

The Church specifies certain practices of penance during the season of Lent.

1. Self-imposed observance of fasting on all weekdays of Lent is strongly recommended.
2. Catholics are obliged to fast and abstain from meat on Ash Wednesday and Good Friday.
3. The Fridays of Lent are obligatory days of abstinence.
4. Catholics age 14 and older are bound by the law of abstinence.
5. The law of abstinence forbids the eating of meat.
6. The law of fasting is obligatory for Catholics from the age of 18 to 59.
7. The law of fasting prescribes that only one full meal be taken per day; the other meals should be significantly smaller, but in accord with one's health needs. Fasting assumes avoidance of food between meals.

The "substantial observance" of these laws is a grave obligation; that is:

1. Anyone who neglects all forms of penance, or deliberately shows contempt for the Church's penitential discipline, may be guilty of serious sin.
2. Occasional failure to observe penitential regulations is not seriously sinful.
3. Proportionately grave circumstances-sickness, dietary needs social obligation-excuse from the obligation of fast and abstinence, but not from seeking out other forms of penance.



HOLY WEEK

Apr. 15th– Apr. 21st

Please note: *During Holy Week the Sacrament of Reconciliation will not be available.*

Mon., Tues. & Wed., daily masses will be at 7:00 am and 12:15 pm.

HOLY THURSDAY

Apr. 18th

Mass of the Lord's Supper
7:00 pm

GOOD FRIDAY

Apr. 19th

Stations of the Cross Inside & Outside at 3:00 pm

Solemn Celebration of Our Lord's Passion at 7:00 pm

HOLY SATURDAY

SOLEMN VIGIL OF EASTER

Apr. 20th

8:30 pm

(No Morning Mass)

(No Reconciliation)

EASTER

Apr. 21st

7:00, 9:00 & 11:00 am Masses
(No Evening Mass)

EASTER WEEK

Apr. 22 - Apr. 27th

Daily Mass Mon.-Sat.
12:15 pm ONLY.

Sat. Apr. 27th

No Reconciliation

NO ADORATION ON EASTER WEEK

Holy Family
Catholic Church



LENT

A SEASON OF PREPARATION

2019

509-966-0830

5315 Tieton Dr.

Yakima, WA 98908

www.holyfamilyyakima.org

Email: office@holyfamilyyakima.org

MESSAGE FROM OUR PASTOR



Dear parish family,

Lenten Greetings!!! Our exciting journey as parish community through the liturgical cycle of the church comes to a special moment. We now find ourselves being called by our Mother Church into Lent; beginning Wednesday, February 14th with the reception of the ashes, we embark in a 40 day Retreat/Journey of Prayer, Penance, Fasting and Almsgiving.

Lent also becomes a great opportunity for us as families at our parish to come together to read God's Word, to Pray and to Share your own personal faith journey with others: this way we encourage each other in our joys, struggles and efforts to become true Children of God hence fulfilling Jesus' command "go throughout the world and proclaim the Good News."

As we journey through Lent to Easter, I encourage you to please continue to pray for the Catechumen (non-baptized) and Candidates (baptized). During Lent our Catechumens and Candidates will come before the Church community asking for your support and prayers. These individuals are in their final stage of preparation for full membership into the Catholic Church, which will take place at Easter Vigil. By the way if you know someone in your family or a friend are interested in the Catholic faith invite them to join our community by attending the RCIA program; please call Amy for more information.

Lastly I would like to urge each of you to answer the invitation of Holy Mother Church, to join all the faithful in the world, on our Forty-Day Lenten Retreat. Each of us are called to be part of the Eucharistic Community of believers, sent by Jesus, to live out our Baptismal promises in service to the Church; the body of Christ. On our Lenten spiritual journey may we hear this call and experience a conversion of heart and renewed strength in our journey towards our heavenly Father. After our Forty-Day retreat, may we all come together to celebrate the Holy Triduum and the glory of Our Lord's Resurrection on Easter Sunday.

Lenten Greetings and Blessings

Rev. Cesar Vega M.
Pastor

LENT 2019

LENTEN OPPORTUNITIES

ASH WEDNESDAY

Wed, Mar. 6th, 2019

7:00 am, 12:15 pm, 7:00 pm

DAILY MASS DURING LENT

Mon.-Wed & Fri.. 7:00 am

Thurs. 8:15 am (School Mass)

Mon.-Fri. 12:15 pm

Sat. 8:15 am

SOLEMN CHRISM MASS

Blessing of Oils &
Renewal of Priests Vows

St. Paul Cathedral

Tues., Apr. 9th, 2019 7:00 pm

COMMUNAL PENANCE SERVICES

Wed., Apr. 10th, 2019

4:00 pm Holy Redeemer

7:00 pm Holy Family

Thurs., Apr. 11th, 2019

4:00 pm St. Joseph

7:00 pm St. Paul Cathedral

STATIONS OF THE CROSS

Led by the Adult Faith Formation Program

Every Friday during Lent, 5:30 pm in the Chapel.

*Followed by Soup and Bread in the Fr. Murtagh Gathering Hall
and the Series on the Mass by Bishop Barron.*

No Soup and Bread on:

Mar. 8th

Please join us for the **Crab Feed**

(from 6-8 in the Gathering Hall.)

ADORATION & SOLEMN EVENING PRAYER

Adoration is on Tues. starting at 8:00 am followed
by evening prayer at 5:30 pm and ending with
Benediction at 6:00 pm

Bishop Robert Barron's

THE MASS

Be transformed through insights on this most privileged and intimate encounter with our Lord Jesus Christ.

Every Friday during Lent, 6:15 pm in the Gathering
Hall, except on Mar. 8th.

40 HOURS OF ADORATION FOR PRIESTS

Join us for an incredible one of a
kind experience of worship.

Beginning with Exposition: Wed.

Apr. 17th after 7:00 am Mass,

ending with Benediction on Holy
Thursday at Midnight.

Sign up sheets will be in the foyer of the Church.



PARISH LENTEN MISSION

"Mass Matters". . . So They Say
Ever Wonder Why?

March 25, 26, 27

Morning Sessions 11:00 – 12:00noon

followed by Mass

Evening Sessions 7:00 – 8:30 p.m.

Monday: Our Jewish Roots:

From The Synagogue and Passover Meal to The Mass

Wow! How did that happen?

Tuesday: How to Read a Catholic Church

Unpacking statues, stained glass windows, candles

incense, tabernacles, altars and more

There's an order to the madness!

Wednesday: Celebration:

We Love to Tell the Story

We celebrate Masses, weddings, funerals,

feast days and saints.

Would you believe: it's all about "telling the story."

Each Session will begin with a Prayer
of word and song, followed by Fr. Jim's presentation
& open discussion concluding with a brief prayer.

OPERATION RICE BOWL

As part of our communities observance of Lent, we
ask all families to participate in Catholic Relief Ser-
vices' Operation Rice Bowl, a program of prayer,
fasting, learning and giving. Please be sure to take a
Rice Bowl from the entrances and return to the
office at the end of Lent.