



St. Margaret Mary

845 High Street • Westwood, MA 02090 • 781-326-1071

www.saintmmparish.org • facebook.com/saintmmparish.org

February 21, 2021

Mass Schedule

Saturday — 4:30 PM

Sunday — 10 AM and 5 PM

Saturday 4:30 PM and Sunday 10 AM and 5 PM Masses are livestreamed on facebook and our parish website at www.saintmmparish.org/live-streaming.

Registration is required for all weekend Masses by going on the parish website or calling the parish office at 781-326-1071.

Daily Mass (Mon-Fri) — 7:30 AM

Daily Masses are livestreamed on our parish website.

Baptisms

Sundays at 11 AM. If you or someone you know wants to schedule a baptism, please call the office at 781-326-1071

Contact Information

Administrators:

Rev. Paul Soper and

Rev. Bob Blaney

Deacon:

Rev. Mr. Stephen May

Deacon Emeritus:

Rev. Mr. Joseph E. Holderried

Music Directors:

Bill Grzybowski and Matt Hussey

Director of Faith Formation:

Karlene Duffy – Ext. 101

Faith Formation Administrative

Assistant:

Denise Raftery – Ext. 102

Pastoral Assistant:

Brian Cullen – Ext. 107

Parish Administrative Assistant:

Cindy Carlo – EXT. 100

Office Hours

MONDAY - FRIDAY 9 AM - 5 PM

Thanks and blessings to the more than two dozen volunteers who distributed ashes on Ash Wednesday. Because of your help over 24 hours Our Lord was exposed in the Blessed Sacrament, three masses were celebrated, confessions were continually heard, and ashes were administered to around 800 individuals including our friends at Fox Hill Village. We, the staff are grateful for your selfless ministry and witness to God's enduring love.

Upcoming Lenten Events

- **Lessons In the Liturgy — Gaining a Better Understanding of the Mass with Fr. Bob**
Mondays, February 22 thru March 22, 7-8 PM via Zoom (Internet not necessary; however a cell phone is)
- **Concepts of our faith tradition: Faith, Moral & Scripture with Deacon Stephen**
Tuesdays, via Zoom (for more information, see next page)
- **Great Adventure Bible Study by Ascension Press**
Tuesdays, 1-2:30 PM or Thursdays, 7-8:30 PM
- **Bible Study for Teens**
6 Weeks with the Bible on Tuesdays at 7 PM ... and you don't need your own Bible!
Gospel of Mark: Get to Know Jesus!
- **Stations of the Cross By St. Alphonsus** (can be found at <https://www.catholicnh.org/assets/Documents/Worship/Our-Faith/Lent/Stations-of-the-Cross.pdf>)
12:10 PM every Friday along with adoration and communal prayer at the top of each hour (held at the church and will be livestreamed on website).
- **Worship Wednesdays**
Adoration from 3-8 PM at the church and online and Confessions, 7-8 PM
- **Virtual Retreat with Cardinal Sean**
On March 22-26, join His Eminence online followed nightly by a parish Zoom gathering with Fr. Paul and you! More details to come.

Spiritual Communion

There are many ways to participate in Mass, even at home. Catholic TV has a schedule of Masses at <https://www.catholicTV.org/all-masses.html>. Also, check out watchthemass.com.



Prayer for Spiritual Communion

My Jesus,
I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You.

Amen.

The Church encourages frequent, even daily Holy Communion but, if at any time you cannot go to Mass in or out of this season of the coronavirus, you can still unite yourself to the Eucharist through making a Spiritual Communion by making an Act of Spiritual Communion. Express your faith in Christ's Real Presence in the Eucharist and ask Him to unite Himself with you.

Through this sacrament, "we unite ourselves to Christ, who makes us sharers in His Body and Blood to form a single body," (CCC 1331).

Holy Communion also cleanses us from venial sins. (If a Catholic is conscious of having committed a "grave sin" he or she must go to Confession before receiving Communion or he/she commits the additional sin of sacrilege.)

Weekly Offertory (2/6-7)

Parishioners contributed \$2,169 from in pew offertory . \$3,580 was taken in through WeShare, our online giving portal and \$1,378 through the mail for a total of \$7,127. Other income included: \$40 mass intentions, \$33 votive candles & \$400 in funerals. Thank you for your generosity.

Grand Annual Update

Thank you to the 223 families that have donated \$107,417 to the Grand Annual to date. Your support and generosity are greatly appreciated.

