

The Three Pillars of Lent



PRAYER

Find a quiet, private place to be alone with your thoughts and God. Try praying a little longer during Lent than what you normally do.



FASTING

Think about what you eat and drink, and also why. Try to make healthy choices and support local producers. Thoughtful self-denial cleanses both the body and spirit.

Fasting among Christians is a penitential discipline intended to open our hearts to God and others, a meaning of purification and spiritual liberation, a witness of the depth of our Faith.

The law of abstinence from meat binds those who are 14 and older; meatless Fridays are a timeless tradition in the Catholic Church. The simple act of abstaining from meat joins us to the sacrificial heart of Jesus. All Catholics are encouraged to adopt this penitential practice on the Fridays during Lent.

The law of fasting and abstinence on Ash Wednesday and Good Friday binds those from 18 to 59 years of age. On these two days, two smaller meals are allowed as needed, but eating solid foods between meals is not permitted.



GIVE ALMS

Share what you have with a generous spirit. Acts of justice and compassion bless both the giver and the recipient.

Lent at St. Joseph Church

March 2nd - Ash Wednesday

Mass with the Imposition of Ashes
at 8am and 7pm

March 4th, 11th, 18th, 25th,

April 1st, 8th and 22nd - The Search

Light dinner and discussion at 5:30pm
in the church hall

March 4th, 11th, 18th, April 1st and 8th -

Stations of the Cross

Celebrated in the church at 7pm

March 11th to 19th - Novena of Saint Joseph

Feast day of our Patron Saint is on March
19th

March 25th - Prayers for the unborn on the Feast of the Annunciation

Holy Hour, Stations of the Cross and
Prayers at 7pm

April 3rd - Solidarity Sunday

April 9th - Day of Mercy

Our church will be open for Confessions
and prayer throughout the day

April 10th - Palm Sunday

Holy Week begins with Palm Sunday

Visit stjoeschurch.ca to learn more and keep up-to-date