Holy Week. **</i>
Feb. 17	<i>Wednesdays</i>	Day of Recollection at OLP Retreat House – 9 a.m. to 2 p.m. To make reservations to attend call: 503-649-7127
Feb. 24 Mar. 3, 10, 17, 24, 31		Scripture Classes at Deacon Tony's home – 7 p.m. <i>** No prayer group meeting during Holy Week. **</i>
Feb. 19, 26 Mar. 5, 12, 19, 26	<i>Fridays</i>	Stations of the Cross – 7 p.m. Followed by the Benediction of the Holy Cross (Zeyeh Essaleeb) <i>** Followed by a humble meal provided by parishioners. **</i>
Feb. 6, 20 Mar. 6, 20	<i>Saturdays</i>	Crossroads at Claude & Gennifer Karam's home – 6 p.m. (every other week)
Ongoing	<i>Sundays</i>	Adoration to the Blessed Sacrament – 9:00 a.m.

NOTE: Confessions are heard on Sunday before or after the Holy Mysteries, or by appointment.

HOLY WEEK SCHEDULE:

March 28 <i>Palm Sunday</i>	Hosanna Sunday (Shaaneenee) – 10:30 a.m. Procession to follow with the distribution of the Palms. <i>Confessions will be heard before and after the Holy Mysteries.</i> <i>**Breakfast and egg hunt after mass.**</i>
March 29 & 30 <i>Holy Monday & Tuesday</i>	Holy Mysteries – 7 p.m. Followed by the Benediction of the Holy Cross (Zeyeh Essaleeb). <i>Confessions will be heard after the Holy Mysteries.</i>
March 31 <i>Holy Wednesday</i>	Lighting of the Lamps, Holy Mysteries – 7 p.m. Followed by the Benediction of the Holy Cross (Zeyeh Essaleeb). <i>Confessions will be heard after the Holy Mysteries.</i>
April 1 <i>Holy Thursday</i>	Holy Mysteries – 7 p.m. Washing of the Apostles Feet; Procession with the Blessed Sacrament; Repose of the Blessed Sacrament at side altar; Rosary. Signing of the Chalice and Stripping of the Altars – 10 p.m. <i>** No Men's Prayer Group Meeting. **</i>
April 2 <i>Great Friday</i>	Burial Procession (Zeeyeh) – 7 p.m. Commemoration of the Burial of our Lord. <i>** Don't forget to bring flowers.**</i>
April 3 <i>Pascha Eve</i>	Solemn Holy Mysteries – 7:30 p.m. Ceremony of Peace and Procession
April 4 <i>Easter Sunday</i>	Sunday of the Glorious Resurrection of our Lord – 10:30 a.m.

PLEASE NOTE: *Confessions will NOT be heard on Holy Thursday, Great Friday & Pascha Eve.*