

## EASTER

✝ Easter Vigil - Saturday, April 8, 8 PM.  
Easter Sunday Masses – April 9, 8 AM and 10:30 AM. No Mass  
at Noon, 5 PM or 7 PM.

### *Regulations for Fast and Abstinence*

- ✝ *Ash Wednesday and Good Friday are days of fast and abstinence.*
- ✝ *Fridays of Lent are also days of abstinence.*
- ✝ *Fasting is to be observed by everyone 18 years of age and older and who have not yet celebrated their 59<sup>th</sup> 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.*
- ✝ *Abstinence is observed by everyone 14 years of age and older. On days of abstinence, no meat is allowed.*
- ✝ *Note that when health or the ability to work would be seriously affected, the law does not bind. When in doubt concerning fast and abstinence, the parish priest should be consulted.*
- ✝ *Fasting, almsgiving and prayer are the three traditional disciplines of Lent undertaken in a spirit of penance and preparation for baptism or renewal of baptism at Easter.*

# Holy Cross Church 2023



**“In this is love, not that we loved God  
but that He loved us and sent His Son  
to be the expiation for our sins.”  
1 John 4:10**

*Lent is a time of renewal. During these 40 days, we have a chance to reflect on our lives, pray more deeply, repent for what we've done and failed to do, and to be more generous to those in need.*

## PRAYER THAT RENEWS

✝ Exposition of the Blessed Sacrament every Wednesday (except Ash Wednesday) from 9:30 AM to Noon and on Thursday from 6 PM to 7 PM.

✝ Stations of the Cross - Fridays in Lent at 7 PM. Song, candles and incense. Confessions after Stations.

✝ Lenten Candlelight Mass; Friday, March 31 at 7 PM. We will celebrate Mass together in warm candlelight with beautiful music for a memorable Lenten experience.

## RE-CHARGE AND REFRESH

✝ Download the AMEN App on your device. Take advantage of daily Scripture meditations, prayers and wonderful sleep stories to help you fall asleep and sleep peacefully all night.

✝ BEST Lent Ever – Sign up at [DynamicCatholic.com](http://DynamicCatholic.com) to receive daily email meditations. Fill this Lent with Holy Moments!

✝ Mondays at 7 PM on February 27, March 13 and March 27. Discover more about the Catholic faith with Fr. Manning and members of our RCIA community. Call the parish office for the link to join.

✝ Confessions - following 9 AM Mass on Friday and Stations of the Cross on Friday evenings.

## COMMUNITY

✝ Rumson St. Patrick's Day Parade – Sunday, March 12 at 1 PM. Marchers will gather at Noon. March with us and the Irish saints of our stained-glass windows! Please call the parish office to register to be part of our marching unit!

✝ St. Patrick and St. Joseph Hospitality Sunday – March 19, following 10:30 AM Mass in the Church basement. Celebrate these two great saints with refreshments and fellowship.

## HOLY WEEK

✝ April 2 - Palm Sunday procession with palms. Gather at 10:00 AM in the municipal parking lot in Sea Bright for a new twist on an old tradition. Palms, banners, candles and incense will lead the procession over the bridge to the 10:30 AM Mass.

✝ April 6 - Holy Thursday – Morning Prayer, 9 AM. Mass of the Lord's Supper, 7 PM. Reposition of the Blessed Sacrament at the Altar of Repose after Mass. Exposition of the Blessed Sacrament ends with Evening Prayer at 11 PM.

✝ April 7 - Good Friday – Morning Prayer at 9 AM; Prelude Music, 2:30 PM; Prayer Service, 3 PM; Stations of the Cross, 7 PM.

✝ April 8 - Holy Saturday – Morning Prayer and Blessing of the Food at 9 AM.