



## The Season of Lent

Suffering and hardship are part of the universal human experience, albeit not evenly shared.

This pandemic has affected us all, some have experienced sickness and exhaustion, loss of work or increased burdens at work, isolation and loneliness, stress and discord among family, friends, and neighbors, or monotony in the face of restrictions. We have been forced to make sacrifices.

Easy question to ask, a hard answer to model: have we embraced these crosses? Have we born their weight simply because they were thrust upon us, conscripted, like Simon of Cyrene? Or have we accepted these burdens out of care and compassion for the trials of another?

Have we entered prayer, accepted a sacrifice, or



done an act of charity to help another?

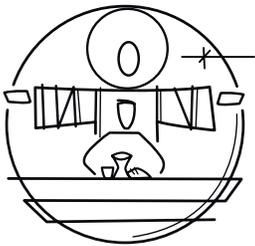
This Lent, I invite all parishioners to ask God to reveal the depths of his identity: Father, Son, Spirit. Practice with eyes of faith to envision the God to whom we pray. Place God at the center of our lives this Lent. Pray the Creed – and look for the ways God continues to unfold these wonderful mysteries before us in our lives. Be reminded, that while we may be separated from others physically, we are never separated from the presence of God, Jesus and the Holy Spirit. With this truth, allow the Holy Spirit to unite us in prayer. In addition to trusting our growth and ongoing conversion to our merciful and loving God, let us daily invoke the intercession of Mary, Our Lady of Perpetual Help, and St. Joseph, for our sake and for the sake of all God's people.

### PRAYER

#### Daily Mass

“In the Eucharist is all the power that created the universe and all the love that redeemed it!” Join us for daily Mass and receive the Lord's power & love to help you meet the challenges of each day.

Monday – Saturday  
8:15 am (Church & Livestream)



#### Sacrament of Reconciliation

The sacrament of Reconciliation is about the mercy of Jesus Christ. The mercy of the love of Jesus, through this sacrament, breaks the power of shame and hurt of sin and restores our relationship with God. Come, experience the power of the Father's love waiting for you in the Sacrament of Reconciliation.

*See the last page for the many opportunities we have to celebrate the Sacrament of Reconciliation this Lent.*

#### OLPH Lenten Reflections

This Lenten Season the OLPH Parish Staff has prepared a compilation of daily reflections based on the Mass reading for that particular day. In writing these reflections the aim was to encourage you to put your faith and trust in Jesus and share that gift with others. This year these reflections are enriched by the beauty of the **Nicene & Apostle's Creed**. To sign up for these reflections, please visit [www.olphparish.org/lent-2021](http://www.olphparish.org/lent-2021) by Feb. 17th.

#### Eucharistic Adoration

The Church adores the real presence of Jesus in Eucharistic Adoration, when the consecrated host is visible in the monstrance for prayer and worship. Eucharistic Adoration takes place every **Wednesday beginning at 2:00pm through Thursday at 8:00am and Friday from 9am -10pm**. This Lent, spend some quiet time in the presence of the Lord's peace, healing and spiritual refreshment at our Parish Chapel. Oh, Come Let us Adore Him!



# The Season of Lent

## FASTING

### Lenten Norms for Fasting and Abstinence

Catholics, age 14 and over, are to *abstain from meat* on Ash Wednesday, Good Friday, and all Fridays during the season of Lent. Adult Catholics, ages 18 through 59, are to *fast* on Ash Wednesday and Good Friday. Fasting is observed by eating only one full meal and two lighter meals that day and by refraining from eating between meals. Individuals who are pregnant, nursing, or ill are excused from these norms.

Fasting is the voluntary giving up of food, drink, and other material things that expresses our desire to bring a healthy balance back to our relationship with God, ourselves, and others. Poor choices in daily life can lead us to become enslaved to certain material things such as food, drink, television, etc. In fasting, we admit that we are not as free as we would like to be. In fasting, we exercise the gift of our free will to say 'no' to certain things (which are not necessarily bad in themselves) in order to allow us to say 'yes' to the Lord and to others.

