



# Saint Katharine Drexel Parish – Lent 2025

## The Basics of LENT

Lent is the annual preparation for Easter observance calling us to reform our lives and to open our hearts to the spiritual blessings God has promised to bestow on us. Lent begins Ash

Wednesday and ends on Holy Thursday evening when the Triduum begins.

### *What Must I Do?*

According to the Church’s Canon Law, all healthy Catholics from age 18 to 59 are required to fast and abstain from meat on Ash Wednesday and Good Friday, and to abstain from meat on all other Fridays of Lent. Youth 14 and older are also to abstain from meat on those days. “Fasting” means that no more than one main meal is eaten daily, while in the same day no more than two partial meals are eaten which together don’t equal the one main meal.

### *What Should I Do?*

Take the necessary steps to get yourself on the road to conversion and spiritual renewal. To help you do this, the three main Lenten disciplines urged are prayer, fasting and almsgiving. We are invited during Lent to practice these disciplines often. But these aren’t just chores we must do because the Church strongly urges them; they are above all opportunities to grow in faith and in love for God.

### *Why Prayer, Fasting and Alms?*

The Lenten basic practices of prayer, fasting and almsgiving are rooted in Jesus’ original guidance about how to be his disciples that we find in the Sermon on the Mount (Matthew 5-7). The Catechism of the Catholic Church (#1966-1972) also reminds us that Jesus here outlines for us the new law which, if we embrace and implement it, will lead us more surely to the interior renewal and growth in holiness and perfection that Jesus expects of us as his disciples.

### *Should I Set Lenten Goals?*

Absolutely! Reflect prayerfully about your Lenten resolutions before making them. Then make yourself a list. But be modest. You may be setting yourself up for disappointment if you set unrealistic goals. And doing a little with love and devotion is spiritually more beneficial than trying to do much but doing it halfheartedly.

## INDIVIDUAL CONFESSION TIMES

**Saturdays** – After 9:00 am Mass and 3:00 pm to 4:00 pm

**First Fridays** – After 9:00 am Mass and 6:00 pm

**Wednesdays** – After 9:00 am Mass and 6:00 pm

**Lenten Fridays** – After 6:30 pm Stations of the Cross

**April 10** – After 9:00 am Mass and 6:00 pm to 8:00 pm

**April 11** – After 9:00 am Mass and 4:00 pm to 7:00 pm

**April 12** – After 9:00 am Mass to 12:00 Noon



## LENTEN MASS SCHEDULE

**Saturdays** 9:00 am and 4:00 pm (Vigil Mass)

**Sundays** 8:30 am / 10:30 am / 12:30 pm

**Monday to Friday** 9:00 am Daily Mass

**Wednesday Evening during Lent** 6:30 pm

**\*\*\* Stations of the Cross on Fridays @ 6:30 pm \*\*\***



## Regulations for Fasting and Abstinence

**Ash Wednesday** and **Good Friday** are days of fast and abstinence. Fridays of Lent are also days of abstinence.

**Fasting** is to be observed by all 18 years of age and older who have not yet celebrated their 59th birthday. On a fast day one full meal is allowed. Two other 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, but liquids, including milk and juices, are allowed.

**Abstinence** is observed by all 14 years of age and older. On days of abstinence no meat is allowed. Note that when health or ability to work would be seriously affected, the law does not oblige. When in doubt concerning fasting and abstinence, the parish priest should be consulted.

*Fasting, almsgiving, and prayer* are all three traditional disciplines of Lent. The Faithful, the Elect and those Candidates preparing for Reception into Full Communion in the Catholic Church should undertake these practices seriously in a spirit of penance and of preparation for baptism or of renewal of baptism at Easter.

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## More About the Three Basic Lenten Disciplines

**FASTING:** Expresses our desire to find happiness in God rather than in the satisfaction of our physical needs. The control we gain over our appetites helps us recognize more deeply that all true and lasting pleasure comes from God. Knowing this we are free to gratefully accept food and savor it, or to avoid or limit foods that we know are unhealthy for us. Through fasting, our relationship to ourselves is reoriented toward God.

**ALMSGIVING:** Provides assistance to the poor among us and helps us recognize God as the true source of our security. Property and wealth exercise less control over us when we give away or share our wealth out of love for God and for others. Almsgiving is a way of bringing our relationship to others into the orbit of Christ's love.

**PRAYER:** Changes our relationship to God. Through prayer, we admit our need for a power that is greater than ourselves. We acknowledge our limitations and let go of the drive to control everything. In the process, we open ourselves to all that God has to offer us.

## Adult-Faith Formation Opportunities

### Lenten Book Study:

Explore the classical book "My Other Self" with Rose Talbot-Babey  
Mondays 10:00 am and 6:30 pm – Parish Library

"A Time for Healing and Restoration"

Tuesday and Thursday Mornings After Mass – in the Church

### Women's Bible Study:

Walking With Purpose: "Opening Your Heart"

Wednesdays 10:00 am and Thursdays 7:00 pm – Parish Library

### Bible Studies: "Symbolon–The Sacraments"

Wednesday Mornings 11:00 am – Faith Formation Building (West)

Thursday Evenings 7:00 pm – Faith Formation Building (West)

## SKD Parish Lenten Mission

Theme: *"Lord, Teach Us."*

### Sunday, March 23 – Christ, The Divine Teacher

-6:00 pm Hymn, Reading and Mission Talk by Father Richard

-6:30 pm Prayer time before the Blessed Sacrament

-7:00 pm Benediction and Dismissal, followed by Prayer Teams

### Monday, March 24 – Disciples of the Teacher

-9:00 am Daily Mass with a Mission Talk by Father Richard

-6:00 pm Hymn, Reading and Mission Talk by Father Richard

-6:30 pm Prayer time before the Blessed Sacrament

-7:00 pm Benediction and Dismissal, followed by Prayer Teams

### Tuesday, March 25 – We Teach, Modeled after Christ

-9:00 am Daily Mass with a Mission Talk by Father Richard

-6:00 pm Mass of Anointing and Mission Talk by Father Richard

Mission Presenter: Father Richard Breton, Jr.

[www.saintmauricebolton.org](http://www.saintmauricebolton.org)

## ~THE TRIDUUM~

### Holy Thursday – April 17

7:00 pm Mass of the Lord's Supper

10:00 pm Night Prayer (Adoration Chapel)

### Good Friday – April 18

12 Noon Stations of the Cross

3:00 pm Passion of the Lord (Good Friday Service)

7:00 pm Passion of the Lord (Good Friday Service)

### Holy Saturday – April 19

10:00 am Knights of Columbus/Rel Education Easter Egg Hunt

11:00 am Blessing of Food Baskets (in Church)

### Easter Vigil – April 19 at 8:30 pm (in Church)

### Easter Sunday – April 20

6:30 am Sunrise Mass (West Parking lot)

8:30 am / 10:30 am / 12:30 pm Masses