Mass Intentions

Sat. 2/20: Edward J. O'Brien Jr. (1 Yr. Ann)

Sunday 2/21 10 AM: Paula Agrusa (5 Yr Mem)

Sunday 2/21, 5 PM: Pro Populo

Monday 2/22: Paul S. McNulty

Tuesday 2/23: Dennis Jordan

Wednesday 2/24: Mr Salvatore Battaglia & Mrs Frances Battaglia

Thursday 2/25: Padre Luis Emilio Osorio

Friday 2/26: Magdalena Gentile

Facebook Live Events

Daily Morning prayer at 8:30 AM

Daily Noon prayer

Daily Rosary/Chaplet at 3:00 PM

Friday: In person & virtual Adoration, Noon — 4 PM

Parish Events

Wednesday — Adoration from 3-8 PM. The Blessed Sacrament will be solemnly exposed on our altar. There will also be the opportunity to receive the Sacrament of Reconciliation from 7-8 PM.

Friday — Adoration from Noon — 4 PM. Rosary and Divine Mercy at 3 PM.

Saturday — Rosary, at 9 AM outside by the statue of Our Blessed Mother Mary. If weather does not permit, we will pray inside our church.

In Loving Memory

Please pray for all the deceased of our parish as well as all of our sick and those who have asked for our prayers.

From the desk of Fr. Bob:

The Gospel used for the first Sunday of Lent is always the story of Jesus going into the desert to be tempted by the devil. This year we hear Mark's version. Going into the wilderness to reflect and pray gives us a motif for the holy weeks of Lent. Jesus went into the desert following his Baptism to consider what his mission would be. There Jesus had to wrestle with various temptations to distract Him from what His Heavenly Father was asking Him to do. Similarly, we enter the six weeks of Lent to consider what our Heavenly Father is asking of us. To help with this discernment, the Church puts on us three spiritual practices: prayer, fasting and almsgiving. In adopting these into our lives, we become more sensitive to the needs of those around us and, thus, are better disposed to doing God's will. Also, these practices become a context for the celebration of Easter when we are able to rejoice in the consummation, the completion of God's work!

To help us enter into the spirit of Lent, you will notice in the Church that the icons of the saints are shrouded in a purple drape. This is a simple ritual that comes from an ancient practice of covering the images of saints during Lent. The saints are "the best of humanity". In a sense, displaying their sacred images is meant to encourage us on to greatness in virtue. During Lent, we emphasize the virtue of humility. Covering the images of the saint is a small gesture to remind us that our greatness is not in any earthly achievement but rather in allowing Divine Grace to work in us and through us.

On Monday evenings of Lent, I will conduct a presentation on the parts of the Mass. This will be virtual, of course. We will meet each Monday evening from 7:00-8:00 to go over the parts of the Mass in the hopes of coming to a greater appreciation for the Eucharist in our lives. This being the year of the Eucharist, this may be an opportunity to do something in Lent to deepen our faith. Each week we will cover the various parts of the Mass, the furnishings in the Church, vessels and vestments. Each week will begin with a review of what has already been covered so you don't need to be at one in order to go to another. Come to any or as many as you can. If you are interested, please be in contact with Karlene and she will get you the link.

Deacon Stephen will present a Lenten Series on several concepts within our faith tradition, drawn from three basic areas of Catholic understanding: Faith, Morals, and Scripture. Please join us online at 7 pm on each of the six Tuesdays during Lent. All programs will be via Zoom Webinar and will last one hour. We ask that you please register for each presentation that you wish to attend. Your registration will provide you a link for joining the webinar. Registering does not commit you to attending, but rather it allows us to send you various handouts that will be made available before or after each presentation.

Topics will be:

- February 23: Leap of Faith: Why Faith is Just as Important as Reason
- March 2: Making Christian Decisions: 9 Steps for Making Good Choices
- March 9: Ongoing Books: The Bible Books Used Only by Catholics
- March 16: Form Matters: What Makes a Sacrament a Sacrament
- March 23: Culture of Life: Keeping Human Life Sacred
- March 30: Unnamed Heroines & Heroes: Important New Testament Characters with No Name

The link is: <https://paperform.co/stmf-ec2021>

First Sunday of Lent
February 20/21



As we begin the Lenten season, we are reminded of the importance of our parish communities that allow us to fully live out our faith. The support of the ministries at the Archdiocese of Boston help our parish continue serving the faithful in this community. Consider making an early gift to this year's Catholic Appeal to help ensure these ministries can continue helping our parish, and all parishes, schools, and communities throughout our Archdiocese of Boston. Visit bostoncatholicappeal.org to learn more or make a donation. To give now, scan the QR code above.

