

# Saint Barnabas Lenten Guide 2018

February 14<sup>th</sup> – March 31<sup>st</sup>



PLANNING  
YOUR LENT

## Our Triumphant Risen Savior

### *Our Triumphant Risen Savior*

*This is the day the Lord has made, let us truly rejoice and be glad  
(Psalm 11)*

**Bear Fruit Through Practicing works of Mercy...**

#### **SPIRITUAL**

1. Instruct the ignorant
2. Counsel the doubtful
3. Admonish the sinner
4. Bear wrongs patiently
5. Forgive offenses
6. Comfort the afflicted
7. Pray for the living and the dead

#### **CORPORAL**

1. Feed the hungry
2. Give drink to the thirsty
3. Clothe the naked
4. Visit the sick
5. Shelter the homeless
6. Ransom the captive
7. Bury the dead

#### **Ash Wednesday, February 14** – our 40 day pilgrimage begins

**Ashes will be distributed at:**

|                                   |                                  |
|-----------------------------------|----------------------------------|
| 6:30am Mass - Main Church         | 12:00pm Mass High School Chapel  |
| 8:30am Mass - Main Church         | 5:00pm (Service) Main Church     |
| 10:00am Mass - High School Chapel | 7:00pm Mass - High School Chapel |

#### **Weekdays during Lent**

**Daily Morning Masses** 6:30am, & 8:30am  
(Saturdays 8:30am & 12noon)

**Daily Evening Masses** Tuesday, Wednesday, Thursday – 7:00pm (MC)

**Confessions** Daily after the 8:30am Mass Saturday after the 8:30am  
Saturday at 4:00pm to 5:00pm

**Confessions Holy Week** – Mon. Tues. Wed. after 8:30am Mass

**Reconciliation Monday** - March 26<sup>th</sup> from 4:00pm – 8:00pm Main Church

No Confessions - Holy Thursday, Good Friday, Holy Saturday

**Adoration** Every Friday - 9:00am – 8:00pm

**Benediction** Every Friday at 7:30pm followed by **Stations of the Cross**

**Stations Of The Cross** Family Centered Stations, Good Friday at 1:00pm



## Spiritual Renewal is based on –



### True Sorrow for Sins

You must acknowledge your sins and resolve to turn back to God. Recall how Christ suffered for your sins

Seek forgiveness for your sins and take part in the Sacrament of Reconciliation.

Pray for help to amend your life.

### Spiritual Growth

Strive to advance toward holiness. Acknowledge your total reliance on God. Cultivate Christian virtues. Reflect on the real meaning of the baptism commitment.

Fulfill this pledge of faith in your everyday life.

Try to be a reflection of God's goodness.

### Penance

Penance encourages spiritual growth. It is really a return to God, a conversion of mind and heart.

Do penance to renew your life as a Christian.

Follow or adapt traditional Lenten practices such as fasting and self-denial.

## LENTEN SERIES

### Holy Hour of Reparation – Mondays during Lent

*Theme: Reparation for sins against charity*



**Date:** Mondays February 19<sup>th</sup> and 26<sup>th</sup>,  
Mondays, March 5<sup>th</sup>, 12<sup>th</sup> and 19<sup>th</sup>

**Time:** 7:00pm – 8:00pm

**Location:** Main Church

THE SACRED HEART OF JESUS . . . began this devotion of the Holy Hour of Reparation, when He entered the Garden of Gethsemane on Mount Olivet. He said to His Apostles: "My soul is sorrowful even unto death. Stay ye here and watch with Me." Later He said to them: "Could ye not watch one hour with Me? Watch and pray, that ye enter not into temptation." [Matt. 26:38, 40, 41]

As Jesus spoke to His Apostles, so He pleads with us to stay and watch and pray with Him. His Sacred Heart is filled with sadness, because so many doubt Him, despise Him, insult Him, ridicule Him, spit upon Him, slap Him, accuse Him, condemn Him.

In the Sacrament of His Love, so many forget Him. Every mortal sin brings down the terrible scourges on His Sacred Body, presses the sharp thorns into His Sacred Head, and hammers the cruel nails into His Sacred Hands and Feet.

