

## LENT 2025 *Reawaken Your Heart with Hope!*



### Mass & Distribution of Ashes at St. John's on Ash Wednesday, March 5

Mass & Distribution of Ashes at 7:00 AM, 9:00 AM, 12:05 PM, and 6:00 PM

*The act of putting on ashes symbolizes fragility and mortality, and the need to be redeemed by the mercy of God. Far from being a merely external act, the Church has retained the use of ashes to symbolize that attitude of internal penance to which all the baptized are called during Lent.*

Ashes will be imposed in the traditional manner, making the Sign of the Cross with the thumb on the foreheads of the faithful, while praying each time: "Remember that you are dust, and to dust you shall return", or "Repent, and believe in the Gospel."

### Stations of the Cross – Wednesdays beginning March 12 following 8:15 AM Mass

Stations of the Cross - Fridays at 5:30 PM followed by Reflection by Father Peter or a member of the Pastoral Staff

March 7 Parish Council      March 14 Liturgy  
March 21 Confirmation      March 28 Fatima  
April 4 Bible Study          April 11 Choir



**Weekday Masses:** 8:15 AM on Monday, Tuesday, Wednesday, and Friday

### Lenten Mite Box Giving

As is our tradition, our Lenten sacrifice will be distributed to the following Recipients as approved by the Diocese: **Catholic Diocese of Obuasi, Ghana** (via Propagation of the Faith); **Seminarians of the Diocese of Rochester**; **Mary's Place Refugee Outreach Center**.



**Diocesan Day of Penance and Mercy—** Wednesday, April 2 Fr Peter will hear confessions during the following time periods

10:00 AM—Noon, 3:00—5:00 PM

### First Friday – March 7 and April 4

Eucharistic Adoration following 8:15 AM Mass concluding with Benediction at 10:00 AM

### First Saturday – March 1 and April 5

8:15 AM Mass followed by the Rosary, 15 Minute Meditation and Devotional Prayers

### St Joseph Table – March 16

Altar decorated in church for all Masses March 15 & 16; Reception following 10:00 AM Mass March 16 in Parish Center

### St. John the Evangelist 2025 Lenten Retreat

Wednesday, March 12, 19, 26, April 2, 9

**Morning Session:** 10:30 AM–12:00 PM

**Evening Session:** 6:00–7:30 PM

with simple Soup Supper in Parish Center

*Please Sign up in the back of church by Ash Wednesday.*

Explore your lives through the lens of Boundless Compassion. Here, participants will explore compassion as a tender yet powerful inner capacity that helps cultivate well-being and overcome divisions.

### Fish Frys on Fridays – 3:30 –6:30 PM

Take-out and Dine-in. Parish Center. March 7, March 14, March 21, March 28, April 4 and April 11.

**NOTE:** No fish fry on Good Friday

### Our Lenten Sacrifice

**Days of Abstinence:** On Ash Wednesday, all Fridays\* in Lent, and Good Friday—No meat can be taken by all who have reached their 14th birthday.

**Days of Fast:** On Ash Wednesday and Good Friday—A limit of one full meatless meal for all who have reached their 18th birthday and have not as yet reached their 60th birthday. *Sufficient food is allowed at other meal times to sustain strength. No eating between meals. These regulations ought to be observed by all Catholics unless there is a truly important reason, such as health, that prevents their observance. While no dispensation is needed in these cases, a substitute Act of Penance (fasting, prayer, or act of charity) should be done.*

**Weekdays of Lent:** No obligation to fast, however, voluntary acts of self-denial are recommended

**Easter Duty Obligation:** Must be made from the First Sunday in Lent (February 18) through Trinity Sunday (May 26)

**Self-Denial:** This is encouraged on a voluntary basis. Acts may include daily Mass, spiritual study, Lenten Devotions, the Rosary, Stations of the Cross, and deeds of mercy and kindness.



### The Easter Triduum



**Mass of the Lord's Supper: Holy Thursday, April 17 at 7:00 PM;** Adoration of the Blessed Sacrament until 10:00 PM, Compline at 10 pm



**Good Friday Passion Service: April 18 at 3:00 PM**

**Holy Saturday, April 19 at 2:00 PM in Church**  
Blessing of Easter Food Baskets in the Polish Tradition



**Easter Vigil Mass: Saturday, April 19 at 7:00 PM**  
**Easter Sunday Masses: Sunday, April 20**  
at 8:00 AM and 10:00 AM