

The punishment that brought



us peace was upon Him.
ISAIAH 53:5

Lenten Journey

Lent is a time for discovering in our hearts the resources that will enable us to live better lives, be better people and in our own way, somehow, come closer to God.

2018 Lenten Planner

Regular Weekday Mass	Tuesday & Wednesday Thursday & Friday	6:30 pm Mass 9:00 am Mass
Regular Sunday Mass	Saturday Sunday	5:00 pm Mass 9:00 am & 11:00 am Masses
ASH WEDNESDAY	Wednesday, February 14	9:00 am Mass 6:30 pm Mass
During Lent, Sacrament of Reconciliation	Wednesday evenings at all parishes	7:30 - 8:30 pm
Regularly Scheduled Confessions	All Saturdays, Except for the Saturday (Easter Vigil) before Easter Sunday	4:00 pm-4:30 pm
Way of the Cross	Every Thursday during Lent Every Friday during Lent	9:30 am 7:00 pm
Exposition of the Blessed Sacrament & Benediction (Note: 1 st Friday of each and every month)	First Friday of the Month, March 2	9:00 am Mass 9:30 am Exposition Benediction at 10:30 am
Lenten Soup & Bun	Every Friday during Lent	6:00-7:00 pm *free will offering*
Passion (Palm) Sunday	Saturday March 24 Sunday March 25	5:00 pm Mass 9:00 am & 11:00 am Masses

Holy Week Schedule at Corpus Christi Parish

Tuesday of Holy Week	March 27	6:30 pm Mass
Wednesday of Holy Week	March 28	6:30 pm Mass
Holy Thursday of Holy Week	March 29	7:00 pm (no 9:00 am Mass today)
Good Friday Service	March 30	3:00 pm (no 9:00 am Mass today)
Holy Saturday, Easter Vigil	March 31	7:00 pm (no 5:00 pm Mass today)
Easter Sunday	April 01	9:00 am and 11:00 am Masses

Parking Request: Please do not park directly in front of the main doors
(as that is our emergency vehicle access & access for those with walkers or wheelchairs)
Please be respectful and do not park at the Mall/Shoppers Drug Mart.

Parking Suggestions: Parking available in the lot directly behind the church.
Large Parking lot available at the Parish Hall (5931-4th St N.W.)
located across the street & one block North - white building – flat roof
Parking all along south side of Northmount Drive N.W.

Thank you for helping us to be “a good neighbour”

Traditional Lenten Disciplines

Fasting and abstinence:

- Catholics of age 14 and older, abstain from meat on Ash Wednesday, Good Friday and all Fridays of Lent.
- In addition, on Ash Wednesday and Good Friday, Catholics from age 18 to 59 fast, limiting themselves to one full meal and 2 smaller meals, each day.

Prayer:

- Catholics are encouraged to pray more often during Lent, especially with Scripture.
- Lent is an ideal time to receive the sacrament of Reconciliation, in preparation for the celebration of Christ's passion, death and resurrection.

Almsgiving:

- Moved by the sacrifice of Christ, many Christians combine almsgiving with fasting,
- giving to the poor money saved by eating, drinking or buying less, as they rely more upon God's abundant grace.