



# Southeast Rochester Catholic Community Calendar of Lenten Opportunities 2019

**We invite and welcome all our parishioners and friends to engage in one or more of the activities offered during this Lenten Season!**

<b>Site Codes:</b> <b>(BS)</b> Blessed Sacrament <b>(SB)</b> St. Boniface <b>(SM)</b> St. Mary's	<b>Lenten Theme:</b> The Call to Holiness <b>Suggested Book:</b> <i>The Biggest Lie in the History of Christianity</i> by Matthew Kelly <b>Lenten On Line Daily Reflections:</b> BestLentEver.com <b>See bottom of page for daily and weekly Mass schedule</b>	<b>Diocesan Day of Penance</b> <b>Wednesday, March 13</b>  11:30am-2:30pm (SM) 3:30-7:30pm (BS) 5:00-7:00pm (SB)
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<b>March 3</b>	<b>4</b>	<b>5</b>	<b>Ash Wednesday 6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<i>Regular Mass Schedule</i>  Town Hall Meeting after 9:00am Mass (SB)	7:00 Bible Study (SB)	12:10 Rosary (SM)	Ashes will be distributed at all liturgies this day: 7:00am Service (SM) 8:00am Mass (BS) 12:10pm Mass (SM) 5:00pm Service (SM) 5:30pm Mass (SB) 6:30pm "Souper" in School Hall (SB) 7:00pm Mass (BS)	7:00pm Holy Hour (SB)		<i>Regular Mass &amp; Penance Schedule</i>  6:00pm St. Patrick's Day Dinner (SB)
<b>First Sunday 10</b>	<b>11</b>	<b>12</b>	<b>Diocesan Day of Penance and Mercy 13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<i>Regular Mass Schedule</i>  Town Hall Meetings after 10:00am & 12:15pm Masses (BS)	8:30am Stations of the Cross (BS)  7:00pm Bible Study (SB)	12:10pm Stations of the Cross (SM)  5:30-6:15pm Confessions (BS) 6:30pm Mass (BS)  6:30-8:30pm YA Morality Workshop (BS)	<i>See box above for times and locations</i>  10:00am Bible Study (BS) 12:10pm Stations of the Cross (SM) 5:30pm Stations (SB)	2:30pm Knitting Group (BS)  7:00pm Frassati Group (BS)		9:00am St. Patrick's Mass (SM)  <i>Regular Mass &amp; Penance Schedule</i>  Town Hall Meeting after 4:00pm Mass (SM)
<b>Second Sunday 17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<i>Regular Mass Schedule</i>  Town Hall Meeting after 10:30am Mass (SM)	8:30am Stations of the Cross (BS)  7:00pm Bible Study (SB)	12:10pm Stations of the Cross (SM)  5:30-6:15pm Confessions (BS) 6:30pm Mass (BS)  6:30-8:30pm YA Morality Workshop (BS)	10:00am Bible Study (BS) 12:10pm Stations (SM)  5:30pm Stations (SB) 7:00pm Contemplative Prayer (BS)	7:00pm Frassati Group (BS)		<i>Regular Mass &amp; Penance Schedule</i>  All Parish Book Discussion after 5:00pm Mass (SB)
<b>Third Sunday 24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<i>Regular Mass Schedule</i>  All Parish Book Discussion after 10:00am & 12:15pm Masses (BS)	8:30am Stations of the Cross (BS)  7:00pm Bible Study (SB)	12:10pm Stations (SM)  5:30-6:15pm Confessions (BS) 6:30pm Mass (BS)  6:30-8:30pm YA Morality Workshop (BS)	10:00am Bible Study (BS) 12:10pm Stations (SM)  5:30pm Stations (SB)	7:00pm Frassati Group (BS)		10:30am Mass with Anointing of the Sick (SB)  <i>Regular Mass &amp; Penance Schedule</i>  All Parish Book Discussion after 4:00pm Mass (SM)
<b>Fourth Sunday 31</b>	<b>April 1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<i>Regular Mass Schedule</i>  All Parish Book Discussion after 10:30am Mass (SM)	8:30am Stations of the Cross (BS)  7:00pm Bible Study (SB)	12:10pm Stations of the Cross (SM)  5:30-6:15pm Confessions (BS) 6:30pm Mass (BS)  6:30-8:30pm YA Morality Workshop (BS)	10:00am Bible Study (BS) 12:10pm Stations (SM)  5:30pm Stations (SB)	7:00pm Holy Hour (SB)		<i>Regular Mass &amp; Penance Schedule</i>
<b>Fifth Sunday 7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<i>Regular Mass Schedule</i>  All Parish Book Discussion after 9:00am Mass (SB)	8:30am Stations of the Cross (BS)  7:00pm Bible Study (SB)	12:10pm Stations of the Cross (SM)  5:30-6:15pm Confessions (BS) 6:30pm Mass (BS)	10:00am Bible Study (BS) 12:10pm Stations (SM)  5:30pm Stations (SB) 7:00pm Contemplative Prayer (BS)	2:30pm Knitting Group (BS)  7:00pm Frassati Group (BS)		<i>Regular Mass &amp; Penance Schedule</i>
<b>Palm Sunday 14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>Holy Thursday 18</b>	<b>Good Friday 19</b>	<b>Holy Saturday 20</b>
<i>Regular Mass Schedule</i>  10:00am Spring Breakfast (SB)	8:30am Stations of the Cross (BS)	12:10pm Stations of the Cross (SM)  7:00PM Chrim Mass at Sacred Heart Cathedral	12:10pm Stations (SM)  5:30pm Stations (SB)	8:30am Morning Prayer (BS)  5:30pm Soup Supper (SM) 7:00pm Mass of the Lord's Supper followed by Adoration until 10:00pm (SM)	8:30am Morning Prayer (BS) 12:10pm Service (SM) 3:00pm Liturgy of the Lord's Passion (SB) 5:30-7:30pm Church open for prayer (BS)	8:30am Morning Prayer (BS) 8:30am Morning Prayer (SM) 10:30am Easter Egg Hunt (SB) 8:00pm Easter Vigil (BS)
<b>Easter Sunday 21</b>	<b>Weekend Mass Schedule</b>		<b>Sacrament of Penance Saturdays</b>	<b>Weekday Mass Schedule</b>		
<i>Regular Mass Schedule</i>	<b>Saturday</b> 4:00 Mass (SM) 5:00 Mass (SB)	<b>Sunday</b> 9:00 Mass (SB) 10:00 Mass (BS) 10:30 Mass (SM) 12:15 Mass (BS)	3:00-3:45 (SM) 4:00-4:45 (SB)  <b>Tuesdays</b> 5:30pm-6:15pm (BS)	Monday—8:00am (BS), 12:10 (SM) Tuesday—7:30am (SB), 6:30pm (BS) Wednesday—8:00am (BS) Thursday—12:10 (SM) Friday—7:30am (SB), 12:10 (SM)		