*The ingratitude of mankind continually pierces His Sacred Heart.*

### Easter Duty

Catholics are bound by obligation to receive Holy Communion during Easter Season (a minimal requirement to be considered a practicing Catholic). Easter Duty reaches from Ash Wednesday to Pentecost Sunday. Catholics are consequently bound to confess mortal sins before receiving Holy Communion.



### Fasting

Fasting is limiting yourself to one full meal a day. Other meals during the day should not equal the one full meal. Restraining from unnecessary food should be exercised. Fasting is required, especially on Ash Wednesday and Good Friday for those between the ages of 18 and 59.

### Abstinence

Abstinence is refraining from meat and expensive foods on Ash Wednesday and all Fridays in Lent, as well as giving up a favorite food for the good of a deprived person.

### Almsgiving

Our traditional mite box is a sort of piggy bank to collect monies saved from fast and abstinence. These funds will be collected at the end of Lent and dedicated to our parish poor box.





## PARISH SACRIFICE



In October last year, Cardinal Dolan publically announced the *Renew + Rebuild* capital campaign, a \$200 million archdiocesan-wide initiative that greatly benefits the parishes and ministries of the Archdiocese of New York. Due to the hard work and dedication of pastors, lay leaders, and parishioners, the campaign has raised over \$116 million thus far. These funds will have a huge impact across the archdiocese, particularly for parish projects and capital needs.

*You will be hearing more about the Renew + Rebuild campaign at our parish in the coming months*

### LECTIO DIVINA

Lectio Divina, praying with scripture, is a terrific way to dive into the Word of God and discover how the Holy Spirit guides us on our spiritual journey. No previous experience required. Everyone is invited.

Join us for a Session on Sunday morning from 9-10:15am in the Considine Center. Lenten Monday sessions begin on February 26, 9:15 to 10:30 am.

### LENTEN VESPERS



#### Sundays during Lent

February 18<sup>th</sup> & 25<sup>th</sup>  
March 4<sup>th</sup>, 11<sup>th</sup>, & 18<sup>th</sup>  
4:00pm in the Main Church

### LENTEN CRAFTS FOR CHILDREN

Sunday, March 11<sup>th</sup>

following the 10:30am Mass in the High School Cafeteria  
*Light Refreshments will be served*



### RECONCILIATION MONDAY

Monday, March 26<sup>th</sup>

4:00pm – 8:00pm  
in the Main Church



### Holy Week –

Palm Sunday March 25<sup>th</sup> to Easter Sunday, April 1<sup>st</sup>

*Holy Thursday, Good Friday, Holy Saturday*

*Schedules will appear in Palm Sunday Bulletin*



## A WONDERFUL HOLY WEEK TRIDUUM



Holy Thursday

Low Mass 8:30am and 12noon

Good Friday

7:00pm Mass of Last Supper

Holy Saturday

1:00pm Family Stations

Easter Sunday

Sacred Liturgy at 3:00pm and 7:00pm

Easter Vigil at 7:30pm

*Schedule will be in bulletin*

### St. Patrick's Cathedral Chrism Mass

Tuesday, March 27<sup>th</sup> at 4:00pm

*(No 7:00pm Mass at the parish on that day)*



### Metro Way of the Cross NYC

Good Friday – March 30<sup>th</sup>

It begins at 47<sup>th</sup> Street & First Avenue  
(Dag Hammarskjold Plaza)

to 42<sup>nd</sup> Street & 9<sup>th</sup> Avenue at 8:30am to 12noon.  
For information call 212 420-0250.