From the desk of Karlene...

I have been struggling this year, not with the pandemic though I sore miss teaching in person and missing about my wee nephew. I also miss attending my nieces Irish dance competitions and my nephew's and WHS hockey games. But what I have been mostly struggling with is Lent or, more specifically, what to do or give up for Lent. Some ideas seem too easy given what Our Awesome God has done for me. Other ideas are a bit redundant. So I have turned to quiet (yes, quiet) prayer for guidance.

I beseeched Blessed Mother Mary and St. Maximilian Kolbe (a fav of mine) as well as young Bl. Carlo Acutis to point me in the right direction; give me a sign; just plain tell me what to do or not do! PLEASE! I have even asked people in person and online "What are you doing for Him?" Suggestions ranged from contacting persons with whom I have not spoken and check in on them to giving up gossip, reading the Bible and extended periods of quiet. At the risk of sounding "holier than thou", been there, done that.

Then I found a dime (my dad used to ask us who dropped the dime when he got caught usually buying us treats) and I found another dime and still another! Then I received two even bigger gifts from God: first was seeing so many of my Sunday morning students while picking up Girl Scout cookies last weekend and another when I cohosted with Fr. Paul a most wonderful zoom meeting with five high school students!

Suddenly I knew what to do for Lent. First, I am giving up sugar (also my dad's one weakness, besides me) and the second, to make a more earnest effort to support our youth on their path to holiness. Yes, it is my job (part of my job) but I am going to delve more fully into evangelizing them with media, social media, prayer events, quiet prayer and fastin. I am going to storm heaven, especially Bl. Carlo to guide and protect and lift up in hope and love our youth. They are such gifts to me and I want to be more "present" to them. (Catch the pun? English major you know.) So I am begging you to join me in praying earnestly, daily for our young ones that they may know they are made in the image of God, loved ever so dearly and have what it takes to be a saint. Let's start now...

Prayer for Young People

O God,
we pray and beseech You
to guide and protect young people
from the dangers that are ever present
in our world today.

Be with them,
as they experience
both sickness and health,
sorrow and joy,
loneliness and friendship,
success and failure.

Gracious God,
give them the courage and strength
to make the right decisions
as they journey through life.

Through the power of the Holy Spirit,
may they come to know and experience
Your loving care.

We make this prayer
through Christ Our Lord.
Amen

P.S. Lord, let them know they are so very, very
loved and are made to be saints! Please.

P.S.S. Please give their parents courage and
strength.

Lenten Resources

- RCAB (Roman Catholic Archdiocese of Boston): resources for everything Catholic including prayer, mass, worship, events calendar & more
- USCCB (United States Catholic Conference of Catholic Bishops): includes same as RCAB with additional National events, documents, and prayer services
- Norfolk County Catholic Young Adults: Join others in prayer, community service and socializing, helping and supporting one another on the road to holiness
- Jesus aCross the Border: provides events, resources and networking for young adult Catholic in Massachusetts and New Hampshire
- Word on Fire Ministries with Bishop Robert Barron: books, videos, homilies, daily meditation on the Gospel, virtual pilgrimages to holy sites around the world and more; for teens and adults
- Franciscan Media: daily emails with Saints of the day, daily readings, one minute meditations and more. For teens and adults
- Ascension Press: books, videos, homilies, daily Mass, individual faith studies, and more. For children, teens and adults.
- Dynamic Catholic: order books, sign up for daily uplifting meditations, watch Matthew Kelly or one of the great Catholic speakers via video talk about faith and current events in easy to understand language. Offers resources for people of all ages
- Formed: videos, films, study materials, audio-books and books. An app for families, children, teens and adults.
- Laudate: an app for your phone, iPad or computer includes, prayers, daily mass readings and saint of the day, liturgy of the hours, daily bible verse and much more. For teens and adults.
- EWTN: 24/7 Catholic television programming for all ages.
- Real Life Catholic with Chris Stefanick: geared toward young adults (but I too love this guy) he provides tools and resources to live you best life including daily emails, videos, podcasts and so much more.
- Catholic Guys Talk Show: Watch podcast or catch after on YouTube. 3-30 something guys of whom one is a priest, pick a current topic and discuss it with enthusiasm, humor and knowledge. Great for all, super great for men!
- Lifeteen: online resources including speakers, videos, contemporary Christian music, prayers, bible studies, in person and virtual retreats, camps and mission trips. Great for teens, young adults and parents.
- Hallow: Catholic app for your phone or iPad offering mini online retreats and meditative sessions along with prayers, art and more. excellent for youth, young adults and adults.
- The Chastity Project: online resources including video, podcasts, speakers and more dealing with teens and young adults and their bodies' connection with our faith and our God. Straight talk, questions answered, prayers and oh so many resources! excellent for teens, young adults and parents.
- Busted Halo, Church Pop, Catholic.com: formerly known as "Catholic Answers" this is a media ministry that serves Christ by explaining and defending our faith.
- EWTN Catholic radio 1060 am: talk shows, rosary, mass and much more.
- Relevant Radio (550 & 1150 am) and online: excellent Catholics talk show hosts, mass several times daily, rosary, prayers for life, daily Lenten lessons with Fr Rocky (head of Relevant Radio) and more.
- Phatmass: geared toward youth but great for all ages provides music, desktop wallpaper, games, apologetics (how to defend our faith) and very large forum
- Theology of the Body Institute: explains the based on Pop St. John Paul II's writing on the human body, it's relationship with God, scripture and this world. TOB Institute offers study programs, resources, videos and more.
- Catholic Relief Services (CRS) for more info on Catholic social justice issues including hunger, human trafficking, Christian persecution and more.