### There are a number of benefits to fasting:

- Fasting awakens the heart to the intimate presence of God in one's soul.
- Fasting encourages more serious reflection about the priorities in our lives.
- Fasting strengthens our sense of dependence upon God.
- Fasting sharpens our sensitivity to the spiritual dimension of life.
- Fasting strengthens our ability to say 'yes' to God and 'no' to sin.
- Fasting develops a greater appreciation for the gifts of God, especially food and drink.
- Fasting purifies us, spiritually as well as physically.

### Ways to fast:

- Meatless meals on the Fridays of Lent should be simple, sacrificial, and lead us to reach out in generosity to those who are less fortunate through some act of charity.
- The classic form of fasting involves giving up of food or drink. As we choose to give up something that distracts from valuable use of time, we create room for good habits and we gain control over our lives – the same control that is needed to say "yes" to God. In place of that which you gave up, take action to spend time in prayer with God or in acts of service to others.



### A Special Call to Prayer and Fasting for an End to Abortion

This Lent, our parish is again joining a nationwide, ecumenical prayer event to help bring an end to abortion. 40 Days for Life is a peaceful, Christ-like prayer vigil with participants committing to prayer for one hour per week. Prayer can take place outside of the Hillcrest Clinic on Rt. 40, or at home or in church. For more information on how you can participate please visit [www.40daysforlife.com](http://www.40daysforlife.com).

## ALMSGIVING

Almsgiving is not only an offering of money to those in need but an attitude of generosity and a willingness to share in the burdens of others. Almsgiving is closely tied to fasting – whatever we save (money or time) should be offered to the needy. For a comprehensive list of ways to serve, visit [www.olphparish.org/our-parish-life/how-can-i-serve](http://www.olphparish.org/our-parish-life/how-can-i-serve)  
**Here's other ways to give alms this Lent:**

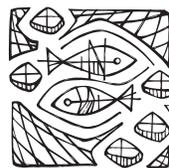
### SALT

Just as salt is a necessary part of life, so is the Christian called to be a necessary part of the world! SALT, an OLPH outreach ministry, is a hands-on ministry in service to the poor and needy of Baltimore City. There are many expressions of SALT and one that fits you! To learn more about SALT and find your perfect place of service in Him, visit [www.olphparish.org/salt](http://www.olphparish.org/salt).

### Lenten Poor Box Collections

Help support those in need by contributing to our Poor Box during Lent. The parish receives numerous requests each day for help. Your donations support the great works of OLPH St. Vincent in meeting the needs of our brothers and sisters. Thank you for your continued generosity!

### Casseroles for Our Daily Bread



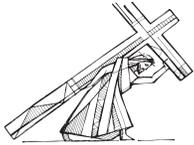
Catholic Charities Our Daily Bread is Maryland's largest hot meal program, serving more than 250,000 meals to the hungry of Baltimore City each year. Casserole pans and recipes can be picked up inside the church anytime and may

be returned during Lent on the weekends of **February 27/28 and March 27/28** to the freezer of the Parish Center kitchen prior to Mass.



# The Season of Lent

## Lenten Events & Special Offerings



### Stations of the Cross

Join us for this beautiful Lenten devotion every Friday at 7:00pm.

### Fridays in Lent

- 8:15 am Daily Mass\*
- 9:00 am Eucharistic Adoration\*  
(Through the day/night until 10:00pm)
- 4:00-7:00 pm Confessions
- 7:00 pm Stations of the Cross\*

### Special Lenten Friday Night Offerings

Check our website for registration details

- 5:30 pm Feb. 19th - Family Holy Hour\*
- 7:30 pm Feb. 26th - Pastoral Prayer Service\*
- March 5th - Festival of Praise (FOP)\*
- March 12th - Brothers in the Lord\*
- March 19th - Tell Your Story Workshop\*
- March 26th - Youth in the Lord\*

\* Events also available via livestream on Facebook and at [OLPHParish.org/broadcast](http://OLPHParish.org/broadcast)

## Lenten Special Offerings

### Family Holy Hour

Friday, February 19th, 5:30 pm - 6:30 pm

Bring the children for an early Holy Hour in the Church and enjoy a time of rest and quiet reflection. The Holy Hour will include music, Scripture, thoughts to ponder and quiet reflection. Stay for as long as you are able. *Church & Livestreamed.*

