



# Southeast Rochester Catholic Community Calendar of Lenten Opportunities

**We invite and welcome all Parishioners to engage in one or more of the activities offered during this Lenten Season!**

<b>Site Codes:</b> <b>(BS)</b> Blessed Sacrament <b>(SB)</b> St. Boniface <b>(SM)</b> St. Mary's	<b>Lenten Theme:</b> The Eucharist <b>Suggested Book:</b> Eucharist by Robert Barron <b>Suggested Resource:</b> The Movie entitled "Babette's Feast" <b>Lenten On Line Daily Reflections:</b> BestLentEver.com <b>See bottom of page for daily and weekly Mass schedule</b>	<b>Diocesan Day of Penance</b> <b>Wednesday, March 14</b>  12:30pm-7:30pm <b>(BS)</b> 12:00pm-6:00pm <b>(SM)</b> 6:00pm-7:30pm <b>(SB)</b>
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<b>4</b>		<b>5</b>		<b>6</b>		<b>7</b>		<b>8</b>		<b>9</b>		<b>10</b>
4:00 PM Youth Group <b>(BS)</b>  <i>Regular Mass Schedule</i>	6:30 YA Book discussion <b>(BS)</b> 7:00 Bible Study <b>(SB)</b>	12:10 Rosary <b>(SM)</b>	10:00 Bible Study <b>(BS)</b> 12:10 Rosary <b>(SM)</b> 7:00 Contemplative Prayer <b>(BS)</b>	2:30 Knitting Group <b>(BS)</b> 7:00pm Frassati Group <b>(BS)</b>	5:00 Mardi Gras event after 4:00 Mass <b>(SM)</b>  <i>Regular Mass &amp; Penance Schedule</i>							
<b>11</b>		<b>12</b>		<b>13</b>		<b>Ash Wednesday 14</b>		<b>15</b>		<b>16</b>		<b>17</b>
<i>Regular Mass Schedule</i>	6:30 YA Book Discussion <b>(BS)</b> 7:00 Bible Study <b>(SB)</b>	12:10 Rosary <b>(SM)</b>	7:00am <b>(SM)</b> 8:00am <b>(BS)</b> 12:10pm <b>(SM)</b> 5:00pm <b>(SM)</b> 5:30pm <b>(SB)</b> 6:30pm "Souper" in School Hall <b>(SB)</b> 7:00pm <b>(BS)</b>	7:00pm Frassati Group <b>(BS)</b>	<i>Regular Mass &amp; Penance Schedule</i>							
<b>18</b>		<b>19</b>		<b>20</b>		<b>21</b>		<b>22</b>		<b>23</b>		<b>24</b>
<b>First Sunday</b> <i>Regular Mass Schedule</i>	8:30am Stations of the Cross <b>(BS)</b> 6:30pm YA Book Discussion <b>(BS)</b> 7:00pm Bible Study <b>(SB)</b>	12:10pm Stations of the Cross <b>(SM)</b>	10:00am Bible Study <b>(BS)</b> 12:00pm 3 Spirits Luncheon <b>(BS)</b> 12:10pm Stations of the Cross <b>(SM)</b> 5:30pm Stations <b>(SB)</b> 6:00pm Penance <b>(SB)</b>	7:00pm Frassati Group <b>(BS)</b>	<i>Regular Mass &amp; Penance Schedule</i>							
<b>25</b>		<b>26</b>		<b>27</b>		<b>28</b>		<b>March 1</b>		<b>2</b>		<b>3</b>
<b>Second Sunday</b> 12:00pm Voices of Women <b>(SM)</b>  <i>Regular Mass Schedule</i>	8:30am Stations of the Cross <b>(BS)</b> 6:30pm YA Book Discussion <b>(BS)</b> 7:00pm Bible Study <b>(SB)</b>	12:10pm Stations of the Cross <b>(SM)</b>	10:00am Bible Study <b>(BS)</b> 12:10pm Stations <b>(SM)</b> 5:30pm Stations <b>(SB)</b> 6:00pm Penance <b>(SB)</b>	7:00pm Holy Hour <b>(BS)</b>	<i>Regular Mass &amp; Penance Schedule</i>							
<b>4</b>		<b>5</b>		<b>6</b>		<b>7</b>		<b>8</b>		<b>9</b>		<b>10</b>