Want some names to check out online? Whether you're looking for vids, books, or resources, check out: Fr. Mike Schmitz, Fr. Josh Johnson, Bishop Barron, Matthew Kelly, Dr. Scott Hahn, Dr. Peter Kreeft, Dr. Edward Siri, Archbishop Fulton J. Sheen (as if he is speaking to you today!), Graham Greene, Raymond Arroyo (Will Wilder series for middle schoolers, tweens). Theology of the Body for Children, middle schoolers, high schoolers and adults

The Stations of the Cross by St. Alphonsus
prayed in person and virtually each Friday in Lent at 12:10 p.m.

The First Station Pilate condemns Jesus to die

Priest: We adore You, O Christ, and we praise You. (Genuflect)

People: Because, by Your holy cross, You have redeemed the world. (Rise)

Priest: Consider how Jesus Christ, after being scourged and crowned with thorns, was unjustly condemned by Pilate to die on the cross. (Kneel)

People: My adorable Jesus, / it was not Pilate; / no, it was my sins that condemned You to die. / I beseech You, by the merits of this sorrowful journey, / to assist my soul on its journey to eternity. / I love You, beloved Jesus; / I love You more than I love myself. / With all my heart I repent of ever having offended You. / Grant that I may love You always; and then do with me as You will.

Our Father, Hail Mary, Glory be

The Second Station Jesus accepts His cross

Priest: We adore You, O Christ, and we praise You. (Genuflect)

People: Because, by Your holy cross, You have redeemed the world. (Rise)

Priest: Consider Jesus as He walked this road with the cross on His shoulders, thinking of us, and offering to His Father in our behalf, the death He was about to suffer. (Kneel)

People: My most beloved Jesus, / I embrace all the sufferings You have destined for me until death. / I beg You, by all You suffered in carrying Your cross, / to help me carry mine with Your perfect peace and resignation. / I love You, Jesus, my love; / I repent of ever having offended You. / Never let me separate myself from You again. / Grant that I may love You always; and then do with me as You will.

Our Father, Hail Mary, Glory be

The Third Station Jesus falls the first time

Priest: We adore You, O Christ, and we praise You. (Genuflect)

People: Because, by Your holy cross, You have redeemed the world. (Rise)

Priest: Consider the first fall of Jesus. Loss of blood from the scourging and crowing with thorns had so weakened Him that He could hardly walk; and yet He had to carry that great load upon His shoulders. As the soldiers struck Him cruelly, He fell several times under the heavy cross. (Kneel)

People: My beloved Jesus, / it was not the weight of the cross / but the weight of my sins which made You suffer so much. / By the merits of this first fall, / save me from falling into mortal sin. / I love You, O my Jesus, with all my heart; / I am sorry that I have offended You. / May I never offend You again. / Grant that I may love You always; and then do with me as You will.

