

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.

## 2019 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
<b>ASH WEDNESDAY</b>	Wednesday, March 6	9:00 am Mass 6:30 pm Mass
During Lent, Sacrament of Reconciliation	Tuesday & Wednesday	6:00 pm – 6:20 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 <sup>st</sup> Friday of each and every month)	First Friday of the Month, March 1 & April 5	9:00 am Mass 9:30 am Exposition 10:00 am Benediction
Lenten Soup & Bun	Every Friday during Lent	6:00 pm -7:00 pm *free will offering*
Passion (Palm) Sunday	Saturday April 13 Sunday April 14	5:00 pm Mass 9:00 am & 11:00 am Masses

## Holy Week Schedule at Corpus Christi Parish

Tuesday of Holy Week	April 16	6:30 pm Mass
Wednesday of Holy Week	April 17	6:30 pm Mass
Holy Thursday of Holy Week	April 18	7:00 pm (no 9:00 am Mass today)
Good Friday Service	April 19	3:00 pm (no 9:00 am Mass today)
Holy Saturday, Easter Vigil	April 20	7:00 pm (no 5:00 pm Mass today)
Easter Sunday	April 21	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 (5931-4<sup>th</sup> 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.