

Fast & Abstinence

- ❖ **Ash Wednesday** and all **Fridays during Lent** are **days of abstinence** from all meat. Except for a serious reason, all persons 14 years old and above are bound by this law.
- ❖ **Ash Wednesday (March 1) & Good Friday (April 14)** are also **days of fast**. Those of age 18 until the day after one's 59th birthday are bound by this law. On these two days, one full meatless meal may be eaten. Two other meatless meals may also be taken sufficient to maintain strength, but together they should not equal a full meal. Liquids, including milk and fruit juices may be taken between meals. If health or ability to work is affected, the law does not oblige.

Almsgiving: Solidarity with the Poor

- ❖ Fast and abstinence should help us be in **solidarity with the hungry, the poor, and lead us** to almsgiving, sharing with the needy what we saved by eating less.
- ❖ The **collection on Ash Wednesday** will be given to the national collection for the Church in Eastern and Central Europe.
- ❖ The **collection on Holy Thursday**, will be given to a local charitable organization.

Gaudium in Itenerere (Joy for the Journey)

Adult Faith Formation

Come to our adult faith formation series on Wednesday nights. Hospitality begins at 6:30pm, the speaker is from 7-8pm.

Mar. 15 – Journey to the Passion – Stations of the Cross – presented by Scott Thomas

Apr. 5 – Holy & Mighty – The Triduum – Presented by Christina Fenn, Jeff Gans, & Kathy Bohac

Ideas for Lenten Practices

❖ Daily Mass

Experience a weekday Mass, with the same nourishing Word and Eucharist. Mass is celebrated on Monday at 8:05am, Tuesday through Friday at 7:30am, and Saturday at 8:30am.

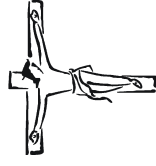
❖ **Adoration of the Blessed Sacrament** is held daily (Monday-Friday) from noon-3pm in the Chapel. We also have Adoration on the First Fridays of the month from 8am to 5pm (Benediction).

❖ The Sacrament of Reconciliation/Penance

The Light Is On for You—Confessions heard every Wednesday of Lent from 6-8pm, starting March 8. The church is also open for confessions every Saturday from 4-5pm. Our communal Penance Service will be Thursday, March 16 at 7pm.

❖ Stations of the Cross

Fridays during Lent, we invite you to gather for prayer in the Church. Stations will begin at 7pm, we will be offering various published meditations on the Stations of the Cross. **WALK WITH JESUS!**



Did you get a RESISTING HAPPINESS book for Christmas? Meaning to read it but need a little motivation? Read on... (even if you didn't get the book)

We all know the things that make us happy, but we don't always do them. Lent is an opportunity to change that. This year we invite you to do something different. Join Dynamic Catholic for **Best Lent Ever**, a free email program featuring internationally acclaimed speaker and New York Times bestselling author Matthew Kelly. From Ash Wednesday to Easter, you'll get short, inspirational videos from Matthew Kelly and personal reflections from Dynamic Catholic team members that will help you identify what stands between you and happiness... and what to do about it. Are you ready for your best Lent ever? Sign up for FREE at BestLentEver.com

Faith Formation during Lent

CHILDREN

Our ongoing **Children's Faith Formation** and sacramental preparation will continue as scheduled during Lent. If you have a child you would like who is baptized but is not currently in a Catholic school or in other faith formation, contact Christina at cfenn@dsj.org

ADULT

A new session of **ARISE** begins the week of Ash Wednesday. Arise groups are small faith sharing groups for **adults**. No experience necessary. Contact Christina cfenn@dsj.org for more info.

Christian Initiation

As our brothers and sisters make their final approach toward the Sacraments of Initiation, we celebrate with them a number of special rites. On March 5th at the **11:15am Mass**, our Catechumens are sent from our parish with the **Rite of Sending**, to the **Rite of Election** at St. Joseph Cathedral (held on Tuesday March 7th at 7:30pm), where the Bishop will enroll them in the book of the Elect. This is their promise to receive their Sacraments of initiation at Easter. On the **Third, Fourth, and Fifth Sundays of Lent**, the **Scrutinies** are celebrated with the **elect** during the **11:15am Masses**.



All middle schoolers can join us on Sunday afternoons at 3:45pm in the Youth Hall for the EDGE.

All high school teenagers can join us on Sunday evenings after the 6pm Teen Mass for Life Nights.



Call 408-265-8650 for more information!

Catholic Social Teaching



Join our faith community—and nearly 14,000 Catholic communities across the United States—in a life-changing Lenten journey of encounter with **CRS Rice Bowl**. Give up a meal or even just one

cup of coffee, collect that money in the bowl, and see how your gift grows throughout the season of Lent.

Bring your gift to our Second Collection on Palm Sunday. All proceeds from Rice Bowl go to **Catholic Relief Services**. Visit their website for family activities, reflections, stories of hope, and Lenten recipes: crsicebowl.org/. **Plan to attend to our Rice Bowl dinner on March 31st at 6pm.**



Support the dignity of life for all people – even the unborn.

Participate in **40 Days for Life**, prayer and activities to bring an end to abortion in this country. Many opportunities are available to actively participate in this experience. For more information visit 40daysforlife.com/sanjose or call (408) 771-8763.



April 9 - 15, 2017

Holy Week begins with the traditional Procession of Palms on **Passion Sunday, April 9th**.

Holy Thursday's Evening Mass of the Lord's Supper is **April 13th at 7:30pm**. Adoration in the "Garden" continues until Night Prayer at 11pm.

Good Friday's Liturgy of the Lord's Passion, **April 14th** is at **3:00pm & 7:30pm**. There will be Good Friday prayer and reflection: 11:00am—3:00pm with the Living Stations at 12:00pm.

Holy Saturday Easter Vigil, the "Night of all Nights," is **April 15th at 8:30pm**. There, having entered into the Lord's passion and death, we will celebrate the new life of Baptism, Confirmation, and Eucharist.

We invite every parishioner to celebrate with us this holiest of weeks at Holy Family Parish.



Holy Family Catholic Parish

4848 Pearl Ave
San Jose, CA 95136
408-265-4040
www.holyfamilysanjose.org

LENT - 2017



ASH WEDNESDAY

Lent begins with Ash Wednesday and ends at sunset on Holy Thursday. We invite you to pray about what you might do (or not do)

for Lent to help you grow in personal holiness. Our traditions can help make the Lenten season a holy and spiritually renewing time. Purposefully set aside some time to enrich your understanding of our many Catholic practices: ancient signs, symbols, and rituals. **Ash Wednesday, March 1st** is the Church's annual "wake-up call". Ash Wednesday hits us squarely between the eyes, forcing us to face our mortality and sinfulness. We listen to Scripture readings that are urgent and vivid. We have black ashes

rubbed into our foreheads. We recite a Litany of Penitence that takes our breath away, or should. It is a tough day, but take heart. The Lord is with you through it all!

The Liturgy of Ash Wednesday, which includes the blessing and distribution of ashes, will be celebrated at 7:30am, 10am (school), 5pm & 7:30pm.