Our Father, Hail Mary, Glory be

The Fourth Station Jesus meets His afflicted Mother

Priest: We adore You, O Christ, and we praise You. (Genuflect)

People: Because, by Your holy cross, You have redeemed the world. (Rise)

Priest: Consider how the Son met his Mother on His way to Calvary. Jesus and Mary gazed at each other and their looks became as so many arrows to wound those hearts which loved each other so tenderly (Kneel)

People: My most loving Jesus, / by the pain You suffered in this meeting / grant me the grace of being truly devoted to Your most holy Mother. / And You, my Queen, who was over-whelmed with sorrow, / obtain for me by Your prayers / a tender and a lasting remembrance of the passion of Your divine Son. / I love You, Jesus, my Love, above all things. / I repent of ever having offended You. / Never allow me to offend You again. / Grant that I may love You always; and then do with me as You will.

Our Father, Hail Mary, Glory be

The Fifth Station Simon helps carry the cross

Priest: We adore You, O Christ, and we praise You. (Genuflect)

People: Because, by Your holy cross, You have redeemed the world. (Rise)

Priest: Consider how weak and weary Jesus was. At each step He was at the point of expiring. Fearing that He would die on the way when they wished Him to die the infamous death of the cross, they forced Simon of Cyrene to help carry the cross after Our Lord. (Kneel)

People: My beloved Jesus / I will not refuse the cross as Simon did: / I accept it and embrace it. / I accept in particular the death that is destined for me / with all the pains that may accompany it. / I unite it to Your death / and I offer it to You. / You have died for love of me; / I will die for love of You and to please You. / Help me by Your grace. / I love You, Jesus, my Love; / I repent of ever having offended You. / Never let me offend You again. / Grant that I may love You always; and then do with me as You will.

Our Father, Hail Mary, Glory be

The Sixth Station Veronica offers her veil to Jesus

Priest: We adore You, O Christ, and we praise You. (Genuflect)

People: Because, by Your holy cross, You have redeemed the world. (Rise)

Priest: Consider the compassion of the holy woman, Veronica. Seeing Jesus in such distress, His face bathed in sweat and blood, she presented Him with her veil. Jesus wiped His face, and left upon the cloth the image of his sacred countenance. (Kneel)

People: My beloved Jesus, / Your face was beautiful before You began this journey; / but, now, it no longer appears beautiful / and is disfigured with wounds and blood. / Alas, my soul also was once beautiful / when it received Your grace in Baptism; / but I have since disfigured it with my sins. / You alone, my Redeemer, can restore it to its former beauty. / Do this by the merits of Your passion; and then do with me as You will.

Our Father, Hail Mary, Glory be

The Seventh Station Jesus falls the second time

Priest: We adore You, O Christ, and we praise You. (Genuflect)

People: Because, by Your holy cross, You have redeemed the world. (Rise)

Priest: Consider how the second fall of Jesus under His cross renews the pain in all the wounds of the head and members of our afflicted Lord. (Kneel)

People: My most gentle Jesus, / how many times You have forgiven me; / and how many times I have fallen again and begun again to offend You! / By the merits of this second fall, / give me the grace to persevere in Your love until death. / Grant, that in all my temptations, I may always have recourse to You. / I love You, Jesus, my Love with all my heart; / I am sorry that I have offended You. / Never let me offend You again. / Grant that I may love You always; and then do with me as You will.

Our Father, Hail Mary, Glory be

The Eighth Station Jesus speaks to the women

Priest: We adore You, O Christ, and we praise You. (Genuflect)

People: Because, by Your holy cross, You have redeemed the world. (Rise)

Priest: Consider how the women wept with compassion seeing Jesus so distressed and dripping with blood as he walked along. Jesus said to them, "Weep not so much for me, but rather for Your children." (Kneel)

People: My Jesus, laden with sorrows, / I weep for the sins which I have committed against You / because of the punishment I deserve for them; / and, still more, because of the displeasure they have caused You / who have loved me with an infinite love. / It is Your love, more than the fear of hell, / which makes me weep for my sins. / My Jesus, I love You more than myself; / I am sorry that I have offended You. / Never allow me to offend You again. / Grant that I may love You always; and then do with me as You will

Our Father, Hail Mary, Glory be

The Ninth Station Jesus Falls the Third Time

Priest: We adore You, O Christ, and we praise You. (Genuflect)

People: Because, by Your holy cross, You have redeemed the world. (Rise)

Priest: Consider how Jesus Christ fell for the third time. He was extremely weak and the cruelty of His executioners was excessive; they tried to hasten His steps though He hardly had strength to move. (Kneel)

People: My outraged Jesus, / by the weakness You suffered in going to Calvary, / give me enough strength to overcome all human respect / and all my evil passions which have led me to despise Your friendship. / I love You, Jesus my Love, with all my heart; / I am sorry for ever having offended You. / Never permit me to offend You again. / Grant that I may love You always; and then do with me as You will

