

HOW TO GO TO CONFESSION



Examine your conscience and call upon the Holy Spirit, be truly sorry for your sins, and resolve to change your life.

Go to the priest, make the sign of the cross saying,

*“In the name of the Father
and of the Son
and of the Holy Spirit. Amen.”*

It is then customary to tell the priest how long it has been since your last confession. The priest may respond by welcoming you. (It is helpful to then tell the priest your “state in life” – e.g. single, married, teenager, etc.).

Tell the priest about your sins. Tell him how you have sinned, and how often it happened. If you are not sure whether something is a sin, ask the priest. Tell him about your serious sins. It is also good to confess any of your less serious (venial) sins.

Listen to the priest. He may offer you a verse from Scripture. If you have any questions about the Faith or how to grow in holiness, feel free to ask him. The priest will then give you a penance, which is the first act of your “new life” after the Sacrament of Reconciliation.

Pray the **Act of Contrition**. Try to tell God “from your heart” that you are sorry and that you intend to sin no more (see sample “Act of Contrition” or you can make this prayer in your own words).

Listen as the priest absolves you of your sins and enjoy the fact that God has truly freed you from all your sins.

Do the penance the priest gives you. God’s mercy does endure forever! Thank Him for what He has done for you.

ACT OF CONTRITION

*“O my God, I am heartily sorry for having offended Thee, and I detest all my sins, because I dread the loss of heaven, and the pains of hell, but most of all because they offend Thee, my God, Who art all good and deserving of all My love. I firmly resolve, with the help of Thy grace, to sin no more and to avoid the near occasions of sin.
Amen.”*



PARISH OF ALL SAINTS AND ST. JOSEPH

2024 LENT & HOLY WEEK SCHEDULE

LENTEN DEVOTIONS

A graphic with a purple and orange background. It features a silhouette of a cross on a hill with two smaller crosses, set against a sunset sky. The text is in white and black.

**LENTEN DISCIPLINES OF
FASTING & ABSTINENCE**

Catholics in good health ages 18 to 59 are required to fast and to abstain from meat on Ash Wednesday and Good Friday.

Fasting consists of eating only one meal, with the possibility of two smaller snacks that do not add up to a single full meal.

Catholics age 14 and older are to abstain from meat on all Fridays in Lent.

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✦ ASH WEDNESDAY

MASSES

AND DISTRIBUTION OF ASHES:
Wednesday, February 14, 2024
9:00 am at St. Joseph
5:30 pm at All Saints followed by
Soup Supper at All Saints.

STATIONS OF THE CROSS:

Every Friday

8:30 am— St. Joseph (prior to Mass)
5:30 pm—All Saints
followed by a soup supper.

EUCCHARISTIC ADORATION:

Every Saturday

3:15 pm— All Saints (prior to Mass)
except on Holy Saturday.

LENTEN FAITH

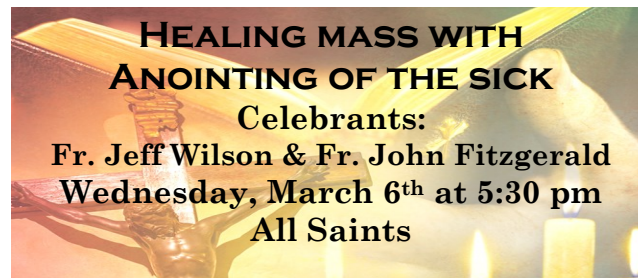
SHARING GROUPS

Mondays at 3:00 pm via zoom
Virtual with Mary Leamy
starting February 19th

Wednesdays at 9:15 am in the
All Saints Parish Hall
with Noli Farwell
starting February 21st

Wednesdays at 6:30 pm in the
All Saints Parish Hall
with Fr. Jeff Wilson
starting February 21st
No meeting Mar. 6th &
Penance Service week Mar. 13th.

Thursdays at 7:00 pm in the
All Saints Parish Hall
with Deacon Joe Gomes
starting February 22nd
No meeting on Penance Service Mar. 14th.



HEALING MASS WITH ANOINTING OF THE SICK

Celebrants:

Fr. Jeff Wilson & Fr. John Fitzgerald
Wednesday, March 6th at 5:30 pm
All Saints



COMMUNAL PENANCE SERVICES

Thursday, March 14th at 6:30pm
All Saints



PARISH MISSION

Given by Fr. Jeffrey Wilson
at All Saints

Date: Saturday, March 16th & Time: 10am-3:15pm
Theme: "Eucharistic Revival" Fee: None

This parish mission is an invitation to grow closer to Jesus alongside fellow believers through Jesus and Eucharistic study. The day will be filled with rich theological content, powerful testimonies, and unique and timely messages from individual bishops across the country.

It is a great opportunity to dive more deeply into the richness of our Eucharistic faith. It will be a special time to grow in community within our parish as we walk this sacred time together, and we really desire you to join us. Donations greatly appreciated!

HOLY WEEK SERVICES:

Saturday, March 23rd
Palm Sunday Vigil Mass
4:30 pm Vigil Mass — All Saints

Sunday, March 24th
Palm Sunday
9:00 am Mass — St. Joseph
11:00 am Mass — All Saints

Monday, March 25th
8:30 am Morning Mass

Tuesday, March 26th
8:30 am Morning Mass

Wednesday, March 27th
8:30 am Morning Mass
7:00 pm Tenebrae—All Saints

Holy Thursday, March 28th
9:30am Morning prayer/
Sacrament of Penance
6:00 pm Mass of the Lord's Supper
All Saints

Good Friday, March 29th
9:30 am Morning prayer/
Sacrament of Penance
3:00 pm Liturgy of the Passion
All Saints

Holy Saturday, March 30th
9:30 am Morning prayer/
Sacrament of Penance
(No 3:15pm Adoration on that day.)
8:15 pm Easter Vigil—All Saints

Easter Sunday, March 31st
9:00 am Mass — St. Joseph
11:00 am Mass — All Saints