**OLPH Lenten Parish Mission -  
The God We Believe In: A God Who Saves\*\***  
*Led by Bishop Bruce Lewandowski*

**Church & Livestream. Registration Required.**

**Mon- Wed 2/22-2/24**

- 6 pm - Holy Hour
- 7 pm - Monday Prayer Service - "I Believe"  
Tuesday Prayer Service - "A God Who Saves"  
Wednesday Closing Mass - "We are Saved and Sent"

Bishop Lewandowski will preach the Masses for the 1st Sunday of Lent (Feb. 20-21) as well.

### Pastoral Prayer Service

Friday, February 26th, 7:30 pm - 8:30 pm

Join us after Stations for a time of prayer and reflection where we will focus on surrendering our hurts, anxieties, worries, and burdens to the Lord. During this prayer service, we will hear Scriptures from our Lenten readings focusing on surrender, healing and comfort. *Church & Livestream.*

### Mary's Way of the Cross

Wednesday, March 3rd, 7:00 pm - 8:00 pm

Mary's way of the cross. A Special Event for Women - Praying the Stations of the Cross through the eyes of Mary. It is a Catholic tradition to meditate on the Way of the Cross, uniting our sufferings, falls, hurts, and resurrection with the way of Jesus. Mary's Way of the Cross invites us to accompany Mary as she walks with Jesus to Calvary. *Church & Livestream.*

### Lenten Festival of Praise

Friday, March 5th, 7:30 pm

Join us as we move from Stations of the Cross into our monthly Festival of Praise where we pray, praise, and worship our Lord in the Blessed Sacrament. *Church & Livestream.*

### Brothers In the Lord Holy Hour

Friday, March 12th, 7:30 pm - 8:30 pm

A Holy Hour set aside for Men, and their young Brothers. This special hour during our evening of Adoration will include worship, music, testimony, prayer and reflection. *Church & Livestream.*

### Tell Your Story Workshop\*\*

Friday, March 19th, 7:30 pm - 9 pm

You will learn, what your own story has to do with God's GREAT story of salvation, how to overcome fears or struggles in sharing your story and how to prayerfully prepare to share your story in organized ministry situations AND in the everyday life. Participants will be granted access to the series content. **Registration is required.** *Church & Livestream.*

### Women's Half-day Lenten Retreat\*\*

Saturday, March 20th, 9am - noon

This special time will include worship, music, testimony, prayer and reflection before the Blessed Sacrament. In addition, attendees will be guided on how to recognize their story in relation to God's Great Story of Salvation. **Registration is required.** *Church & Livestream.*

### Youth In the Lord Holy Hour

Friday, March 26th, 7:30 pm - 8:30 pm

A Holy Hour set aside for the Youth of our Parish (anyone under the age of 18). This special hour during our evening of Adoration will include worship, music, testimony, prayer and reflection. *Church & Livestream.*

\*\* Registration Required. Visit [OLPHParish.org](http://OLPHParish.org)



# The Season of Lent

## The Sacred Triduum

(Latin for “three days”) is the 72 hour period at the end of Holy Week marking the Passion, Death, burial and Resurrection of Jesus.

The three days are counted as the Hebrews counted their days, from dusk to dusk. Therefore, the three days of the Easter Triduum are from dusk on Holy Thursday to dusk on Good Friday (day one), dusk on Good Friday to dusk on Holy Saturday (day two), and dusk on Holy Saturday to dusk on Easter Sunday (day three). Each of those days celebrates and commemorates the final days of Jesus as he offered himself for our salvation.

We look at the Easter Triduum as one single celebration that lasts for three days. We cannot separate the death of Jesus from his resurrection. Please join us for these special celebrations!

## Holy Thursday

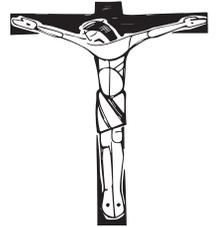


On this evening we remember and enter into what Jesus did with his disciples the night before he died: He gave them the new commandment of love (“Love one another as I have loved you.” John 13:34), symbolized in his washing of the disciple’s feet, he instituted the Eucharist (“Do this in memory of me.” Luke 22:19) and prayed for strength in the garden of Gethsemane (“Let your will be done, not mine.” Luke 22:42). The Church celebrates these same events, washing the feet of parishioners, celebrating the Eucharist, and then ending the evening in prayerful vigil before Jesus present in the Blessed Sacrament.