<b>Third Sunday</b> 2:30pm Babette's Feast <b>(BS)</b> 4:00pm Youth Group <b>(BS)</b>  <i>Regular Mass Schedule</i>	7:00pm Bible Study <b>(SB)</b>	12:10pm Stations <b>(SM)</b>	10:00am Bible Study <b>(BS)</b> 12:10pm Stations <b>(SM)</b> 5:30pm Stations <b>(SB)</b> 6:30pm Babette's Feast <b>(SM)</b> 6:00pm Penance <b>(SB)</b>	2:30pm Knitting Group <b>(BS)</b> 6:30pm Discussion on Babette's Feast <b>(SM)</b>	<i>Regular Mass &amp; Penance Schedule</i>							
<b>11</b>		<b>12</b>		<b>13</b>		<b>14</b>		<b>15</b>		<b>16</b>		<b>17</b>
<b>Fourth Sunday</b> 2:30pm Lenten Retreat <b>(SB)</b>  <i>Regular Mass Schedule</i>	8:30am Stations of the Cross <b>(BS)</b> 1:30pm Lenten Retreat <b>(SB)</b> 5:30pm Soup Supper <b>(SB)</b> 6:30pm Lenten Retreat <b>(SB)</b>	12:10pm Stations of the Cross <b>(SM)</b> 1:30pm Lenten Retreat <b>(SB)</b> 5:30pm Soup Supper <b>(SB)</b> 6:30pm Lenten Retreat <b>(SB)</b>	10:00am Bible Study <b>(BS)</b> 12:10pm Stations <b>(SM)</b> 5:30pm Stations <b>(SB)</b> <b>See box above for times and locations</b>	7:00pm Frassati Group <b>(BS)</b>	<i>Regular Mass &amp; Penance Schedule</i>							
<b>18</b>		<b>19</b>		<b>20</b>		<b>21</b>		<b>22</b>		<b>23</b>		<b>24</b>
<b>Fifth Sunday</b> <i>Regular Mass Schedule</i>	8:30am Stations of the Cross <b>(BS)</b> 7:00pm Bible Study <b>(SB)</b>	12:10pm Stations of the Cross <b>(SM)</b>	10:00am Bible Study <b>(BS)</b> 12:10pm Stations <b>(SM)</b> 5:30pm Stations <b>(SB)</b> 6:00pm Penance <b>(SB)</b> 7:00pm Contemplative Prayer <b>(BS)</b>	7:00pm Frassati Group <b>(BS)</b>	<i>Regular Mass &amp; Penance Schedule</i>							
<b>25</b>		<b>26</b>		<b>27</b>		<b>28</b>		<b>Holy Thursday 29</b>		<b>Good Friday 30</b>		<b>Holy Saturday 31</b>
<b>Palm Sunday</b> 10:00am Spring Breakfast <b>(SB)</b>  <i>Regular Mass Schedule</i>	8:30am Stations of the Cross <b>(BS)</b> 7:00pm Bible Study <b>(SB)</b>	12:10pm Stations of the Cross <b>(SM)</b>	10:00am Bible Study <b>(BS)</b> 12:10pm Stations <b>(SM)</b> 5:30pm Stations <b>(SB)</b> 6:00pm Penance <b>(SB)</b>	8:30am Morning Prayer <b>(BS)</b> 7:00pm Mass of the Lord's Supper <b>(BS)</b>	8:30am Morning Prayer <b>(BS)</b> 12:10pm Stations of the Cross <b>(SM)</b> 3:00pm Liturgy of the Lord's Passion <b>(SB)</b> 6:30pm Stations of the Cross <b>(BS)</b>	<i>Regular Mass &amp; Penance Schedule</i>						
<b>April 1</b>	<b>Weekend Mass Schedule</b>		<b>Sacrament of Penance</b>		<b>Weekday Mass Schedule</b>							
<b>Easter Sunday</b> <i>Regular Mass Schedule</i>	<b>Saturday</b> 4:00 Mass <b>(SM)</b> 5:00 Mass <b>(SB)</b>	<b>Sunday</b> 9:00 Mass <b>(SB)</b> 10:00 Mass <b>(BS)</b> 10:30 Mass <b>(SM)</b> 12:15 Mass <b>(BS)</b>	<b>Saturdays</b> 3:00-3:45 <b>(SM)</b> 4:00-4:45 <b>(SB)</b>	<b>Wednesdays</b> 6:30pm-7:30pm <b>(SB)</b>	Monday—8:00am <b>(BS)</b> , 12:10 <b>(SM)</b> Tuesday—7:30am <b>(SB)</b> Wednesday—8:00am <b>(BS)</b> Thursday—12:10 <b>(SM)</b> Friday—7:30am <b>(SB)</b> , 12:10 <b>(SM)</b>							



