

Ascension Catholic Church

Lenten Schedule 2011



Ash Wednesday ~ March 9

8:00am Mass in English

12:00pm Prayer Service in English

5:00pm Prayer Service in Spanish

6:15pm Mass in English

8:00pm Mass in Spanish



Parish Mission

March 13 & 14 at 7:00pm

in Spanish

March 15 & 16 at 7:00pm

Stations of the Cross

Led by Fr. Ben Innes

Thursday, March 31 at 7:00pm

Taize Prayer Service

Thursday, April 7 at 7:00pm

Parish Communal Reconciliation Service

(This service provides an opportunity for
individual reconciliation)

March 17 at 11:00am in English

April 6 at 7:00pm in English

Morning of Reflection

For all Liturgical Ministers

& Catechists:

Saturday, April 2 from 9:30 to 11:30



Weekday Mass Schedule:

Tuesday ~ Friday at 8:00am

Every Wednesday at 6:15pm

Every Third Thursday at 12:00pm

Exposition of the Blessed Sacrament:

Every Thursday following morning Mass
through Friday at 8:00am

Sacrament of Reconciliation:

Every Wednesday beginning at 6:45pm



Prayer


Daily prayer effectively leads us to God. Prayer offers God a part of our day, to be used however God wishes. Try something different this Lenten season:

- *Attend daily Mass*
- *Attend Wednesday evening Mass*
- *Spend time in adoration of the Blessed Sacrament*
- *Begin the practice of Centering Prayer*
- *Pray the Rosary*
- *Meditate on the Stations of the Cross*
- *Participate in our Taize Prayer Service*

Almsgiving

This is a wonderful gift to those in need. Without neglecting existing commitments or duties, you may find a way of giving something precious to God.

- *One suggestion is to participate in the Lenten Folder Offering Program to the San Solano Missions on the Tohono O'odham Nation in the Sonoran Desert of southern Arizona where the Franciscan Friars of Santa Barbara Province lead the pastoral care.*



*Holy Week
Begins
Palm Sunday,
April 17*

Fasting

Catholics 14 years and older must abstain from meat on Fridays during Lent and on Ash Wednesday. Catholics age 18 to 59 must fast on Ash Wednesday and Good Friday.

*This form of fasting means to eat one full meal daily; the other two meals each day should be less than the normal amount unless they are already at a minimum for good health. Snacks between meals are omitted. Liquids including coffee, milk and fruit juices may still be consumed between meals.
(Many cannot fast from food for numerous health reasons.)*

Fasting is a spiritual discipline that can call our attention to the deeper things in life. One form of fasting is to fast from food. Additional forms of fasting:

- *Fasting from Electronics*
- *Fasting from Facebook*
- *Fasting from Television or Twitter*

"Fasting is not meant to take the joy out of our lives. If anything, fasting can restore a deeper sense of satisfaction with life. We have great inner clarity and a renewed commitment to give the totality of our hearts to God."

Joyce Rupp