

Lent and Holy Week 2020 Schedule

St. Matthew Parish and School



Ash Wednesday	February 26th Mass at 9 AM & 7 PM
Confession	Fridays at 5:00 PM (starting March 6th)
Soup Suppers	Wednesdays in Lent March 4th through April 1st <ul style="list-style-type: none">• Mass at 6:30 PM• Soup Supper after Mass at 7PM in the Community Center (CC) <i>Donations benefit Catholic Relief Services Rice Bowl</i>
Stations of the Cross	Tuesdays at 8:30 AM Fridays at 5:30 PM (starting March 6th)
Palm Braiding	Saturday, April 4th at 9:30 AM in the CC
Palm Sunday	April 4th Mass at 5PM April 5th Mass at 7:45 AM & 10 AM <i>(Procession at 7:45 AM Mass only)</i>
Passion Play	Wednesday, April 8th at 1:15, 2:10, and 6:00 PM in the CC <i>(Led by 5th Grade)</i>
The Lord's Supper Prayer Service	Thursday, April 9th at 11:45 AM in CC <i>(Led by 7th Grade)</i>
Good Friday Stations of the Cross	Friday, April 10th at 11:15 AM in Church <i>(Led by 8th Grade)</i>

FASTING AND ABSTINENCE

Fasting, almsgiving, and prayer are three traditional disciplines of Lent. The faithful and catechumens should undertake these practices seriously in a spirit of penance and of preparation for Baptism or of renewal of Baptism at Easter. (Code of Canon Law, 1249-1252)

Ash Wednesday, February 26th and Good Friday, April 10th, are days of fast and abstinence.

Fridays of Lent are also days of abstinence.

Fasting is to be observed by all eighteen years of age and older, who have not yet celebrated their sixtieth birthday.

- On a fast day, one full meal is allowed.
- Two other meals, sufficient 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 liquids, including milk and juices, are allowed.

Abstinence is observed by all fourteen years of age and older.

- **On days of abstinence no meat is allowed. Note that when health or ability to work would be seriously affected, the law does not oblige.**

***When in doubt concerning fast and abstinence,
Fr. Nguyen should be consulted.***

The Easter Triduum 2020

The Easter Triduum is celebrated from the evening of Holy Thursday to the evening of Easter Sunday. Though chronologically three days, they are liturgically one day unfolding for us the unity of Christ's Paschal Mystery.

The single celebration of the Triduum marks the end of the Lenten season, and leads to the Mass of the Resurrection of the Lord at the Easter Vigil.

Holy Thursday,

Mass of the Lord's Supper

April 9th at 7PM

- Altar of Repose until 10PM

Good Friday

Friday of the Passion of the Lord

April 10th at 7PM

- Service of the Cross, Liturgy of the Word—There is no Mass anywhere in the world on Good Friday until the Easter Vigil.

Holy Saturday

There is no morning Mass on Holy Saturday

Easter Vigil

Easter Vigil in the Holy Night

April 11th at 8PM

Easter Sunday

Easter Sunday of the Resurrection of the Lord

April 12th Mass at 8AM & 10AM