



*"Even now, says the Lord, turn to me."
(Joel 2:12)*

begins with **ASH WEDNESDAY**, February 14

The 40 days of Lent begin on Ash Wednesday and end on Holy Thursday.
From Holy Thursday evening until Easter Sunday morning, we celebrate The Holy Triduum,
the three Highest Holy Days of our Christian religion

FASTING

is to be observed by those 18-59 years of age. 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 are allowed. **Days of fasting are Ash Wednesday and Good Friday.** Fridays and Wednesdays are also traditional fast days; however, one may fast on any day of the week. Pregnant women, nursing

ABSTINENCE

is the observation of **foregoing the eating of meat** by all those 14 years of age and older on: **Ash Wednesday; all Fridays in Lent; and on Good Friday.** When health or ability to work would be seriously affected, this

OPERATION RICE BOWL

This faith-in-action program of Catholic Relief Services promotes funding for agricultural, nutritional, educational and self-sufficiency in third world countries. 75% of these gifts support CRS programs around the world; 25% remain here in NH for local hunger and poverty alleviation efforts. **You can pick up your Rice Bowl for the Lenten Season on the**

Lenten Devotionals

Available at **Heart of the Heights Bookstore**, in all price ranges, to use for your daily meditations during Lent. Store Hours: Monday thru Saturday, 10:00am-4:00pm; Sundays, 10:00am-1:00pm. Also available on the **church entrance tables**, limited quantities of the booklet Daybreaks, Daily Reflections for Lent and

LENTEN WORSHIP SCHEDULE (except Holy Thurs. & Good Fri.) at Catholic Churches in our area, including IHM

Immaculate Heart of Mary	M, T, W F F Sat	Mass, 9:00am Stations 5:00pm Lenten Soup Supper, 5:30pm Reconciliation 3:00-4:00pm
Christ the King Parish Concord (224-2328)	M, W, F Th M, W, F F	Mass, 12:10pm Mass 7:00pm Reconciliation 11:30am-12:00pm Stations 5:30pm
St. John the Baptist Suncook (485-3113)	T, Th F Sat	Mass 8:30am Mass 7:30am Reconciliation 3:00pm
Carmelite Monastery Concord (225-5791)	M,T,W,F Th Sun	Mass 8:00am Mass 5:00pm Mass 7:30am
Immaculate Conception Penacook	M, T, Th Sat	Mass 8:00am Reconciliation 3:15-3:45pm

EASTER PRECEPTS

The 2nd precept **"confess your sins at least once a year"** ensures preparation for the Eucharist by the reception of the Sacrament of Reconciliation (Catechism of the Catholic Church, 2042). The 3rd precept **"you shall receive the Sacrament of the Eucharist at least during the Easter Season"** (Catechism of the Catholic Church, 2042) is known as **Easter Duty**. The faithful must celebrate the Sacrament of Reconciliation to confess serious (mortal sins) in

SACRAMENT OF RECONCILIATION (CONFESSION)

This special sacrament is available at IHM every **Saturday afternoon from 3:00-4:00pm** or by appointment. Also: **Lenten Deanery Penance Service on Sunday, March 4 at 1:30pm here at IHM; Diocesan-wide Day of Reconciliation on Monday, March 26 from 11:00am-1:00pm and 5:00pm-6:30pm.** Monthly celebration of the Sacrament of Reconciliation is

A SEASON of PRAYER, FASTING and ALMSGIVING

During the Lenten season all of the faithful are encouraged to spend additional time in prayer; read Scripture; increase Christian study; fast; participate in the devotions of the parish and to give generously to charities and to their Church. **Let us offer our prayers, fasting and almsgiving to affect positive change in our world.**

STATIONS OF THE CROSS

This special prayer invites believers to walk with Jesus on his way to Calvary. Join us in the church every **Friday from 5:00-5:30pm**; exception - **3:00pm on Good Friday.**

EUCCHARISTIC ADORATION

Make a commitment to a **weekly Holy Hour** with the Lord in the St. Padre Pio Perpetual Adoration Chapel. Email stpadrepioadoration@gmail.com.