## Please Plan to join The Southeast Rochester Catholic Community of Blessed Sacrament, St. Boniface and St. Mary's for one of the many Lenten Opportunities offered!

### **ALL PARISH BOOK DISCUSSIONS**

*The Biggest Lie in the History of Christianity*, by Matthew Kelly

We all want to be happy and live life to the fullest, but the answer isn't found in the world's definition of happiness. Modern culture is constantly feeding us lies, and these lies affect you more than you know. Whether you have read our All Parish read by Matthew Kelly or not, please consider joining us for discussions surrounding the book after Masses on the following days:

Saturday, March 23 after the 5:00pm Mass at St. Boniface  
Sunday, March 24, after 10:00am Mass and the 12:15pm Mass at Blessed Sacrament  
Saturday, March 30, after 4:00pm Mass at St. Mary's  
Sunday, March 31, after 10:30am Mass at St. Mary's  
Sunday, April 7, after 9:00am Mass at St. Boniface

**All are Welcome!!**

### **Bible Study Groups**

Try something new this Lent. Visit one of our Bible Study Groups! Monday evenings at 7:00pm at St. Boniface Church- in the gathering space or Wednesday mornings at 10:00am at Blessed Sacrament in the School 2nd floor Parish Classroom. We will be studying the Lenten readings of year C from St. Luke. They include the Temptation of Jesus in the Desert, The Transfiguration, The Fig Tree, The Prodigal Son and the Woman Caught in Adultery. During Lent the Wednesday morning group will also watch the videos from Operation Rice Bowl. We will get to know Norma in Guatemala, Annet from Uganda, Christyan from Sri Lanka, Kumba from Sierra Leone, and Majd from Iraq. Through their stories we will see how Catholic Relief Services fights hunger and supports education to help families thrive in nearly impossible situations. Join us for the next 5 weeks as we learn how to pray in a whole new way!

