

Holy Week 2019 at Saint Mary Church

Palm Sunday (April 14)

Communal Penance 2:00PM

Monday of Holy Week (April 15)

Stations of the Cross (School) 8:10AM

Tuesday of Holy Week (April 16)

Mass 8:00AM

Wednesday of Holy Week (April 17)

Mass 8:30AM

Adoration follows Mass until 5:35PM

Rosary 5:35PM - Benediction follows

Confessions at 12:00PM and 5:00PM

Living Stations 7:00PM

Holy Thursday (April 18)

No 8:00AM Mass

Mass of the Lord's Supper 7:00PM

Adoration follows Mass, in the Parish Hall until Benediction at 9:50PM

Good Friday (April 19)

No 8:00AM Mass

Good Friday Liturgy 12:00PM

Divine Mercy Novena 3:00PM

Holy Saturday (April 20)

No 2:45PM Confessions and

No 4:00PM Mass

Easter Vigil Mass 7:30PM

Easter Sunday (April 21)

Masses: 7:30AM, 9:00AM and 11:00AM

Guidelines for Fasting & Abstinence

Ash Wednesday and Good Friday are days of Fast and Abstinence and all Fridays of Lent are days of Abstinence.

Abstinence means eating no meat (milk, eggs, and fish are allowed). Fasting means eating only one normal-sized meal and two small meals, with no snacks.

Those 14 and older are required to abstain from meat; those 18-59 are required to fast, except those with special medical conditions.

Saint Mary Church offers opportunities to help each of us in our Lenten journey of prayer, fasting, and almsgiving.

Prayer: this year we ask you spend a little extra time with the Lord by participating in Eucharistic Adoration.

Fasting: remove whatever threatens to become more important than God in our lives. Don't focus only on food, but watching television or playing video games are examples of denying yourself.

Almsgiving: let's remind ourselves we are part of a community. Catholic Relief Rice Bowls and St. Vincent de Paul Poor Box are available in back of the church. Freely giving of our money and possessions, and sharing our time and talent are all opportunities for almsgiving.



2019 Lenten, Holy Week & Easter Schedule



Saint Mary Catholic Church
2109 S 5th Avenue
Sioux Falls, SD 57105

Remember you are dust and to dust you shall return.



ASH WEDNESDAY

March 6, 2019

Masses

8:30 AM, 12:10 PM, 6:30 PM

Eucharistic Adoration
after 8:30AM Mass—12:00 PM
and 1:00PM—6:00 PM

Confessions

5:00PM

(NO 12:00PM Confessions)

Rosary 5:35PM

Benediction 5:50PM

ANOINTING MASS

Thursday, March 28, 2019

12:10PM

followed by a soup lunch
in the Parish Hall
(No 8:00 AM Mass)

COMMUNAL PENANCE

Sunday, April 14, 2019

2:00 PM



Weekly Lenten Schedule

March 7—April 17

Mondays	Stations of the Cross 8:10 AM Starting March 11th
Tuesdays	Mass 8:00 AM
Wednesdays	Mass 8:30AM Adoration after 8:30 AM Mass until Benediction 5:50 PM Rosary 5:35 PM Benediction 5:50 PM
Thursdays	Mass 8:00 AM (March 28— Anointing Mass 12:10 PM followed by soup lunch— <i>No 8:00 AM Mass</i>)
Fridays	Mass 8:00 AM Stations of the Cross 5:30 PM starting March 8th (April 12: Soup Supper will follow Stations)
Confessions:	Wednesdays 12:00 PM & 5:00 PM Saturdays 2:45-3:15 PM

Eucharistic Adoration

What is Adoration?

Adoration is a form of devotion that acknowledges the presence of Christ in the Eucharist (the Real Presence) outside of Mass. It differs from prayer at home in that we are in the sacramental presence of Christ and we remove ourselves from daily distractions and anxieties.

What to do in Adoration?

The genuflection is a traditional gesture of respect when entering and leaving the church for Adoration. Kneeling or sitting are appropriate for your prayer time. While visiting our Lord in the Eucharistic Adoration, we can pray in a variety of ways:

- For an intention—peace in our world, vocations, family, friend, etc.
- Scripture
- Rosary or Chaplet of Divine Mercy
- For forgiveness—for those you may have hurt and for those who have hurt you
- Read—meditations, reflections, Catholic books, life of saints
- Sit quietly and be in God's presence
- Thank God

How long?

Start small and increase your time in Adoration as you become more comfortable. 10-15 minutes to quiet your mind and let Jesus deepen his divine peace in your heart is a reasonable amount for someone new to Adoration.