

OUR LADY of GRACE CHURCH
Lent, the Easter Triduum, and Easter 2019

ASH WEDNESDAY | *March 6*
A day of fast and abstinence

Masses with the Blessing and Distribution of Ashes
8:00 and 10:00 am; 5:30 and 7:00 pm

Soup and Bread Supper in the Parish Center
4:00–7:00 pm

Sponsored by the Knights of Columbus. No cost; free-will offering.

FRIDAYS of LENT | *March 8, 15, 22, 29; April 5, 12*
Days of abstinence

Fish Dinners in the Parish Center
5:00–7:00 pm

Sponsored by the Knights of Columbus. See Sunday bulletin for details.

Stations of the Cross
7:00 pm

MASS of CHRISM | *April 11, 4:00 pm*

Good Shepherd Church, 8200 Gold Coast Dr, San Diego 92126

*All are welcome to this Mass where the holy oils are blessed
and the Sacred Chrism is consecrated by Most Rev. Robert McElroy.*

PALM SUNDAY of THE PASSION of THE LORD | *April 14*

Masses with the Blessing and Distribution of Palms

Saturday, 5:30 pm (Vigil); Sunday 8:00 and 11:00 am;* 5:30 pm

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



SACRAMENT of PENANCE AND RECONCILIATION

Mondays 6:00 pm; Thursdays 8:30 am; Saturdays 4:00 pm

*Note: No confessions on April 18 (Holy Thursday),
April 20 (Holy Saturday), and April 22 (Easter Monday).*

Lenten Evening Prayer with the Sacrament of Penance

Tuesday, March 26, 7:00 pm

*Please see the Sunday bulletin for Lenten Penance Services
at neighboring parishes.*

THE EASTER TRIDUUM

HOLY THURSDAY | *April 18*

Mass of the Lord's Supper, 7:00 pm
followed by Prayer before the Blessed Sacrament until 10:00 pm

FRIDAY of THE PASSION of THE LORD | *April 19* **(GOOD FRIDAY)**

A day of fast and abstinence

Morning Prayer, 8:00 am

Outdoor Stations of the Cross, Noon

*Please gather on Adams Field. In the case of inclement weather,
gather in the church.*

Celebration of the Lord's Passion, 3:00 and 7:00 pm
with Veneration of the Cross and distribution of Holy Communion

HOLY SATURDAY | *April 20*

Morning Prayer, 8:00 am

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

*Please gather in the courtyard between the Parish Center and the church
for the blessing of the Easter Fire.*

EASTER SUNDAY

EASTER SUNDAY of THE RESURRECTION **of THE LORD** | *April 21*

Masses with the Renewal of Baptismal Promises
6:45, 8:30, 10:15 am; Noon

On Easter Sunday...

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

PARISH MISSION IN THE SEASON OF EASTER



with Deacon Greg Kandra

**“Being the Good News in a Time of
Fake News and Bad News!”**

May 13, 14 & 15 · 7:00 pm in the church

LENT, THE EASTER 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 Passion or Palm Sunday 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. 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/Easter Season.

