

# LENT 2019



## ASH WEDNESDAY (March 6 SCHEDULE)

7:15 am ~ Mass at St. Mary's  
12:10 pm ~ Mass at St. Mary's  
4:00 pm ~ Ashes distributed at SUNY Canton's Campus Center (Conference Suite 218-220)  
5:30pm ~ Mass at St. Mary's (with Stations at 5:00pm)  
8:00 pm ~ Ashes distributed at SLU's Gunnison Chapel

### Surrounding Parishes

St. Mary's Cathedral, Ogdensburg ~ Noon PM  
Notre Dame, Ogdensburg ~ 6:45 & 5:00 PM  
St. Patrick's, Colton ~ 8:00 AM  
St. Mary's, Potsdam ~ Noon & 5:00 PM  
St. Raphael's, Heuvelton ~ 7:00 AM  
St. John the Baptist, Madrid ~ 5:15 PM  
St. Mary's, Waddington ~ 8:30 AM & 6:30 PM

### MASS JOURNALS FOR LENT

Bring your journal to Church with you each Sunday. Try to arrive a few minutes early for Mass. Place this prayer request before God: **Lord, show me one way in this Mass that I can become a-better-version-of-myself this week!** Then listen to the music, the readings, the prayers of the Mass, the homily, the quiet of your heart. When that one thing strikes you, write it in your Mass Journal. It can be one of the books we distributed, your own paper journal, or even your phone (on airplane mode, please).  
Tip: Please write your name in your journal.

### STATIONS OF THE CROSS

**Fridays** ~ 5:10 pm ~ or on your own at any time  
~ with the school Fridays at 8:00AM

### AN OPEN DOOR for ALL – 6:00 am-10:00pm

As we did last year, St. Mary's Church front doors will be open from 6:00 am-10:00 pm every day of Lent March 6 - April 21. This is an effort to encourage people to stop by and pray. Many unengaged Catholics feel that going to Mass is confusing or too big of a step in their spiritual life. We would like to have our doors open and lights-on for people to stop by for a short visit, read a book, study their bibles or just relax in the Lord's presence. We believe this will lead to more people coming Home to the sacraments and communion with Christ and His Church. Please stop by yourself, **invite others** to do the same and pray that many will take advantage of this opportunity.

### The Word on Fire's "The Mass"

Thursdays at 6:45 pm  
Walk through the Liturgy of the Mass with Bishop Barron and be transformed through insights on this most privileged and intimate encounter with our Lord Jesus Christ. See how the Mass brings us out of the fallen world and into the heavenly realm, how it resonates with a call from God and a response from his people, the Church, and, most importantly, how we are intimately joined with the Body, Blood, Soul, and Divinity of Jesus through the Holy Eucharist. Scholarships are available.

### PRINTED RESOURCE

~Not by Bread Alone 2019  
~Word Among Us  
~Catholic Devotion  
*Available at the doors of the church*

### ONLINE PROGRAMS

#### Seven Deadly Sins, Seven Lively Virtues

Join our parish in reflecting on Grace in response to the darkness of the world. Each Thursday evening you'll receive an email or text with a short video reflection (10-15 min) with a couple reflection questions for you. If you're not on Flocknote, sign up today on the parish website: [cantoncatholics.com](http://cantoncatholics.com)

#### Engage

Also through Flocknote, for the season of Lent, our parish has free access to a variety of digital programs put out by Bishop Barron and Word on Fire. If the 7 Deadly Sins/Lively Virtues is a program that you've already done, feel free to explore any of the many others—including the beautiful "Catholicism" series that was on PBS.

#### Best Lent Ever

Ever popular: the folks at Dynamic Catholic will send you a daily devotional video to help keep you focused and challenge you to be a saint. Sign up here: [www.dynamiccatholic.com/bestlentever](http://www.dynamiccatholic.com/bestlentever)

#### MTYR

New this year, a series of videos and reflections that make us sit up and appreciate what we have been given. "MTYR" stands for "More than You Realize."