**Please Plan to join The Southeast Rochester Catholic Community of  
Blessed Sacrament, St. Boniface and St. Mary's for one of the many  
Lenten Opportunities offered!**

**LENTEN RETREAT**

**Eucharist and You: An Extraordinary Encounter Through Symbols/Relationships/Social Justice**  
—Presenter is Dr. Ella Johnson Professor at St. Bernard's School of Theology and Ministry.  
Will Take Place at St. Boniface Church

- ◆ **Sunday, March 11 at 2:30pm** - Focus will be on Symbols of the Eucharist. The conversation will include aspects for adults as well as children.
- ◆ **Monday, March 12 1:30pm repeated at 6:30pm** - Focus will be on Relationships. My relationship with God, my parish community and the wider world.
- ◆ **Tuesday March 13 1:30pm repeated at 6:30pm** - Focus will be on Social Justice. Going forth to love and serve The Lord.

*There will be Child care available for children ages 5 and under. Community meals will be available all three days for retreat attendees in St. Boniface School. On Sunday, the meal will follow the retreat. On Monday and Tuesday the meal will occur only before the evening session of the retreat. All are welcome!*

***You are not required to attend all three segments of the retreat. Please feel free to attend as your schedule allows!***

**Young Adults Lenten Discussion with Bishop Baron's series "Eucharist"**

**Monday, February 5, 12, 19 and 26**

**6:30-8:30pm in the Blessed Sacrament Office Dining Room**

Learn more about the "source and summit of the Christian life" and the sacred liturgy. Bring your Bible and a Catechism if you have one. Discussions will be led by Sue Howard, Pastoral Associate and Young Adult Minister. For more information contact Blessed Sacrament Church 271-7240

**Viewing of Film "Babette's Feast" with Discussion**

**Film Screenings will be held at 2:30pm on Sunday, March 4 & 6:30pm on Wednesday, March 7 in St. Mary's Dugan Center**

**Discussion will be held on Thursday, March 8 at 6:30pm in St. Mary's Dugan Center**

Join us as we present the classic film *Babette's Feast* on Sunday, March 4 and again on Wednesday, March 7. Then join us again on Thursday, March 8 for a discussion about the film. Parishioner and veteran national film critic Jack Garner will present what he considers one of his favorite movies. He's not alone. Pope Francis considers *Babette's Feast* his favorite film. The film by Danish director Gabriel Axel is based on a famous short story by Karen Blixen (of *Out of Africa* fame). During the late 19th century, a strict religious community in a Danish village takes in a French refugee from the Franco-Prussian War as a servant to the late pastor's daughters. Unbeknownst to them, she was once a world-class Parisian chef. In gratitude, she prepares the gourmet meal of a lifetime.

Jack Garner will lead a discussion on Thursday, March 8. He will even make available the recipes for the famous feast! If you cannot make the times listed for viewing the film but would still like to participate in the discussion, you may borrow the DVD from the library or stream the movie at home. You may also borrow a copy from Sister Kathleen 585-507-9961.

**Contemplative Prayer During Lent**

**7:00pm on Wednesday, February 7 & Wednesday, March 21**

**Blessed Sacrament Parish Office**

Contemplative Prayer consists of two 25 minute sessions of silent, meditative prayer followed by casual discussion about our own individual spiritual journeys. Prayer and discussions are led by Beverly LaBelle, Pastoral Associate. If you have never participated in Contemplative Prayer before and would like to participate, please contact Beverly LaBelle, pastoral associate at [beverly.labelle@dor.org](mailto:beverly.labelle@dor.org) or by calling 585-271-7240.

**Holy Hour**

**7:00pm Thursday, March 1 at Blessed Sacrament**

Join us for our first Thursday Lenten Holy Hour at Church of the Blessed Sacrament. We would like to use this hour to prepare for the experience of our parish retreat. Wondering how prayer in the presence of the Blessed Sacrament helps us prepare for our Parish Retreat on March 11, 12 & 13? Rather than a time of individual private prayer, this is a time of prayer for all of us. The evening will include Exposition, Adoration, recitation of the Rosary and will conclude with Liturgy of the Hours and Benediction. A reflection about the retreat topic will pose some questions and challenges so we can be prepared for the retreat. We hope to see you there!

**The Diocesan Day of Penance —Wednesday, March 14**

Wednesday, March 14, the Diocese will hold it's annual Day of Penance. This will give you an opportunity to celebrate God's forgiveness for us. For information about this Sacrament and a "how-to" celebrate it, please visit [forgiven.dor.org](http://forgiven.dor.org). To help prepare for the Sacrament of Penance and Reconciliation examination of conscience forms will be available in the back of all three Churches, as well as on our website. In our parish, the Sacrament of Penance and Reconciliation will be offered at the following times on that day:

12:30pm-7:30pm (BS)

12:00pm-6:00pm (SM)

6:00pm-7:30pm (SB)

**Ash Wednesday "Souper" (Soup Supper)**

**Wednesday, February 14 at 6:30pm in the St. Boniface School Hall**

Please join us on Ash Wednesday for a "Souper" in St. Boniface School Hall sponsored by the Men's Club following the 5:30pm Mass at St. Boniface.

**Consult Lent Calendar on opposite side of page for Ash Wednesday Mass and Service Schedule**

**Helpful Information**

Here are the church regulations for fasting and abstinence during Lent:

- ◆ Everyone 14 years of age or older is bound to abstain from meat on Ash Wednesday, all the Fridays of Lent and Good Friday.
- ◆ Everyone 18 or older, and under 59 years of age, is bound to fast on Ash Wednesday and Good Friday.
- ◆ On Ash Wednesday and Good Friday, only one full meatless meal is allowed. Two other meatless 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. When health or ability to work would be seriously affected, the law does not oblige.
- ◆ Catholics should not lightly excuse themselves from these prescribed minimal penitential practices. In fact, added days of fasting and abstinence, even outside of Lent, offer increased spiritual benefits.