



IHM Lenten Calendar of Worship and Activities

MASSES:

Ash Wednesday	Wednesday, February 17	9:00am, 12:10pm and 7:00pm
Daily Mass during Lent	Monday thru Thursday	9:00am
“ “ “ “	Friday	5:30pm (except during 40 Hours on March 5 and on Good Friday, April 2)
Weekend Mass	Saturday	4:30pm
	Sunday	8:00am, 11:00am & 4:00pm
Men's Morning Mass	Tuesday, March 2	6:00am
Women's Evening Mass	Tuesday, March 2	6:00pm
Charismatic Healing Mass	Mondays, Feb. 22 & March 22	6:30pm

HOLY WEEK TRIDUUM SCHEDULE:

Palm Sunday	Saturday, March 28	4:30pm
	Sunday, March 29	8:00am, 11:00am & 4:00pm
Mass of the Lord's Supper	Holy Thursday, April 1	7:00pm
Stations of the Cross	Good Friday, April 2	3:00pm
Veneration of the Cross	Good Friday, April 2	7:00pm
Easter Vigil	Holy Saturday, April 3	7:30pm (followed by a social/reception)
Resurrection of the Lord	Easter Sunday, April 4	8:00am, 11:00am & 4:00pm

SACRAMENTAL LIFE:

Liturgy of the Hours	Monday thru Thursday (except April 1)	8:15am
Note: replaces morning Rosary during Lent		
Reconciliation	Wednesdays (except March 24)	5:00pm
	Saturdays (except Holy Saturday)	3:00pm
	and by appointment (except Holy Week)	
Deanery Penance Service	Sunday, March 7	1:30pm at IHM
IHM Reconciliation/Penance Svc	Wednesday, March 24	6:30pm
Stations of the Cross	Fridays (beginning February 19)	5:00pm
	Good Friday, April 2	3:00pm
Lenten Soup Suppers - Free	Fridays (beginning February 19)	6:15pm (Hall following Mass)
40-Hour Devotions with Mass	Thursday, March 4	7:00pm (Mass)
	thru Saturday, March 6	4:30pm (Vigil Mass)
All Night Vigil for Vocations	Friday, March 12	8:00pm
	to Saturday, March 13	6:00am
Big Event for Lent -	Sunday, March 14	2:00pm-7:30pm (Church/Hall)
Faith Formation PreK-Gr.5	(both groups gather at	2:00pm-5:30pm (Church/Hall)
Faith Formation Gr. 6-Confirm. II	4:00pm for Mass)	4:00pm-7:30pm (Church/Hall)
Passion of the Christ - Movie	Friday, March 19	7:00pm (Hall)
** Sedar Meal	Saturday, March 27	6:00pm (Hall)
Tenebrae Light Service	Wednesday, March 31	7:00pm
Prayer for Healing	Mondays (except Feb. 22 & March 22)	5:30pm (Church)
Men's Morning Prayer	Tuesdays	6:00am (Church)
Women's Evening Prayer	Tuesdays	6:00pm (Church)
Eucharistic Adoration	Sunday thru Saturday	24/7 (Padre Pio Chapel)
	(except March 4 beginning at 6:00pm to March 6 after 4:30pm Mass; and Holy Thursday April 1, 6:00pm to April 3, 10:30pm)	

TEACHINGS:

Journey Men's Group (with supper)	Thursdays (except Holy Thursday)	6:30pm (Hall)
Imitation of Christ	2nd and 4th Friday of the month	7:00pm (Parish House)
Serra Teaching (all invited)	Saturday, March 6	9:00am (Hall)
The Lord's Prayer	Saturday, March 13	7:00pm (Hall)

** Please note the date change from the 20th (as listed on the bulletin insert) to the 27th





"Even now, says the Lord,
turn to me." (Joel 2:12)

begins with **ASH WEDNESDAY, February 17, 2010**

The 40 days of Lent leading up to Easter Sunday, including Ash Wednesday, Palm Sunday, and ending in the Holy Triduum are considered the centerpiece of Christian religion

FASTING (ccc#2043)

is to be observed by those 18 years of age and older, who have not yet celebrated their 59th 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. **Days of fasting are Ash Wednesday and Good Friday.** Fridays and Wednesdays are also traditional fast days; however, one may fast on any day of the week. Pregnant women, nursing mothers and people who are ill are not obligated to fast.

ABSTINENCE (ccc#2043)

is the observation of **foregoing the eating of meat** by all those 14 years of age and older on: **Ash Wednesday; all Fridays in Lent; and on Good Friday.** When health or ability to work would be seriously affected, this discipline does not apply.

STATIONS OF THE CROSS

This special prayer invites believers to walk with Jesus on his way to Calvary. Join us in the church from **5pm-5:30pm** every **Friday**; exception - **3:00pm** on **Good Friday.**

EUCCHARISTIC ADORATION

Make a commitment to a **weekly Holy Hour** with the Lord in the St. Padre Pio Perpetual Adoration Chapel.

RECONCILIATION

(Confession)

This special sacrament is available every **Saturday afternoon at 3:00pm** and on **Wednesday evenings at 5:00pm.** It is also available anytime **by appointment prior** to Holy Week. Other occasions: **Deanery Penance Service** here at IHM on **Sunday, March 7 at 1:30pm;** and **IHM Reconciliation Service** in the Church on **Wednesday, March 24 at 6:30pm.**

A SEASON of PRAYER, FASTING and ALMSGIVING

During the Lenten season all of the faithful are encouraged to spend additional time in prayer; read Scripture; increase Christian study; participate in the devotions of the parish and to give generously to charities and to their Church.

A SEASON of SACRIFICE

*Lent is a time for **Penance and Renewal.** Through penance we find healing and forgiveness. Through prayer, study and Lenten devotions we grow spiritually. Through good works and almsgiving we renew our faith, hope and love. (ccc#2043)*

EASTER PRECEPTS

are the decrees for all the faithful who have received their First Communion to **receive Holy Communion at least during the Easter Season** (Catechism of the Catholic Church, 2042) between the First Sunday of Lent and Trinity Sunday. The faithful must **celebrate the Sacrament of Penance at least once a year,** but not limited to the Lenten/Easter season to confess serious (mortal) sins (ccc#2042) in preparation for the reception of Holy Eucharist. **Monthly celebration of the Sacrament of Reconciliation is encouraged.**

The Word Among Us

This booklet is a gift provided by the Church and Bookstore free of charge to parishioners. Pick up a copy at Mass on February 13/14 to use for your daily meditations during Lent.

**From the Capitol Deanery and Catholic Churches near IHM
LENTEN WORSHIP SCHEDULE (expect Holy Thurs. & Good Fri.)**

Sacred Heart Concord	M-F F	Mass, 5:30pm Stations, 6:15pm
St. John the Evangelist Concord	M-Th F	Mass, 12:10pm Stations for Children 4:00pm Stations, 7:00pm
St. John the Baptist Suncook	T, Th & F F	Mass, 7:30am Stations, 6:00pm
St. Peter Concord	M-F F	Mass, 7:00am Stations, 7:00pm
St. Joseph Belmont	T-Th M, W, F F	Mass, 8:00am Mass, 6:00pm Stations, 6:30pm



OPERATION RICE BOWL

Provides funding to Catholic Relief Services for many third world projects promoting agricultural, nutritional, educational and self-sufficiency. Additionally, 25% of your contributions support local anti-poverty programs. Operation Rice Bowl helps connect us with the global community and principles of Catholic social teachings. **You can pick up your Rice Bowl for the Lenten Season on the entry tables of the Church.**