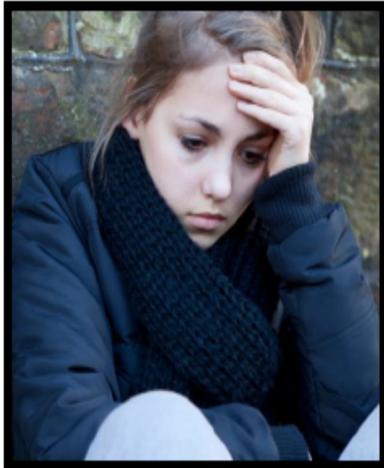


MISSION THEMES



- **MONDAY: MAR 18 6PM (Holy Family)**
HOW NOT TO LIVE: WHERE FEAR, WORRYING, STRESS,
ARGUING, UNHAPPINESS AND
BOREDOM ARE COMING FROM

- **TUES: MAR 19 6PM (St. Patrick's)**
SET FREE: WHAT TO DO TO ABOUT THEM AND
HOW TO DO IT

- **WED: MAR 20 6PM (Sacred Heart)**
ON FIRE: WITH THE HOLY SPIRIT

- **THUR: MAR 21 6PM (St. Anthony's)**
BORN AGAIN: BOREDOM TO ADVENTURE

JESUS TOLD US WHAT TO DO, AND HOW TO DO IT!

ASH WEDNESDAY MASSES

March 6, 2019

7:00 am	St. Anthony's
12:00 pm	St. Patrick's
5:15 pm	St. Patrick's

LENTEN REGULATIONS 2019

March 6, 2019 is Ash Wednesday, which marks the beginning of the Season of Lent.

ABSTINENCE

All Catholics who have reached their 14th birthday are bound to abstain totally from meat on the following days: **Ash Wednesday, Fridays of Lent, & Good Friday.**

FASTING

All Catholics between the ages of 18 and 59 are bound also to observe the Law of Fast on the following days: **Ash Wednesday (March 6) and Good Friday (April 19).** Fasting, that is, eating less, involves limiting oneself to a single full meal and avoiding food between meals. Lighter nourishment may be taken on two other occasions in the course of the day.

PRAYER & PENANCE

The entire season of Lent should be observed in a spirit of prayer and penance. Spending extra time in prayer or Bible study, attending daily Mass, voluntary sacrifice and self-denial, combined with works of charity and service to others, are all excellent ways to obey the Lord's command to reform our lives and to prepare for the joyful celebration of Easter. *Parishes are highly encouraged to offer periods of Eucharistic Adoration during the Lenten Season, as well as, the traditional devotions of the Stations of the Cross and the recitation of the Rosary.*

SACRAMENT OF PENANCE

Keeping with the penitential spirit of the season opportunities for the celebration of the Sacrament of Penance are offered daily in our parishes. The faithful are strongly encouraged to take advantage of these opportunities for the forgiveness of sins and receive the great gift of God's healing and mercy.

EASTER DUTY

All Catholics who have reached the age of reason must confess their serious sins in the Sacrament of Penance at least once a year. They must also receive Holy Communion at least once each year between the **First Sunday of Lent (March 10)** and **Trinity Sunday (June 16).**

STATIONS OF THE CROSS

BEGINNING MARCH 7TH

Thursdays at 6:00 pm at St. Patrick's

Please note that Stations of the Cross and will conclude Adoration of the Blessed Sacrament which begins at 12:30 PM at St. Patrick's

Tuesday's at 6:00 pm at St. Anthony's

Please note that Stations of the Cross will conclude Adoration of the Blessed Sacrament which begins at 3:00 pm at St. Anthony's

Daily Mass

7:00 am St. Anthony's (Monday through Friday)

12:00 pm St. Patrick's (Monday through Friday)

Sacrament of Reconciliation is offered before all daily masses.



Holy Thursday (April 18) 7:00 pm @ St. Patrick's (Adoration until 9:30 pm in chapel)

Good Friday (April 19) 1:00 pm @ St. Patrick's & 2:00 pm @ St. Anthony's

IHC MYSTERY PLAYERS—7:30 pm @ St. Patrick's

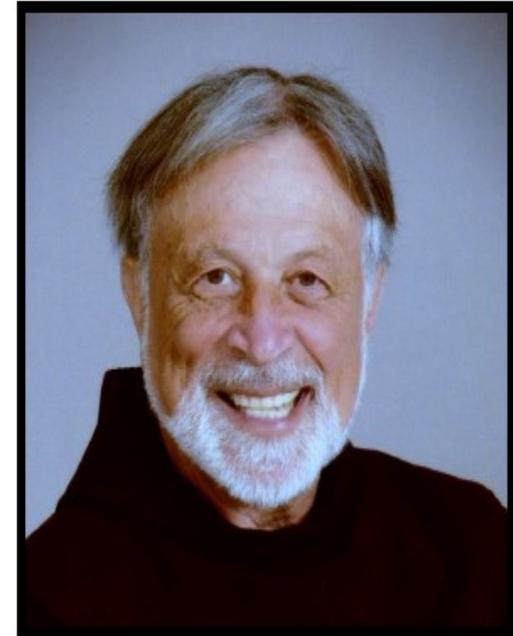
Holy Saturday (April 20) Easter Vigil 8:00 pm @ St. Patrick's

Easter Sunday (April 21) 8:00 am (St. Anthony's), 9:30 am (St. Patrick's),
11:00 am (St. Anthony's)

PARISH MISSION

**STS. Anthony, Patrick,
Sacred Heart, Holy Family**

**KIDS
TEENS
SINGLES
SENIORS
FAMILIES**



**"YOUR LIVES WILL CHANGE
IF YOU COME ALL 4 NIGHTS"**

Fr. Francis c. Pompei, ofm

Fr. Pompei is a Franciscan Friar from Holy Name Province, and lives in Syracuse, NY. Over the years, his ministry has been working with the poor and extensive retreat work with both adults and teenagers.