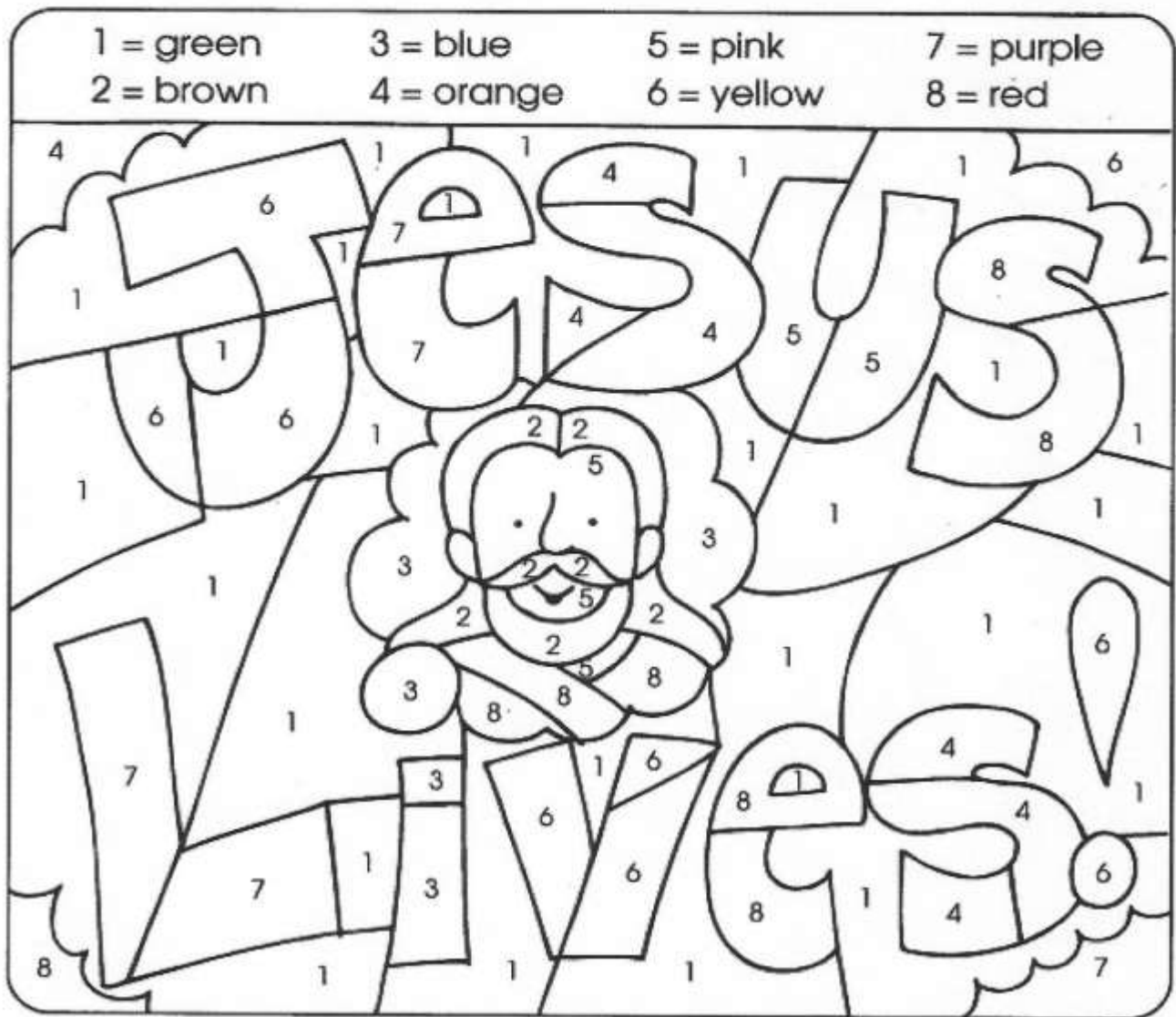
EVERY SUNDAY IN LENT IS A "LITTLE" EASTER. THEREFORE LENTEN PRACTICES MAY BE SUSPENDED ON SUNDAYS IN A SPIRIT OF ANTICIPATED EASTER JOY. FURTHERMORE, THE 40 DAYS OF LENT DO NOT INCLUDE SUNDAYS

# Jesus Is Alive!

(John 20)

At the empty tomb, Mary Magdalene talked to a man. She thought he was a gardener. But then she saw that the man was really Jesus! He had risen from the dead and was alive again!

Color the picture using the code. Cut it out and tape it up so you can be reminded of this wonderful truth!



**Lent begins 6 weeks before Easter**