

Faith Formation



Lent is the yearly celebration by the Church of its corporate conversion in Jesus Christ.

During this season, the liturgy prepares catechumens to celebrate the paschal mystery by the various stages of Christian initiation.

Lent also prepares the faithful for Easter as they recall their baptism and do penance in preparation for the greatest feast of the year.



What is the purpose of Lent?
The two main purposes of Lent: to recall or prepare for baptism; and to emphasize a spirit of penance. Through 40 days of closer attention to God's Word and of more fervent prayer,

believers are prepared to celebrate the paschal mystery.

Why are crucifixes and crosses covered?

Lent is a time of self denial. We fast from the familiar objects of our faith. Absence makes us hunger and thirst for Easter.

Why is there no holy water?

The practice of blessing ourselves with holy water is to remind us of our own baptism. We fast from this during the 40 days of Lent in anticipation of the new waters blessed at Easter. The rocks that replace the holy water fonts should be touched (certainly cross yourself also). Remember the wilderness experiences of Jesus (40 days) and also Moses (40 years). We cover the baptismal font as a sign that it is not used during Lent.

Why do we not eat meat on Fridays and fast other days?

Although church law no longer obliges Catholics to abstain from meat on Fridays, we are still encouraged to do so or to substitute special acts of charity or piety on this day.

Ash Wednesday and Good Friday are days of fasting and abstinence from meat. We deprive ourselves of food to be more open for prayer, to share in the suffering of those who are starving, and to save money for the poor.

What are the rules about fasting and no meat?

Abstinence from meat is for everyone age 14 years and older. Fasting binds those from 18 to 59 years. It calls us to have only one main meal in the day. Those unable to fast or abstain due to medical or other serious reasons may practice other forms of self-denial suitable to their condition. Sundays are excluded as commemorations to the resurrection.

What else is different?

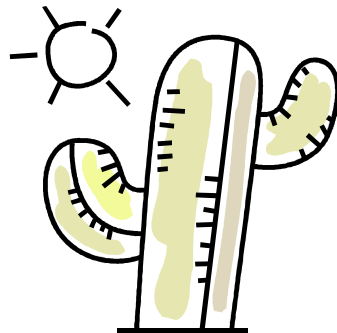
During Mass, there is no singing of Alleluia during Lent, as well as no Glory to God. We fast from these also until Easter.

Flowers are not used to decorate the church.

Themes of wilderness and barren desert help us to reflect on Christ and to renew our commitment to God during this time.

As a general policy, there are no baptisms, confirmation, or first communion celebrated during Lent.

Daily Lenten Activities available on the Archdiocese website www.archregina.sk.ca under What's New



Important Dates and Times:

Wednesday, February 25

Ash Wednesday Mass - 7:30 pm

Sunday, March 8

Lenten Reconciliation - 7:30 pm

Sunday, March 29

DVD 4:00 pm, soup & bun meal, Stations of the Cross

Monday, March 30

Chrism Mass Holy Rosary Cathedral -
7:00 pm



Sunday, April 5

Passion (Palm) Sunday – 10 am

Thursday, April 9

Evening Mass of the Lord's Supper - 7:30 pm

Adoration of the Eucharist - 9 pm to midnight

Friday, April 10

Church open for private prayer - 8:00 am to 3:00 pm

Good Friday Service - 3:00 pm

Saturday, April 11

The Easter Vigil - 8 pm

Sunday, April 12

Easter Sunday Mass - 10 am