### **YA Understanding Moral Maturity Workshop**

Lent is a time for reflection and transformational spiritual growth that can lead us into a deeper understanding of our faith. Bill Volkmann, who has a passion for this subject and years of experience as a trainer in business ethics has created this program just for you. This is a "Golden Opportunity" for Spiritual Growth and Self-Discovery. The Southeast Rochester Catholic Community offers a transformative series of interactive workshops titled: "*Understanding Moral Maturity: Reaching higher levels of moral reasoning*". These Tuesday evening workshops build upon each other, however, they may be attended individually.

- ✦ March 12th "The Moral Decision-Making Process"
- ✦ March 19th "Building a Moral Reasoning Framework"
- ✦ March 26th "Use of Virtue as a Moral Standard"
- ✦ April 2nd "Three Dimensions of Human Nature"

All sessions run from 6:30 - 8:30pm, in the Blessed Sacrament School, on the 2nd Floor. Sign up with Sue Howard, Pastoral Associate, [susan.howard@dor.org](mailto:susan.howard@dor.org) Bring A Friend! Coffee will be provided. Doors will open at 6:00pm if you want to bring your dinner with you. For more information visit: SECC Website: Activities/Young Adults/Programs and Events

### **Contemplative Prayer During Lent**

**7:00pm on Wednesday, March 20 & Wednesday, April 10**  
**Blessed Sacrament Parish Office**

Contemplative Prayer consists of two 25 minute sessions of silent, meditative prayer followed by casual discussion about our own individual spiritual journeys. Prayer and discussions are led by Beverly LaBelle, Pastoral Associate. If you have never participated in Contemplative Prayer before and would like to participate, please contact Beverly LaBelle, pastoral associate at [beverly.labelle@dor.org](mailto:beverly.labelle@dor.org) or by calling 585-271-7240.

### **Holy Hour**

**7:00pm Thursday, March 7 & April 4 at St. Boniface Church**

Join us for our first Thursday Lenten Holy Hour at St. Boniface Church. This is a time of individual private prayer. The evening will include Exposition, Adoration, recitation of the Rosary and will conclude with Liturgy of the Hours and Benediction. We hope to see you there!

### **The Diocesan Day of Penance and Mercy—Wednesday, March 13**

Wednesday, March 13, the Diocese will hold its annual Day of Penance and Mercy. This will give you an opportunity to celebrate God's forgiveness for us. For information about this Sacrament and a "how-to" celebrate it, please visit [forgiven.dor.org](http://forgiven.dor.org). To help prepare for the Sacrament of Penance and Reconciliation examination of conscience forms will be available in the back of all three Churches, as well as on our website. In our parish, the Sacrament of Penance and Reconciliation will be offered at the following times on that day:

11:30am-2:30pm (SM)  
3:30-7:30pm (BS)  
5:00-7:00pm (SB)

### **Additional Opportunities for Penance and Reconciliation include:**

Tuesdays, March 12, 19, 26, May 2, 9, 16—5:30-6:15pm at Blessed Sacrament Church  
Every Saturday—3:00-3:45pm at St. Mary's Church  
Every Saturday—4:00-4:45pm at St. Boniface Church

### **Ash Wednesday "Souper" (Soup Supper)**

**Wednesday, March 6 at 6:30pm in the St. Boniface School Hall**

Please join us on Ash Wednesday for a "Souper" in St. Boniface School Hall sponsored by the Men's Club following the 5:30pm Mass at St. Boniface.

### **Holy Thursday Soup Supper**

**Thursday, April 18 at 5:30pm in The Dugan Center at St. Mary's**

Please join us for this simple supper of soup and bread before the Mass of the Lord's Supper at 7:00pm at St. Mary's Church.

### **Helpful Information on Fasting and Abstinence during Lent**

Here are the church regulations for fasting and abstinence during Lent:

- ◆ Everyone 14 years of age or older is bound to abstain from meat on Ash Wednesday, all the Fridays of Lent and Good Friday.
- ◆ Everyone 18 or older, and under 59 years of age, is bound to fast on Ash Wednesday and Good Friday.
- ◆ On Ash Wednesday and Good Friday, only one full meatless meal is allowed. Two other meatless meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted. When health or ability to work would be seriously affected, the law does not oblige.
- ◆ Catholics should not lightly excuse themselves from these prescribed minimal penitential practices. In fact, added days of fasting and abstinence, even outside of Lent, offer increased spiritual benefits.