

OUR LADY of GRACE CHURCH
Lent & the Sacred Paschal Triduum 2022

ASH WEDNESDAY | *March 2*

A day of fast and abstinence

Masses with the Blessing & Distribution of Ashes

8:00 & 10:00 am; 5:30 and 7:00 pm



FRIDAYS of LENT | *March 4, 11, 18, 25; April 1, 8*

Days of abstinence

Stations of the Cross, 7:00 pm



MASS of CHRISM | *April 6 at 4:00 pm*

Good Shepherd Church

8200 Gold Coast Dr, San Diego 92126-3699

*At this Mass the holy oils are blessed and the Sacred Chrism is consecrated by our bishop,
Most Rev. Robert W. McElroy.*



PALM SUNDAY of THE PASSION of THE LORD | *April 10*

Masses with the Blessing and

Distribution of Palms

Saturday, 5:30 pm (Vigil)

Sunday 8:00 & 11:00 am; 5:30 pm

**11:00 am—Solemn Entrance; please gather outside in front of church.*

SACRAMENT of PENANCE AND RECONCILIATION

in the "Children's Chapel" of the church

Mondays 6:00 pm; Thursdays 8:45 am; Saturdays 4:00 pm

*No confessions on April 14 (Holy Thursday),
and April 16 (Holy Saturday).*



**Lenten Evening Prayer
with the Sacrament of Penance**


Tuesday, April 5, 7:00 pm

*Please see the Sunday bulletin for Lenten Penance Services
at other parishes in the El Cajon Deanery.*

THE SACRED PASCHAL TRIDUUM

HOLY THURSDAY of THE LORD'S SUPPER | *April 14*

Mass of the Lord's Supper, 7:00 pm



FRIDAY of THE PASSION of THE LORD | *April 15*
(GOOD FRIDAY)


A day of fast and abstinence

Morning Prayer, 8:00 am

Stations of the Cross on Adams Field, 12:00 pm

Celebration of the Lord's Passion, 7:00 pm

with Veneration of the Cross and distribution of Holy Communion



HOLY SATURDAY | *April 16*

Morning Prayer, 8:00 am

The Easter Vigil in the Holy Night, 8:00–10:00 pm



EASTER SUNDAY of THE RESURRECTION
of THE LORD | *April 17*

Masses with the Renewal of Baptismal Promises

7:00, 9:00 & 11:00 am

On Easter Sunday...

*Traffic flow: Please enter the church grounds from Medford Street;
exit with a right turn on Navajo Road.*

“May Christ, who has already defeated death and opened for us the way to eternal salvation, dispel the darkness of our suffering humanity and lead us into the light of his glorious day, a day that knows no end.”

Pope Francis, Easter 2020

LENT, THE SACRED TRIDUUM, AND EASTER

Lent is the penitential season of the Church's year. It begins on Ash Wednesday and ends with the Mass of the Lord's Supper on Holy Thursday. Lent has six Sundays. The sixth is called Palm Sunday of the Passion of the Lord and marks the beginning of Holy Week.

The Easter Triduum begins with the evening Mass of the Lord's Supper on Holy Thursday. It commemorates the Lord's passion and death on Good Friday, reaches its high point at the Easter Vigil and ends with evening prayer on Easter Sunday. Then the joyful Easter Season of 50 days begins.

Traditionally the Lenten season is a time of penance throughout the Catholic Church. Prayer, the reception of the sacraments, charity and almsgiving are emphasized. Fast and abstinence are to be observed on Ash Wednesday and Good Friday. All of the Fridays of Lent are days of abstinence from meat.

Lenten Guidelines

Weekdays of Lent: There is no obligation to fast, however, voluntary acts of self-denial are recommended.

Ash Wednesday and Good Friday: These are days of **Fast and Abstinence from meat**. Other than water and medicine, nothing is eaten between meals. There is a limit of one full and two smaller meals on these days for all between the ages of 18 and 59 inclusive.

Days of Abstinence (all Fridays in Lent): All who have reached their 14th year are bound to abstain from meat.

Easter Duty Obligation

After their First Holy Communion, Catholics are bound by the obligation of receiving Holy Communion at least once a year. This precept should be fulfilled during the Easter Season. Catholics are also bound to confess serious (mortal) sins at least once a year, but this is not limited to the Lenten and Easter seasons.