*Lent is a time for **Penance and Renewal.** Through penance we find healing and forgiveness. Through prayer, study and Lenten devotions we grow spiritually. Through good works and almsgiving we renew our faith, hope*



Hang on your calendar or refrigerator!

IHM Lenten, Holy Week and Easter Worship

WORSHIP:

Prayer Service/Ashes	Wednesday, February 14	7:00am
Ash Wednesday Masses/Ashes	Wednesday, February 14	9:00am, 12:10pm and 7:00pm
Daily Mass during Lent	Monday, Tuesday, Wednesday	9:00am
Weekend Masses	Saturday Sunday	4:30pm 8:00am, 11:00am & 4:00pm

HOLY WEEK TRIDUUM SCHEDULE:

Palm Sunday	Saturday, March 24 Sunday, March 25	4:30pm 8:00am, 11:00am & 4:00pm
Holy Thursday	March 29	7:00pm
Eucharistic Adoration in Hall		following Mass until approx. 10:30pm
Good Friday	March 29	3:00pm (Stations of the Cross)
Good Friday	March 30	7:00pm (Celebration of the Passion of the Lord)
Easter Vigil	March 31	7:30pm (followed by a social in Hall)



DEVOTIONAL LIFE, SPIRITUAL GROWTH and FELLOWSHIP:

40 Days for Life Prayer Vigil	Ash Wednesday - Palm Sunday	24/7 (38 So. Main St., Concord)
Reconciliation	Saturdays (except Holy Saturday) and by appointment (except Holy Week)	3:00-4:00pm (IHM Church)
Stations of the Cross	Fridays (beginning February 16) Good Friday , March 30	5:00pm (IHM Church) 3:00pm (IHM Church)
Lenten Soup Supper (no charge-donations accepted)	Fridays (beginning February 16)	5:30pm (IHM Hall)
ALPHA Course	Wednesdays (beginning February 21)	6:00pm (IHM Hall)
Lenten Teaching "Sacred Fire"	Thursdays (February 22—March 22)	6:30pm (IHM Hall)
Bible Study "Letter of James"	Tuesdays (now—March 27)	6:30pm (IHM Center)
Bible Study "1st Letter of John"	Wednesdays (1st & 3rd)	7:00AM (Windmill Restaurant)
Contemplative/Center Prayer Wrksp	Saturday, February 24	8:30am-1:00pm (IHM Hall)
Deanery Penance Service	Sunday, March 4	1:30pm (IHM Church)
St. Patrick Pot Luck/Irish Band	Saturday, March 10	5:30pm-9:00pm (IHM Hall)
Tenebrae Light Service	date tba	time tba (IHM Church)
Living Stations of the Cross	Sunday, March 25	6:00-7:30pm (IHM Church)
Diocesan Day of Reconciliation	Monday, March 26	11am-1pm; 5-6:30pm (IHM Church)
Seder Meal	Holy Thursday, March 29	5:15pm (IHM Hall)
Divine Mercy Chaplet (start of Novena)	Good Friday, March 30	after Stations (IHM Church)
Easter Egg Hunt (pre-K to Gr. 5)	Sunday, April 1	12:00pm (Rosary Garden)
Divine Mercy Holy Hour	Divine Mercy Sunday, April 8	2:00pm (location tba)
Pray the Rosary	Monday-Wednesday; Saturday/Sunday (only 8am Mass)	half hour prior to each Mass (IHM Church)

ONGOING:

Prayer for Healing	Sundays	8am or 11am Mass (IHM Church)
Men's Morning Mass or Prayer	Tuesdays (Mass on 1st Tuesday)	6:00am (IHM Church)
Contemplative/Center Prayer Grp	Wednesdays (1st & 3rd)	5:00-6:15pm (IHM Center)
Eucharistic Adoration	Sunday thru Saturday	24/7 (Padre Pio Chapel)

Watch the bulletin for other events that may be added