



The season of Lent begins Ash Wednesday and ends Holy Thursday, a period of forty days. It echoes the period of time Jesus spent in the desert preparing for his public ministry. During Lent, Christians devote more time to prayer, charity, and sacrifice as they prepare for the greatest feast in the Church year, Easter—when Jesus rose from the dead. Lent is followed by the Triduum, from the evening of Holy Thursday to the evening of Easter Sunday. So significant is the week ending Lent and beginning the Triduum, it's referred to as Holy Week. This follows with the 50-day Easter Season until Pentecost Sunday. In our parish, there are a number of familiar liturgies to celebrate and devotions we are urged to participate in as we prepare for the glorious celebration of Easter.

Ash Wednesday, March 5 marks the beginning of Lent. It is a season of reflection on one's transgressions, fasting, abstinence from meat, and repentance; all of which prepares us for Christ's Resurrection on Easter Sunday. It is generally inappropriate to dine out, to shop, or to go about in public after receiving the ashes. Feasting is highly inappropriate. Small children, the elderly and sick are exempt from this observance. The ashes symbolize our penance made sacramental by the blessing of the Church, and they help us develop a spirit of humility and sacrifice. Please join our celebrations as listed below.

12:15pm at St. Michael & St. Bridget

6pm at St. Kateri

4pm at Sacred Heart

7pm at Immaculate Conception

During Lent, we are offering a variety of devotions:

Daily Mass at Immaculate Conception Church. See the schedule of Masses in our weekly bulletin, listed with daily Mass Intentions.

Adoration at Immaculate Conception Church. Our regular schedule, Thursdays from 10am to noon and following 7pm Mass, from 7:30pm to 8pm

The Rosary of the Seven Sorrows Every Tuesday at 12:45, following Mass. "Pray the Seven Sorrows to find repentance" Our Lady of Kibeho.

Divine Mercy Chaplet Every Thursday evening during Lent we will be praying the Chaplet at 6:40pm, prior to 7pm Mass at Immaculate Conception.

Weekly Email from our Parish Office. An online video reflection from Fr Mark Toups.

24 Hours for the Lord on the eve of the 4th Sunday of Lent (30th), a Penitential Celebration with Prayer, Adoration and Reconciliation started by Pope Francis 2013.

Lenten Prayer Booklets for young families and Shut-ins have been ordered for distribution.

Weekly Prayer Ministries While the following are year round, please feel free to join any of them as a Lenten practice.

*St. Michael Wednesday 7pm

*St. Bridget Friday 11:00

*St. Kateri meet in homes

*Sacred Heart meet in homes

*Immaculate Conception has the following:

-Daily Masses

-Thursday 10am-noon and 7:30pm to 8pm for silent adoration

-Sunday Rosary- 8:20am

-Thursday 2pm for men

-Tuesday 12:45pm-for Parish Intercessory Prayers

-Friday Rosary -12:45pm (Stations in Lent)

Day of Reconciliation is Wednesday, April 2 begins at 6:30pm at Immaculate Conception Church. Mass is moved to 12:15pm and at least one priest will be available at ICC following Mass, until 4pm. ***A contrite heart the Lord will not scorn.*** Reconciling with God and neighbour are major acts of preparation for Easter. Extending to the other churches, we'll offer times one hour prior to Weekend Masses on the weekends of March 30 and April 6, or by appointment. The Day of Reconciliation begins with a reflection and follows with individual Sacrament of Confessions. A total of Six priests will be available, from our parish, Amherst and Enfield.

Note. Throughout Lent, and the year, the Sacrament of Confession is available up to 30 minutes before each weekday Mass at Immaculate Conception Church.

HOLY WEEK

Palm Sunday is April 13 and follows our regular weekend Mass schedule to mark the beginning of Holy Week.

Mass of Chrism is Tuesday, April 15, 2025 at 12 noon at St. Mary's Cathedral Basilica, Halifax. The Chrism Mass reminds us of our oneness in Christ through Baptism and its holy anointing, made possible by the ministry of the archbishop and his priests. The Chrism Mass is also a key moment in which the unity of the archbishop with his priests (together, they form the presbyterate) is manifested and renewed. At this Mass Archbishop Dunn will bless the Holy Oils used for Sacramental Anointing. Parishioners are invited to make the pilgrimage to Halifax and celebrate with Fr Jim, Fr Andrew and Fr Phil.

Holy Thursday is 7pm at Immaculate Conception Church and celebrates the Last Supper to begin the Easter Triduum. All are invited as it will be the only Mass in our Parish on this holy day.

Good Friday will have a 3pm celebration at each church in our parish. In addition, Immaculate Conception will have a 10am Youth, Mary's way of the Cross. At 7pm the Stations of the Cross will be held at St. Kateri and Immaculate Conception.

Easter Vigil is Saturday, April 19 at 8pm in Immaculate Conception Church. There are no other Masses that day in our parish. This is the Resurrection of the Lord, our most significant celebration of the year. Here the Catechumens will enter our Catholic Church with the Sacraments of Initiation (Baptism, First Communion, and Confirmation).

Easter Sunday will have the regular weekend schedule of Masses. The exception is having no 4pm Saturday Masses and St Michael's Saturday Mass is moved to 9am Sunday.

