

ST SHARBEL MARONITE CATHOLIC PARISH
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Lenten/ Holy Week 2016

People focus on fasting and it's important. As a reminder, the Most Reverend Bishops Elias Zaidan and Gregory Mansour have previously issued the following Lenten guidelines for the Maronites of the U.S.:

- All Maronites over the age of 14, who are physically capable, are to **abstain** from meat on Ash Monday and all Fridays of Lent.
- Ash Monday and the Great Friday of the Crucifixion are also days of **fasting**. Fasting in the Maronite Church involves eating and drinking nothing at all (except water and medicine) from midnight until noon. The rest of the day normal meals can be taken, but without meat. All Maronites who are physically capable are to fast on these two days.

To say it another way:

- Ash Monday – fast until noon, then no meat
- All Fridays during Lent – abstain from meat, no fasting required
- Good Friday – fast until noon, then no meat

Abstinence means no eating of meat. Fasting means no food or beverage (except for water) between 12 Midnight to 12 Noon. Those over 60, and those with any medical condition or illness where fasting is deleterious are dispensed from this obligation, as are those who are required to perform strenuous labor. (As a reminder, each Sunday during lent is a celebration of the Resurrection and isn't therefore Lent, so any things you have give up for Lent are properly set aside on Sundays).

But there is more than fasting! Great Lent is a time of prayer, penance, and change of heart; turning from sin and facing the Lord. Fasting and abstinence are part of the larger program we are encouraged to engage in during Lent. All parishioners are encouraged to seek Sacrament of Reconciliation at some point before Easter Sunday. You are encouraged to give to those less fortunate, either through the second collection for Bishop's charity or to individuals or organizations.

Lenten Schedule:

Feb. 8	<i>Ash Monday</i>	Mass/Qurbono and Distribution of Ashes – Noon, 7 pm
Feb. 12, 19, 26 Mar 4,11,18,25	<i>Fridays</i>	Mass/ Qurbono – 7 p.m. with Benediction of the Holy Cross Followed by the Stations of the Cross (lead by Deacons) <i>(Confessions will be available starting at end of Mass during stations of the Cross)</i>
March 5/6	<i>Fri/Sat</i>	24 Hours of Adoration, Per Holy Father, Details and Planning to follow
Feb. 14, 21, 28 Mar. 6, 13, 20, 27	<i>Sundays</i>	Exposition of the Blessed Sacrament – 9:00 a.m. <i>(Confessions will be heard before and after Mass during Sundays of Lent)</i>

Holy Week Schedule:

March 20 <i>Palm Sunday</i>	Hosanna Sunday (Shaneenee) – 10:30 a.m. Procession to follow with the distribution of Palms. <i>Confessions will be heard before Mass only</i> <i>**Breakfast and Egg Hunt after Mass.**</i>
March 21 & 22 <i>Monday and Tuesday</i>	Passion Week Monday & Tuesday (Mass/Quorbono) – 12 p.m. (Coming into the Harbor) <i>Confessions will be heard before/after the Qurbono/Mass.</i>
March 23 <i>Wednesday</i>	Rite of the Lamp, (Mass/ Qurbono) – 7 p.m. <i>Confessions will be heard before/after the Holy Mysteries.</i>
March 24 <i>Holy Thursday</i>	Institution of the Eucharist- Mass/ Qurbono – 7 p.m. Washing of the Apostles Feet <i>Confessions will be heard before/after the Holy Mysteries.</i>
March 25 <i>Great Friday</i>	Signing of the Chalice – Pre-Sanctified Liturgy – 10 a.m. <i>Confessions available before or after <u>by request</u></i> Burial Procession (Zeeyeh) – No Eucharist– 7 p.m. Commemoration of the Burial of our Lord. <i>No Confessions available in the evening</i>
March 26 <i>Saturday of Holy Week</i>	Morning Service: 10 am Rite of Forgiveness (General Absolution) <i>No individual Confessions available</i> Glorious Resurrection of Our Lord (Mass/ Quorbono)– 9:00 p.m. Followed by Rite of Peace and Procession. <i>No individual Confessions available</i>
March 27 <i>Easter Sunday</i>	Sunday of the Glorious Resurrection of Our Lord – 10:30 am

PLEASE NOTE: *Confessions vary during Holy Week and Lent, please review carefully and make appropriate plans. It is highly encouraged, that as part of your plan for Lent and preparation for Easter, that each parishioner avail him/herself of the Sacrament of Penance.*