

# St. Anthony of Padua 2023 Lent & Easter Schedule



## **Ash Wednesday, February 22**

### **(Day of Fasting and Abstinence)**

St. Anthony Church 8:30 a.m. School Mass  
7:00 p.m. Mass

Holy Spirit Church 8:30 a.m. School Mass,  
12:00 Noon Scripture & Ashes  
6:30 p.m. Mass

## **Lenten Vesper Services**

Sunday, March 5 at 3:00 p.m.  
Wednesday, March 8 at 7:00 p.m.

## **Stations of the Cross**

St. Anthony: Every Friday during Lent at 6:30 p.m.

## **Individual Sacrament of Penance**

Every Saturday 3:30 p.m.

## **"The Light is ON for You :An Evening of Penance"**

Thursday, March 23 5:00-7:00 p.m.

## *Easter Triduum*

### **Holy Thursday, April 6**

Mass of the Lord's Supper 7:00 p.m.  
Adoration of the Blessed Sacrament follows Mass until 11:00 p.m. in the Chapel

### **Good Friday, April 7 (Day of Fasting & Abstinence)**

Living Stations of the Cross 12:30 p.m.  
Liturgy of the Lord's Passion: 1:30 p.m.

### **Holy Saturday, April 8**

Blessing of the Food Baskets 1:00 p.m.

### **Easter Vigil, Saturday, April 8**

(No 4:30 Mass)  
7:00 p.m.

### **Easter Sunday, April 9**

Regular Mass Schedule: 7:30, 9:00 and 11:30 a.m.

**\*\*More Lenten Offerings on Back**

# *Lenten Opportunities*



## **Lenten Series**

**Mondays, March 20 and March 27**

**"Amazing Grace"**

**6:30 p.m.—8:00 p.m. in the Saints Room**

**Presented by Fr. Mark Przybysz**

## **Friday Morning Stations of the Cross**

**Every Friday during Lent**

**11:00 a.m. in Church**

**Followed by a soup and salad lunch**

**Presented by The JOY Club**

## **Weekly Daily Mass**

**Monday and Wednesday**

**8:30 a.m. in the Chapel**

**Friday, 8:30 a.m. in the Church**

**and**

**Tuesday Novena Mass 6:45 p.m. in the Chapel**

## **Rosary**

**Every Saturday at 3:45 p.m. in the Church**

## **Exposition of the Blessed Sacrament**

**Every Tuesday 5:30 p.m.—6:30 p.m. in Chapel**

## **Lent and Paschal Time 2023**

### **LENTEN FASTING REGULATIONS**

† FASTING is observed on Ash Wednesday and Good Friday by everyone 18 years of age and older, who has not yet celebrated their 59th birthday. On a fast day, one full meal is allowed. Two other meals—enough 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 consuming liquids, including milk and juice, is allowed.

† In addition, ABSTINENCE is observed on Ash Wednesday and ALL Fridays of Lent by everyone 14 years of age and older. On days of abstinence no meat is allowed. Note that when one's health or ability to work would be seriously affected, the law does not apply.

If a person is unable to observe the above regulations due to health or other serious reasons, other suitable forms of self-denial are encouraged.

The point of fasting and abstinence is to remind us of our radical need for God's support as we undergo conversion in his love.