## CONFESSION ~ RECONCILIATION

### Day of Mercy

Confessions from 7:00 AM until 10:00 PM on Tuesday, April 9

### Weekly Confession Schedule

Tuesday: 5:40+

Friday: after Stations

Saturday: 3:45 to 4:45

## DAILY MASS

Please consider entering into the greatest act of worship on this side of heaven.

**Monday** ~ 8:15 am

**Tuesday** ~ 5:10 pm

**Wednesday** ~ 8:15 am 1<sup>st</sup>, 4<sup>th</sup>, and 5<sup>th</sup> of the month

~at 10:30 am Highrise 2<sup>nd</sup> of the month

~at 10:30 am Maplewood 3<sup>rd</sup> of the month

**Thursday** ~ 5:10 pm

**Friday** ~ 8:15 am

## HOLY WEEK SCHEDULE

### Holy Thursday ~ April 18

7:00pm ~ Mass of the Lord's Supper

### Prayers in the Garden ~ April 18

8:30 pm - 11:00 pm (Night prayer at 10:45 pm)

### Good Friday ~ April 19

12:10 pm ~ Passion Service

1:30-3:00 pm ~ Confessions

5:10 ~ Stations of the Cross

5:30 ~ Walking Stations (Start at Gunnison Chapel)

### Holy Saturday ~ April 20

No 5:00 pm Mass

8:00 pm ~ Easter Vigil Mass (with the Baptism, Confirmation, and First Eucharist of our RCIA candidates)

### Easter Sunday ~ April 21

9:00 am

With Easter Egg Hunt to follow the 9:00 Mass

10:45 am

No 5:00 pm Mass

## OTHER EVENTS DURING LENT & EASTER

Feast of St. Joseph ~ March 19

Ignite Men's Conference ~ Sat, March 30

(Women's Conference is in October)

Chrism Mass in Ogdensburg ~ April 11 at 11:00 am

Easter Egg Hunt ~ April 21

Parish Gala-Auction ~ April 27

Divine Mercy Service ~ April 28

May Crowning ~ May 3

First Holy Communion ~ May 5

## THE HOLY ROSARY

~ The Holy Rosary is prayed in common every Thursday in the chapel at 4:45 pm

## FASTING AND ABSTINENCE RULES

~ Abstinence (*abstaining from meat*) and Fasting (*one meal and, if necessary, two smaller meals to maintain sufficient strength*) are to be observed on Ash Wednesday and on Good Friday.

~ All Fridays throughout the year, especially during the season of Lent are penitential days that require Abstinence.

~ All persons who have reached their **fourteenth (14)** birthday are bound by the law of abstinence; all Catholics between the **ages of 18 and 59** are bound to observe the laws of fast on Ash Wednesday and Good Friday. Pastors and parents are to see to it that minors (under 14) who are not bound by the law of fast and abstinence are educated in an authentic sense of penance.

## ALMSGIVING ~ Through Finances

~ Contribute to the weekly Sunday Collection using parish envelopes

~ Donate to the education of our local Catholic youth by Adopting a St. Mary's Student and/or giving to the Annual St. Mary's School Appeal.

~ Donate food to Church and Community Program (along with the KofC's 40 Cans for Lent—which can be brought to the church)

~ General Parish Ministry

~ Religious Education

~ Cemetery Care

## ALMSGIVING- Through Charitable Deeds

~ Volunteer at St. Mary's Thrift Shop, Church and Community, Gabriel Project, Martha Ministry (weekly church cleaning)

~ Assist with [www.40daysforlife.com](http://www.40daysforlife.com)

~ Go through your belongings and purge unneeded items and donate to charity

~ Call the parish office for volunteer opportunities in the parish/school

~ Visit homebound or shut-ins

~ Visit nursing home to spread hope and cheer

~ Reconcile differences in your family

~ Visit the cemetery and pray for dead