

**ST. LUKE'S CHURCH**  
**Barrington, Rhode Island**

**LENT 2008**

Lent is the 40-day season of preparation for the Paschal Triduum. The 40 days are counted from the First Sunday of Lent until Holy Thursday. (Lent ends on Holy Thursday.) The four days between Ash Wednesday and the First Sunday are an introduction to the season. The readings at Mass on these days were chosen to teach us about the three Lenten disciplines of prayer, fasting and almsgiving. In imitation of the Lord, the Church invites us to spend these forty days in prayer, fasting, and deeds of mercy. Lent was originally the time for an intense preparation to receive the Sacrament of Baptism, the initiation into the Christian Community. For those already baptized, it is a time to renew our relationship with Christ and His Body, the Church. This special season can be a means of gaining a greater sensitivity to God's presence in our lives and the needs of those less fortunate.

The following outline offers some suggestions for spiritual growth during this season. Also take note of the Lenten regulations below.

**FASTING AND ABSTINENCE IN LENT:** (Canon Law) --

Abstinence from meat is required by those 14 and older on Ash Wednesday, Good Friday and all Fridays in Lent. In addition, Ash Wednesday and Good Friday are fast days: those between the ages of 18 and 59 should eat less -- no solid food between meals and only one meal that day should be a full one. (Serious reasons, for example, one's health can excuse you from these rules.)

The law of the Church also encourages parents to see to it that minors who are not bound by law of fast and abstinence are educated in an authentic sense of penance.

**DEVOTIONAL FASTING:** Beyond Church Law, one might choose to practice self-denial in many ways that could be called "fasting" -- greater temperance in food and drink, fasting from the noise of television, radio, public entertainment and using the time so saved in spiritual reading or Bible study. Catholic bookstores have many new publications with suggestions for Lenten observance and profitable reading.

**Lent at Saint Luke's Church**

» Feb. 6 is **ASH WEDNESDAY** and the beginning of the Lenten season. Ashes will be distributed during Mass at 7:00 am, 9:00 am (School Mass), 12:05 pm and 7:00 pm.



» **HOLY MASS SCHEDULE:**

Saturday:	9:00 am & 5:00 pm
Sunday:	7:00, 8:30, 10:00, 11:30 am
Monday-Friday:	7:00 am & 12:05 pm

» **CONFESSION:**

\*Every Saturday, 4-4:45 pm in the Church or call for an appointment.

\*Penance Service — Confessions will be heard during a parish communal penance service during the Parish Mission on Wednesday, February 27 at 7:00 p.m.

\*Confessions for the Religious Education 10<sup>th</sup> grade students:

Grade 10 - Monday, March 3 at 7:00 pm

**(OVER)**

>> **PRAYER TIME, DEVOTIONS & PARISH MISSION:**

**\*Novena in Honor of Our Lady of the Miraculous Medal and Benediction:** Every Monday at 5:30 pm.

**\*Stations of the Cross:** Every Friday following the 12:05 pm Mass.

**\*Eucharistic Adoration:** Every Monday immediately following 7:00 a.m. Mass - 5:30 pm.

**\*Parish Mission:** Rev. David F. Gaffney — February 25 (Monday) — Mass & Talk, February 26 (Tuesday) — Mass & Talk, February 27 (Wednesday) — Penance Service

**= HOLY WEEK, PASCHAL TRIDUUM & EASTER SUNDAY ==  
(Monday, March 17 — Sunday, March 23)**

Monday, March 17:	<b>Holy Mass</b> at 7:00 am and 12:05 pm <b>Chrism Mass</b> at the Cathedral at 7:00 pm
Tuesday, March 18:	<b>Holy Mass</b> at 7:00 am and 12:05 pm
Wednesday, March 19:	<b>Holy Mass</b> at 7:00 am and 12:05 pm
<b>Holy Thursday, March 20:</b>	<b>Mass of the Lord's Last Supper</b> — 7:30 pm
<b>Good Friday, March 21:</b>	<b>Stations of the Cross</b> — 3:00 pm <b>Good Friday Service</b> - 7:30 pm
<b>Holy Saturday, March 22:</b>	<b>Easter Vigil</b> - 7:30 pm
<b>Easter Sunday, March 23:</b>	<b>Holy Mass</b> at 7:00 am, 8:30 am, 10:00 am, 11: 30 am

**No Sunday School on Easter Sunday**

*(\*Please be sure to read the weekly bulletin for any possible changes to the schedule.)*