

LENT

Our observance of Lent begins on Ash Wednesday, a day of fast and abstinence for Catholics. At Mass on Ash Wednesday (March 2, 2022), the imposition of ashes replicates an ancient penitential practice and symbolizes our dependence upon God's mercy and forgiveness.

During Lent, the baptized are called to renew their baptismal commitment as others prepare to be baptized through the [Rite of Christian Initiation of Adults](#), a period of learning and discernment for individuals who have declared their desire to become Catholics.

The three traditional pillars of Lenten observance are [prayer, fasting and almsgiving](#). The Church asks us to surrender ourselves to prayer and to the reading of Scripture, to fasting and to giving alms. The fasting that all do together on Fridays is but a sign of the daily Lenten discipline of individuals and households: fasting for certain periods of time, fasting from certain foods, but also fasting from other things and activities. Likewise, the giving of alms is some effort to share this world equally—not only through the distribution of money, but through the sharing of our time and talents.

The key to fruitful observance of these practices is to recognize their link to baptismal renewal. We are called not just to abstain from sin during Lent, but to true conversion of our hearts and minds as followers of Christ. We recall those waters in which we were baptized into Christ's death, died to sin and evil, and began new life in Christ.

What is the Church's official position concerning penance and abstinence from meat during Lent?



In 1966 Pope Paul VI reorganized the Church's practice of public penance in his "Apostolic Constitution on Penance" (*Poenitemini*). The 1983 revision of the Code of Canon Law incorporated the changes made by Pope Paul. Not long after that, the U.S. bishops applied the canonical requirements to the practice of public penance in our country.

To sum up those requirements, Catholics between the ages of 18 and 59 are obliged to fast on Ash Wednesday and Good Friday. In addition, all Catholics 14 years old and older must abstain from meat on Ash Wednesday, Good Friday and all the Fridays of Lent.

Fasting as explained by the U.S. bishops means partaking of only one full meal. Some food (not equaling another full meal) is permitted at breakfast and around midday or in the evening—depending on when a person chooses to eat the main or full meal.

Abstinence forbids the use of meat, but not of eggs, milk products or condiments made of animal fat.

Exemptions from the Lenten Fast

Besides those outside the age limits, those of unsound mind, the sick, the frail, pregnant or nursing women according to need for meat or nourishment, manual laborers according to need, guests at a meal who cannot excuse themselves without giving great offense or causing enmity and other situations of moral or physical impossibility to observe the penitential discipline.

February 27, 2022

8th Sunday in OT

Last Sunday for the singing of the Alleluia before the Easter Vigil. Ordo suggests that “this acclamation might be enhanced through hymns, canticles, refrains, and other festive musical settings.

Ash Wednesday – March 2, 2022

Day of universal fast and abstinence

Ashes are normally blessed and imposed after the homily. The ordinary minister for the blessing of ashes is the priest or deacon. Extraordinary ministers of Holy Communion may assist with the imposition of ashes where there is genuine need, especially for the sick and shut-ins.

Pastoral Note: The Penitential Rite is omitted at the beginning of Mass.

Acceptable Ways to Place Ashes

- 1) May sprinkle the ashes on top of the person’s head.**
- 2) May mark the forehead with ashes.**
- 3) May use a stylus/instrument to mark the forehead if you do not wish to use your thumb.**

Rite of Election – Cathedral of Saint Ignatius Loyola

Saturday, March 5th @ 7pm

Sunday, March 6th @ 2:30pm

Please make sure that you have contacted Liliana (561-775-9548) concerning the Elect/Catechumens and Candidates that are arriving on those days.

Gentle Reminder - Lent – Prayer over the People

You will notice that a “Prayer over the People” is included on all the days of Lent. During the weekdays of Lent this prayer is optional but you must do the prayer on the Sundays of Lent.

Saturday, March 26, 2022

Catholic Women’s Conference – Catholic Women of Faith, Women of Grace

Our Lady Queen of the Apostles, Royal Palm Beach

More information and registration forms are available at the following websites:

www.pbdccw.org/catholic-women-of-faith-women-of-action

Priest Lenten Day of Reflection

Our Lady of Florida Spiritual Center

Wednesday, March 30, 2022

10am – 3pm

Chrism Mass

April 12, 2022

Cathedral of Saint Ignatius Loyola

11am

Planning for the Easter Vigil/Easter Sunrise Mass

Sunset on April 16, 2022

7:46pm

Sunrise on April 17, 2022

6:55am

Gentle Reminder

There is only one Vigil Mass for the Easter Vigil. "Pre-Vigil" Vigil Masses, regardless of the title given to them, may exist in some denominations, but they do not exist in the Roman Catholic Church.

Diocese of Palm Beach

Convocation

May 2 - May 5, 2022

Religious Jubilarians

May 14, 2022

**Cathedral of Saint Ignatius
Loyola**

4:30pm

Ordination to Priesthood

May 14, 2022

11am

**Cathedral of Saint Ignatius
Loyola**

Holy Days of Obligation

2022

Tuesday, November 1, 2022	Solemnity of All Saints
Thursday, December 8, 2022	Immaculate Conception
Sunday, December 25, 2022	Nativity of our Lord

(The Holy Day Obligation is suspended in the USA when the solemnity falls on Saturday or Monday: Mary, Mother of God; Assumption of the Blessed Virgin Mary). Christmas Day and the Immaculate Conception are always holy days of obligation, even if they fall on a Saturday or Monday.

