



## 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 (February 14) & Good Friday (March 30)** 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 our local St. Vincent de Paul Chapter.

## Christian Initiation

As our global church walks with our brothers and sisters who are preparing to receive the Sacraments of Initiation this Easter Vigil, they celebrate special rites. Sometime before the Rite of Election at the Cathedral, the Catechumens are sent from their parish with the **Rite of Sending**, which is typically held at the beginning of Lent. This is when the Bishop will accept them for baptism at this year's Vigil and enroll them in the book of the Elect. This is his promise that they are to receive the Sacraments of Initiation at Easter. On the **Third, Fourth, and Fifth Sundays of Lent**, the **Scrutinies** are celebrated with the **elect**. And during the weeks of the third and fifth weeks of Lent, they receive the **Our Father and the Creed**.

## 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.

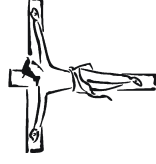
❖ **Adoration of the Blessed Sacrament** is held daily (Monday-Friday) from noon-3pm in the Chapel. We also have Adoration on the First Fridays of the month from 8am to 5pm (Benediction).

### ❖ The Sacrament of Reconciliation/Penance

*The Light Is On for You*—Confessions heard every Wednesday of Lent from 6-8pm, starting February 21. The church is also open for confessions every Saturday from 4-5pm. Our communal Penance Service will be Tuesday, March 13 at 7pm.

### ❖ Stations of the Cross

Fridays during Lent (except Mar 2), 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!**



### XLT

Come and experience XLT which is short for "Exalt". It is an evening of Praise, Worship and Adoration and words of inspiration. Our next XLT is on **March 2nd** in the church at 7pm.

## Evangelization Walk

Closely following our inspiring Parish Mission, all are invited to "Walk the Walk". On Saturday, **March 10th** at 9:30am we will gather for prayer and some practical information. Then we will go out in groups to the surrounding neighborhood to leave flyers, or if you are so inclined, knock on doors to invite people to church. More information will be available soon.

## 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.

### ADULTS

#### Adult Faith Formation

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

**Feb. 21 – Preparing your Christian Funeral**  
—Fr. Chris Bennett

**Mar. 21— Business Ethics & Catholic Teaching**  
—Richard Trevisan



**Middleschoolers**  
**Sundays @3:45pm**

**"Be Not Afraid"**

**Edge Retreat – February 23-25, 2018**

Open to all 6-8<sup>th</sup> grade students. Join for an opportunity to grow closer to God and with the community. This retreat will dive into the deepest desires of the human heart – the desire for happiness, greatness, fulfillment and true friendship.

**High School Teens**

**Sundays at 6pm Mass**  
**& 7pm Life Night.**



**Spring LifeTeen Lock-In – March 2-3, 2018**

Open to all 9-12<sup>th</sup> graders. Come to grow deeper in your faith and strengthen your relationship with other 9-12<sup>th</sup> graders!

Contact Jeff Gans ([jgans@dsj.org](mailto:jgans@dsj.org)) or 408-265-8650 for more info.

## 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/](http://crsicebowl.org/). **Plan to attend to our Rice Bowl dinner on March 23rd 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](http://40daysforlife.com/sanjose) or call (408) 771-8763.

## Take Back Your House

### A Parish Lenten Mission

With Fr. Joe Kim

All Masses Sat & Sun Mar 3 & 4

Monday March 5th 6:30-8:30 pm

Tuesday March 6th 6:30-8:30 pm

*Evangelization Walk Sat March 10th 9:30 am*

Have you experienced a loss of hope? Maybe you feel like you're barely holding it together? Perhaps your relationships are struggling or sometimes you wonder if it is even worth continuing? Are you looking to find freedom from past hurts and choices? It is high time to take back the house of your own soul from everything that is robbing you of your peace, freedom and joy.

Fr. Joe will lead us in our Lenten parish mission in showing us how to root out division, darkness and sin in our personal lives and in all our relationships.



## HOLY WEEK

March 25 - 31

Holy Week begins with the traditional Procession of Palms on **Passion Sunday, March 25th**.

**Holy Thursday's** Evening Mass of the Lord's Supper is **March 29th at 7:30pm**. Adoration in the "Garden" continues until Night Prayer at 11pm.

**Good Friday's** Liturgy of the Lord's Passion, **March 30th** 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 **March 31st 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](http://www.holyfamilysanjose.org)

# LENT - 2018



## 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, February 14** 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.**



# LENT