

## Lent and Easter Schedule of Events 2023

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| <b>Ash Wednesday / <i>Miércoles de Ceniza</i></b>                        |   |
| Wednesday, Feb 22  | St. Anthony – Mass: 9:00 am (English); Word & Communion: 7:00 pm (Spanish)<br>Our Lady of Sorrows – Mass: 11:00 am & 7:00 pm            |
| <b>Fridays of Lent / <i>Los Viernes de Cuaresma</i></b>                  |   |
| Feb 24 – Mar 24  | Meatless Suppers at 6:00 pm followed by 7:00 pm Stations of the Cross (both churches)   |
| <b>Parish Reconciliation Service / <i>Servicio de Reconciliación</i></b> |   |
| Friday, March 31   | St. Anthony – 5:00pm<br>Our Lady of Sorrows – 7:00pm  |
| <b>Holy Week/Triduum - <i>La Semana Santa/Triduo</i></b>                 |   |
| <b>Palm Sunday – <i>Domingo De Ramos</i></b>                             |   |
| Saturday, April 1  | Our Lady of Sorrows – 5:00 pm   |
| Sunday, April 2  | St. Anthony – 9:00 am<br>Our Lady of Sorrows – 11:00 am   |
| <b>Holy Thursday - <i>Jueves Santo</i></b>                               |   |
| Thursday, April 6  | Mass of the Lord's Supper – 7:00 pm (at both churches)  |
| <b>Good Friday - <i>Viernes Santo</i></b>                                |   |
| Friday, April 7  | Stations of the Cross – 3:00 pm (at Our Lady of Sorrows only)<br>Solemn Liturgy of the Passion of the Lord - 7:00 pm (at both churches) |
| <b>Holy Saturday - <i>Sábado Santo</i></b>                               |   |
| Saturday, April 8  | Easter Vigil/Vigilia Pascual at 8:00 pm (at both churches)  |



### **Easter Sunday - *Domingo de Pascua***

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| Sunday, April 9 | Our Lady of Sorrows – 9:00 am & 11:00 am<br>St. Anthony – 9:00 am |
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# \*\*\* Lenten Resolutions \*\*\*

Dear Friends,

Lenten Season 2023 will begin on Ash Wednesday, February 22<sup>nd</sup>. Please take 15 minutes to pray, ask the Holy Spirit's guidance, look over these following activities list for the Season of Lent, and make a few practical Lenten resolutions. Be careful. If you try to do too much, you may not succeed in anything. If you need to get up early or stay up late to get the 15 minutes of quiet, do it. Turn off your phone and computer. Don't put it off, and don't allow interruptions.

- \* Make it a habit to stop at least five times a day, raise your heart and mind to God, and say a short prayer such as "Jesus, I love you," or "Lord Jesus Christ, Son of God, have mercy on me, a sinner," or "Lord, I offer it up for you."
- \* Pray each day for the Holy Father, our bishops and all the bishops, priests, deacons, and religious brothers and sisters.
- \* Plan on going to weekday Mass at 9:00 am on Wed, Thu & Fri (Our Lady of Sorrows)
- \* Attend the parish Lenten Reconciliation Service.
- \* Make the Stations of the Cross each Friday of the Season of Lent at church at 6:00 pm. If you have kids, bring them. If you have friends, invite them.
- \* Spend some focused time with your spouse, strengthening your marriage. Start praying together, or make praying together a more frequent occurrence.
- \* Attend the Holy Triduum Liturgies (Holy Thursday, Good Friday, & Holy Saturday) to help us commemorate the Passion, Suffering, Death and Resurrection of Our Lord. If you have not experienced this before, try to attend this year.
- \* Invite your friends, your family members, especially those who are not practicing their faith, to any Lenten events or Mass with you. Extra copies of this flyer are available at the entrance of the church and posted on our parish website.

When Easter comes, don't drop the new practice  
You have begun during the Season of Lent!  
Make it a permanent feature of your Christian life!

- Weekend Mass Schedule:
  - St. Anthony Church Sunday @ 9:00 am
  - Our Lady of Sorrows Church Saturday @ 5:00 pm (4:30 Confessions) & Sunday @ 11:00 am
- Meatless supper meals hosted by parish consultative groups and ministries will follow Stations of the Cross on all Fridays during Lent (except for March 31 & Good Friday).
- For more information please visit: [www.olos.org](http://www.olos.org) -or- [www.stanthony-carnation.org](http://www.stanthony-carnation.org)