In the Province of Miami (dioceses in the State of Florida), the Ascension is observed on the Seventh Sunday of Easter.

2023

Tuesday, August 15, 2023	Assumption of the Blessed Virgin Mary
Wednesday, November 1, 2023	Solemnity of All Saints
Friday, December 8, 2023	Immaculate Conception
Monday, December 25, 2023	Nativity of our Lord

(The Holy Day Obligation is suspended in the USA when the solemnity falls on Saturday or Monday: Mary the Mother of God). Christmas Day and the Immaculate Conception are always holy days of obligation, even if they fall on a Saturday or Monday.

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Ritual of Burning Palms

For those parishes that collect palms from parishioners to burn before Ash Wednesday, I have included a sample ritual. Remember that no kerosene or gasoline can be added to the palms. You may add some olive oil to the ash residue so that it adheres to the forehead.

Ritual for Burning of Palms

Presider:

In the name of the Father, and of the Son, and of the Holy Spirit.

All:

Amen.

Opening Prayer

Presider:

God of tender mercy,
you fashioned us from the dust of the earth
and bid us follow your Gospel call
in the company of the Church.
Look on us with kindness
as we prepare the ashes
which will mark the beginning of our Lenten journey
grant that we who make the desert pilgrimage
might come to the font of rebirth
with a renewed passion for justice.
May our aims serve your people
and bring us peace,
may prayer sanctify all our needs,
and may we come at last to the table you set
in the place where you reign with Christ
and the Holy Spirit for ever and ever.

All:

Amen.

Scripture Reading

Lector:

A Reading from the Book of the Prophet Isaiah 58: 5 - 10

Is this the manner of fasting I wish, of keeping a day of penance: that a man bow his head like a reed, and lie in sackcloth and ashes? Do you call this a fast, a day acceptable to the Lord? This, rather, is the fasting that I wish: releasing those bound unjustly, untying the thongs of the yoke; setting free the oppressed breaking every yoke; sharing your bread with the hungry, sheltering the oppressed and the homeless; clothing the naked when you see them, and not turning your back on your own.

Then your light shall break forth like the dawn, and your wound shall quickly be healed; your vindication shall go before you, and the glory of the Lord shall be your rear guard.

Then you shall call, and the Lord will answer, you shall cry for help, and he will say: Here I am! If you remove from your midst oppression, false accusation and malicious speech; if you bestow your bread to the hungry and satisfy the afflicted; then light shall rise for you in the darkness, and the gloom shall become for you like midday.

The Word of the Lord.

All: Thanks be to God.

Psalm and Burning of Ashes

The lector or choir leads the assembly in Psalm 51 as the palms are burned.

Psalm 51

Have mercy on me, God in your kindness.
In your compassion blot out my offense.
O wash me more and more from my guilt
and cleanse me from my sin.

My offenses truly I know them;
my sin is always before me.
Against you, you alone, have I sinned;
what is evil in your sight I have done.

That you may be justified when you give sentence
and be without reproach when you judge.
O see, in guilt I was born,
a sinner was I conceived.

Indeed you love truth in the heart;
then in the secret of my heart teach me wisdom.
O purify me, then I shall be clean;
O wash me, I shall be whiter than snow.

Make me hear rejoicing and gladness,
that the bones you have crushed may revive.
From my sins turn away your face
and blot out all my guilt.

A pure heart create for me, O God,
put a steadfast spirit within me.
Do not cast me away from your presence,
nor deprive me of your Holy Spirit.

Give me again the joy of your help;
with a spirit of fervor sustain me,
that I may teach transgressors your ways
and sinners may return to you.

O rescue me, God my helper,
and my tongue shall ring out your goodness.
O Lord, open my lips
and my mouth shall declare your praise.

For in sacrifice you take no delight,
burnt offering from me you would refuse,

my sacrifice, a contrite spirit.
A humbled, contrite heart you will not spurn.

In your goodness, show favor to Zion:
rebuild the walls of Jerusalem.
Then you will be pleased with lawful sacrifice,
holocausts offered on your altar.

Glory to the Father, and to the Son, and to the Holy Spirit,
as it was in the beginning is now and will be for ever. Amen.

BLESSING

The ritual concludes with the blessing of ashes.

Presider:

Lord,
bless these ashes +
by which we show that we are dust.
Pardon our sins
and keep us faithful to the discipline of Lent,
for you do not want sinners to die
but to live with the risen Christ,
who reigns with you for ever and ever.

All:

Amen.

If Mass follows - after the blessing, the presider together with the people, make a procession towards the Church. The people may sing an appropriate hymn. When the presider has reached his place in the sanctuary, he faces the people and begins the opening prayer of the Mass. The Mass continues in the usual manner.