



## Opportunities for Prayer & Reflection

- Wednesday, March 1*  
**ASH WEDNESDAY**, Imposition of Ashes  
7:30 a.m. morning Mass  
5:00 p.m. Polish Mass  
7:00 p.m. evening Mass
- Wednesdays, March 8, 29 and April 5*  
7:00 p.m. **LENTEN SERIES: The Bible and Catholics**
- Every Friday during Lent at 7:00 p.m.*  
**STATIONS OF THE CROSS**  
**BENEDICTION OF THE BLESSED SACRAMENT**
- Every Sunday during Lent immediately following the 11:00 Polish Mass*  
**GORZKIE ZALE, Polish Lamentations on the Passion & Crucifixion of Christ**
- Wednesday, March 15, 5:00 – 8:00 p.m.*  
**AN EVENING OF CONFESSION**  
On the evening of Wednesday, February 24, from 5:00-8:00 p.m., St. Barbara's will join with all the churches in the Catholic Diocese of Cleveland to open their doors and offer the Sacrament of Penance.



## Service

During the past 4 years arrangements were made for service and donations with various organizations such as the Brookside Center, West Side Catholic Center, the Metanoia Project at St. Malachi Campus, the Child Life Department of MetroHealth Medical Center, Mount Alverna Nursing Home, Maggie's Place and the House of Champions.

This year as we review the activities of the Social Concerns Committee we look to parishioners to help us coordinate new projects. In the meantime, everyone is encouraged to consider making a personal commitment to volunteer their time to a charity or cause of their choice. If anyone is interested in organizing a project during the upcoming days of Lent we can help by reporting it in the Bulletin.

*And remember that RANDOM ACTS OF KINDNESS can be uplifting to the receiver **and** to the giver during the season of Lent and throughout the whole year.*

## Almsgiving

- Operation Rice Bowl:** Please pick up a cardboard rice bowl to fill with your spare change. **Catholic Relief Services** will use your donation to assist impoverished and disadvantaged people overseas.
- Ozanam Center:** Please make generous donations of food items for this organization to distribute to clients in need.



## Holy Week Schedule

- Weekend of April 8-9, **PALM SUNDAY OF THE PASSION OF OUR LORD***  
Saturday, Vigil Mass, 4:30 p.m.  
Sunday, Morning Mass, 9:00 a.m.  
Sunday, Polish Mass, 11:00 a.m.
- April 10-12, **MONDAY-WEDNESDAY***  
7:30 a.m. morning Mass
- Thursday, April 13, **HOLY THURSDAY***  
7:00 p.m., Mass of the Lord's Supper  
Procession with the Sacrament to the side altar at the end of the Mass. The Church will remain open for prayer before the Altar of Reposition until 10:00 p.m.
- Friday, April 14, **GOOD FRIDAY***  
Noon - 1:00 p.m., Sacrament of Penance  
3:00 p.m., Solemn Reading of the Passion, Adoration of the Cross & Holy Communion.  
7:00 p.m., Stations of the Cross  
Sacrament of Penance after Devotions
- Saturday, April 15, **HOLY SATURDAY***  
1:00 p.m., Blessing the First Foods of Easter  
9:00 p.m., **GREAT VIGIL OF EASTER**
- Sunday, April 16, **EASTER SUNDAY***  
9:00 a.m. Mass in English  
11:00 a.m. Mass in Polish



## Fasting & Abstinence

Our observance of Lent begins on **ASH WEDNESDAY, March 1, 2017**, a day of fast and abstinence for Catholics.

- ASH WEDNESDAY** and **GOOD FRIDAY** are obligatory days of universal fast and abstinence. Fasting is obligatory for all who have completed their 18th year and have not yet reached their 60th year. Fasting allows a person to eat one full meal. Two smaller meals may be taken, not to equal one full meal. Abstinence (from meat) is obligatory for all who have reached their 14th year.

If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus, and to prepare ourselves to share more fully and to celebrate more readily his Resurrection.

- FRIDAYS IN LENT** are obligatory days of complete abstinence (from meat) for all who have completed their 14th year.

*"Lent is a favorable season for deepening our spiritual life through the means of sanctification offered us by the Church: fasting, prayer and almsgiving. At the basis of everything is the word of God, which during this season we are invited to hear and ponder more deeply."*

*- Pope Francis*

### How will you keep Lent this year?

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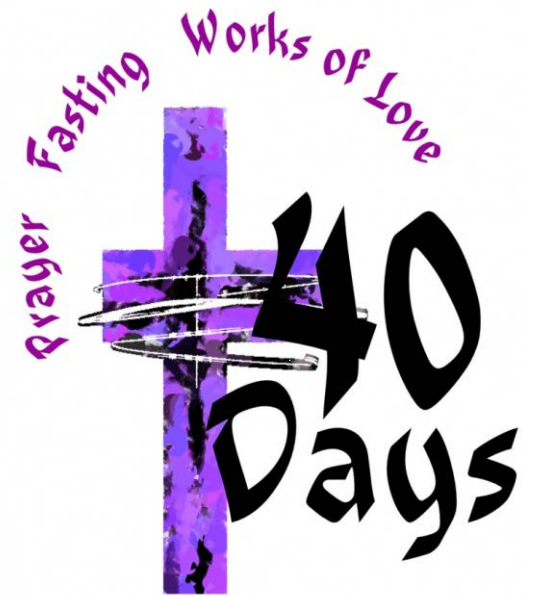
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## Lent & Holy Week 2017

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