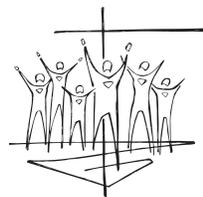
## Good Friday

The Friday prior to Easter is one of the most solemn days in the Church’s year when we recall the death of Jesus on the cross.

This is the only day of the year the Church does not celebrate the Mass. Instead, the ritual is in three parts: the Liturgy of the Word (when we read the account of his passion and death), veneration of the cross, and Communion (consecrated on Holy Thursday evening). This service does not stand alone; it is a continuation of what began on Holy Thursday. The veneration of the cross is a practice unique to Good Friday. It is our opportunity to humble ourselves before the awesome saving action of Christ. COVID restrictions will afford a modified veneration of the cross, inviting a bow/genuflect rather than a kiss of the cross.



## Easter Vigil



This is the holiest night of the Church’s year as we recall Christ’s Resurrection from the dead. Beginning in darkness with the light of candles, we enter into the celebration of his Resurrection singing the Gloria and Alleluia for the first time since the beginning of Lent. It is on this night that we welcome men and women into the new life of Christ and His Church by celebrating the sacraments of Baptism, Confirmation and Eucharist for those becoming Catholic.

## The Rite of Sending and the Scrutinies Special Prayers for Those Becoming Catholic

Throughout Lent the Church offers special prayers for those preparing to become Catholic at the Easter Vigil. During Lent, Mass be on the lookout as we celebrate the Rite of Sending, a special prayer in which our RCIA candidates are sent out to the Cathedral where the Archbishop formally “elects” (chooses) them to enter into the life of the Church at Easter. This is followed by the Scrutinies on the last three Sundays of Lent when the Church offers special prayers asking God to deliver them from the power of sin, to protect them against temptation and give them new strength in Christ. Each of these prayers is based on who Christ revealed himself to be the Living Water, the Light of the World, and the Resurrection and the Life.



# Lent and Easter 2021 ■ Important Dates

## ASH WEDNESDAY – February 17

Mass with the blessing and distribution of ashes at 6:30am, 8:15am, 5:00pm and 7:00pm.  
COVID modifications require ashes to be sprinkled above the individual's head so that immediate contact is avoided. Mass reservations may be made through the parish website.

## WEEKDAY MASS

8:15 am - Every Mon, Tues, Wed, Thurs, Fri, Sat in the Church and by Livestream

## SACRAMENT OF RECONCILIATION

Wednesdays -11:00am - 12:00 pm and 6:00 pm – 7:00 pm offered outdoors

Friday afternoons at OLPH: 4:00 pm - 7:00 pm inside the Good Shepherd Room

Saturday afternoons at OLPH: 1:00 pm – 3:00 pm inside the Good Shepherd Room

## PALM SUNDAY – March 28

Palms will be blessed and distributed by Ministers of Hospitality at all weekend Masses

## HOLY THURSDAY – April 1

8:15am – Morning Prayer

7:00 pm – Mass of the Lord's Supper, followed by quiet prayer before the Blessed Sacrament until Midnight (in Parish Center)

## GOOD FRIDAY – April 2

(No 8:15 am Mass, No 4:30 pm Confessions)

8:15 am – Morning Prayer

3:00 pm – Liturgy of the Lord's Passion, including Veneration of the Cross and Holy Communion

## HOLY SATURDAY – April 3

(No 8:15 am or 4:30 pm Masses, No 3:00 pm Confessions)

8:15 am – Morning Prayer

9:00 am – Blessing of Easter Foods after Mass in the Church

## THE EASTER VIGIL – April 3

8:15 pm – Easter Vigil Mass

## EASTER SUNDAY – April 4

Easter Masses celebrated at:

7:30 am; 9:00 am (Church and Outdoor); 11:00am (Church and Outdoors); and 5 pm

