



Lent Begins

Six weeks of prayer and penance to prepare for the celebration of the Resurrection.

Ash Wednesday

February 26

Mass at 9:00 am & 7:00 pm
12 noon Liturgy of the Word

Ashes will be available throughout the day

Downriver Vicariate

Communal Penance 2020

Monday, March 16 — 7:00 pm

Our Lady of the Angels, Taylor

Thursday, March 19 — 7:00 pm

Our Lady of the Woods, Woodhaven

Monday, March 23 — 7:00 pm

St. Mary Magdalen, Melvindale

Thursday, March 26 — 7:00 pm

St. Roch, Flat Rock

Monday, March 30 — 6:30 pm

St. Cyprian, Riverview

Saturday, April 4 — 12:00 noon

St. Frances Cabrini, Allen Park

We are called to examine our consciences and admit our failings. The sacrament of Penance challenges us to examine our hearts inwardly and then express outwardly the ways we have failed to love God and neighbor—through both personal sin and social sin.

—United States Conference of Catholic Bishops

LENT opportunities



Fridays, February 28, March 13, March 27
6:30 pm

Stations of the Cross

with Deacon Jim
and Riverview Knights of Columbus

Sunday, March 1 — 8:00 am-2:00 pm
Blood Drive

The gift of blood is the gift of life.
sponsored by Christian Service Commission

Sunday, March 8 — 4:00 pm
"Hope For New Life:
Understanding Intervention"

Presentation by Jeff Jay, CIP
Certified Intervention Professional and
Co-author of *Love First*:
A Family's Guide to Intervention (Hazelden)
sponsored by Education Commission

Sunday, March 15 — 4:00 pm
Soup Supper

Come enjoy a wonderful night
of delicious soups, fellowship
and small group faith sharing.
sponsored by Worship Commission, Adult Faith
Formation Committee and Youth Ministry

Sunday, March 22 — 12 noon-5:00 pm
Day of Eucharistic Adoration

Taizé Evening Prayer and Benediction at 5:00 pm
with Fr. Bill and Mason Koch
sponsored by Worship Commission

Sunday, March 29 — 12:00 noon
5th Sunday Rosary

with the Riverview Knights of Columbus

4:00pm—5:00 pm

Healing Prayer Service

Come with expectant faith and experience the
healing love and mercy of Jesus Christ!
sponsored by Adult Faith Formation Committee

Saturday/Sunday, March 28 & 29
after all Masses

Holy Land Christian Families

Sale of olivewood items and religious articles



Fasting and Abstinence

Ash Wednesday and Good Friday are days of total fast and abstinence. The Fridays of Lent are days of abstinence. In keeping with the spirit and meaning of the Lenten fast, Catholics are encouraged to observe the Good Friday fast through Holy Saturday and the Easter Vigil. When in doubt, discuss fasting and abstinence with your physician.

The law of fasting binds persons from the completion of their 18th year to the beginning of their 60th year. In other words, we are bound to this law from the day after our 18th birthday to the day after our 59th birthday.

Fasting allows only one full meal a day, but does not prohibit taking some food in the morning and evening, observing as far as quality and quantity are concerned, local custom. The order of meals is optional – the full meal may be taken any time of day. Also, the quantity of food taken at the two lighter meals should not exceed the quantity of the one full meal. The drinking of ordinary liquids does not break the fast.

The law of abstinence binds persons from the day after their 14th birthday, throughout life. This law forbids the use of meat (beef, pork, poultry), but not eggs, milk products, or condiments made of animal fat. Soups flavored with meat, meat gravy, and sauces are permitted.

Sacred Triduum

The three days of the passion, death, and resurrection of Jesus Christ as counted from sunset to sunset.

Holy Thursday, April 9
Mass of the Lord's Supper
7:00 pm

Reception of Holy Oils
Washing of Feet & Eucharistic Feast
followed by **Adoration** at the Altar of Repose
until **Night Prayer** at 10:00 pm

Good Friday, April 10
The Passion and Death of Christ
1:00 pm
The Passion according to John
Veneration of the Cross
Holy Communion

Holy Saturday, April 11
Blessing of Easter Foods
11:00 am in church

The Easter Vigil Liturgy
8:30 pm
Light & Word
Initiation & Eucharist

Easter Sunday, April 12
The Resurrection of the Lord
9:00 am & 11:00 am

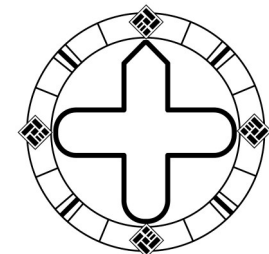
Alleluia!



LENT
and
EASTER

at

Saint Cyprian



St. Cyprian Catholic Church
Cultivates Christian Commitment