Our Father, Hail Mary, Glory be

The Tenth Station Jesus is stripped of His garments

Priest: We adore You, O Christ, and we praise You. (Genuflect)

People: Because, by Your holy cross, You have redeemed the world. (Rise)

Priest: Consider how Jesus was violently stripped of His clothes by His executioners. The inner garments adhered to his lacerated flesh and the soldiers tore them off so roughly that the skin came with them Have pity for your Savior so cruelly treated and tell Him: (Kneel)

People: My innocent Jesus, / by the torment You suffered in being stripped of Your garments, / help me to strip myself of all attachment for the things of earth / that I may place all my love in You who are so worthy of my love. / I love You, O Jesus, with all my heart; / I am sorry for ever having offended You. / Never let me offend You again. / Grant that I may love You always; and then do with me as You will.

Our Father, Hail Mary, Glory be

The Eleventh Station Jesus is nailed to the cross

Priest: We adore You, O Christ, and we praise You. (Genuflect)

People: Because, by Your holy cross, You have redeemed the world. (Rise)

Priest: Consider Jesus, thrown down upon the cross, He stretched out His arms and offered to His eternal Father the sacrifice of His life for our salvation. They nailed His hands and feet, and then, raising the cross, left Him to die in anguish. (Kneel)

People: My despised Jesus, / nail my heart to the cross / that it may always remain there to love You and never leave You again. / I love You more than myself; / I am sorry for ever having offended You. / Never permit me to offend You again. / Grant that I may love You always; and then do with me as You will.

Our Father, Hail Mary, Glory Be

The Twelfth Station Jesus dies upon the cross

Priest: We adore You, O Christ, and we praise You. (Genuflect)

People: Because, by Your holy cross, You have redeemed the world. (Rise)

Priest: Consider how Your Jesus, after three hours of agony on the cross, is finally overwhelmed with suffering and, abandoning Himself to the weight of His body, bows His head and dies. (Kneel)

People: My dying Jesus, / I devoutly kiss the cross on which You would die for love of me. / I deserve, because of my sins, to die a terrible death; / but Your death is my hope. / By the merits of Your death, / give me the grace to die embracing Your feet and burning with love of You. / I yield my soul into Your hands. / I love You with my whole heart. / I am sorry that I have offended You. / Never let me offend You again. / Grant that I may love You always; and then do with me as You will.

Our Father, Hail Mary, Glory be

The Thirteenth Station Jesus is taken down from the cross

Priest: We adore You, O Christ, and we praise You. (Genuflect)

People: Because, by Your holy cross, You have redeemed the world. (Rise)

Priest: Consider how, after Our Lord had died, He was taken down from the cross by two of His disciples, Joseph and Nicodemus, and placed in the arms of His afflicted Mother. She received Him with unutterable tenderness and pressed Him close to her bosom (Kneel)

People: O Mother of Sorrows, / for the love of Your Son, / accept me as Your servant and pray to Him for me, / And You, my Redeemer, since you have died for me, / allow me to love You, / for I desire only You and nothing more. / I love You, Jesus my Love, / and I am sorry that I have offended You. / Never let me offend You again. / Grant that I may love You always; and then do with me as You will.

Our Father, Hail Mary, Glory be

The Fourteenth Station Jesus is placed in the tomb

Priest: We adore You, O Christ, and we praise You. (Genuflect)

People: Because, by Your holy cross, You have redeemed the world. (Rise)

Priest: Consider how the disciples carried the body of Jesus to its burial, while His holy Mother went with them and arranged it in the sepulcher with her own hands. They then closed the tomb and all departed. (Kneel)

People: Oh, my buried Jesus, / I kiss the stone that closes You in. / But You gloriously did rise again on the third day. / I beg You by Your resurrection that I may be raised gloriously on the last day, / to be united with You in heaven, to praise You and love You forever. / I love You, Jesus, and I repent of ever having offended You. / Grant that I may love You always; and then do with me as You will.

Our Father, Hail Mary, Glory be...

Guidelines for Fasting & Abstinence during Lent and Holy Week

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence.

For members of the Latin Catholic Church, the norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards.

Members of the Eastern Catholic Churches are to observe the particular law of their own sui iuris Church.

If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus and to prepare ourselves to share more fully and to celebrate more readily his Resurrection.

For more information, please visit RCAB.org or USCCB.org/prayer-and-worship.

