

✠ *Third Sunday of Lent* ✠  
*March 8<sup>th</sup>, 2026*

**Sunday, March 8<sup>th</sup> – Third Sunday of Lent**

8:00 AM Holy Mass -Spanish-  
10:00 AM Memorial 6<sup>th</sup> year anniversary Mass of Edmond Lamarre, requested by Kathy & Kyle Lamarre  
12:00 PM Holy Mass -Spanish  
6:00 PM Holy Mass -Spanish

**Monday, March 9<sup>th</sup> – Lenten Weekday**

8:00 AM That all who proclaim the Gospel may effectively bring the world to listen to Jesus, the only Savior and Son of God

**Tuesday, March 10<sup>th</sup> – Lenten Weekday**

8:00 AM That all priests may enjoy the faithful support, gratitude, and encouragement of the people they serve

**Wednesday, March 11<sup>th</sup> – Lenten Weekday**

8:00 AM That as we acknowledge our heavenly citizenship, we may work to be active and effective citizens of our homeland here on earth

**Thursday, March 12<sup>th</sup> – Lenten Weekday**

8:00 AM That the poor, the homeless and the unborn may experience the protection of the God who guided Abraham

**Friday, March 13<sup>th</sup> – Lenten Weekday**

8:00 AM For the sick, the distressed, and for all those who have asked for our prayers

**Saturday, March 14<sup>th</sup> – Lenten Weekday**

9:00 AM For all who have been called to their eternal reward, especially our relatives and parishioners  
6:00 PM Holy Mass - Spanish

**Sunday, March 15<sup>th</sup> – Fourth Sunday of Lent**

8:00 AM Holy Mass -Spanish-  
10:00 AM For the living and deceased members of the Albin, Duphiney and Walsh families.  
12:00 PM Holy Mass -Spanish  
6:00 PM Holy Mass -Spanish

Father,  
You do not disappoint  
those who hope in You.  
Increase our hope and answer our prayers.  
We ask this through Christ our Lord. Amen.

**THE BUDGET**

**Budget last week: \$ 7,842.77**

For those who wish to request Budget Envelopes for Tithing or who need a statement for your Income Taxes, please call Rectory at ☎ 421-6441



**Latest Medjugorje Message, February 25, 2026**

“Dear children, In this time of grace, anew, I am calling you to offer your lives to God that He may lead you towards the resurrection through your personal conversion. Little children, God is near to you and heeds your prayers, but you are lulled to sleep, and that is why He sent me to you to awaken you, and that you may shine holiness like a spring flower. Thank you for having responded to my call. ”

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**Rachel's Vineyard Retreat**

A Rachel's Vineyard Retreat will take place April 17-19. The retreat offers healing for anyone who has been touched by an abortion. This weekend retreat provides participants an opportunity to process their pain and sorrow, to form spiritual connection with their child(ren), to experience the compassion and forgiveness of Jesus and to begin a journey toward healing. Retreats are offered in English and en español. All services provided by a team of trained individuals, a Catholic therapist, and trained clergy. Contact 401-278-2518 for more information and/or to register. All inquiries are strictly confidential.



Today's Readings:

**Reading 1:** Exodus 17:3-7

**Reading 2:** Romans 5:1-2, 5-8

**Gospel:** John 4:5-42



Every Friday during Lent

6pm – 9pm

&

Every Saturday

4pm – 5pm

Life in the Spirit Seminar

Please call the office to register  
401-421-6441



**John Polce**

**IN CONCERT**

**Thursday**

**March 12<sup>th</sup>**

**starting with**

**Holy Mass at**

**7:00 PM**

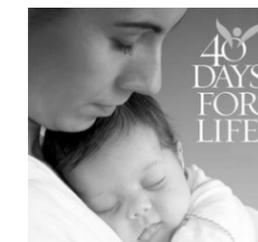


St. Charles Church  
178 Dexter St.  
Providence RI 02907  
401-421-6441



**Prayer Meeting**

Every Thursday  
Rosary 6:30pm  
Holy Mass at 7pm  
follow by worship & prayer meeting



The Office of Life and Family Ministry and R.I. Right to Life co-sponsor the 40 Days for Life Lenten campaign beginning on Ash Wednesday through Palm Sunday. Individuals can adopt an hour for a peaceful prayer vigil at the public right of way, 175 Broad Street, Providence during this 40 day period from 7am to 7pm.

If you are interested in learning more about the campaign that calls for prayer, fasting and community outreach contact: Jean Ernster, Office of Life and Family Ministry at 401-421-7833, ext. 218.

# GUIDE TO FASTING



## FRIDAYS OF LENT:

FEBRUARY 20, FEBRUARY 27, MARCH 6, MARCH 13, MARCH 20, MARCH 27, GOOD FRIDAY APRIL 3

### RULES FOR FASTING & ABSTINENCE

Catholics between the ages of eighteen and fifty-nine are required to fast and abstain from meat (fish is permitted) on Ash Wednesday and Good Friday. Catholics over fourteen should abstain on all Fridays in Lent.



The law of fasting allows only one full meal a day, but does not prohibit taking some food in the morning and evening, observing—as far as quantity and quality are concerned approved local custom.

Ash Wednesday and Good Friday, we should not only abstain from all meat, but also fast by limiting ourselves to one meal for the entire day.

### TIPS FOR FASTING

**Start Slow:** If you're new to fasting, begin with small steps like skipping one meal.

**Stay Hydrated:** Drink plenty of water throughout the fasting period to stay healthy.

**Choose Wisely:** Opt for nutritious foods when breaking your fast to nourish your body.

**Pray and Reflect:** Use fasting as a time for prayer, self-examination, and drawing closer to God.

### BENEFITS OF FASTING

**Spiritual Growth:** Fasting can deepen our spiritual connection and focus during Lent.

**Self-Discipline:** The Catechism of the Catholic Church explains that fasting “helps us acquire mastery over our instincts and freedom of heart” (2043). Fasting teaches self-control and strengthens our willpower.

**Solidarity:** Fasting in solidarity with others fosters empathy and compassion.

### EXCEPTIONS TO FASTING

Those with health conditions, pregnant or nursing women, and the elderly are exempt from fasting requirements.

If fasting poses a risk to your health or well-being, you are not obligated to fast.

YOU ARE CORDIALLY INVITED TO THE

# CHRISM MASS



MONDAY, MARCH 30, 6 P.M.

*Cathedral of Saints Peter & Paul, Providence*



AT THIS HOLY MASS THE PRIESTS OF THE DIOCESE OF PROVIDENCE RENEW THEIR PRIESTLY PROMISES. THE BISHOP WILL ALSO CONSECRATE AND BLESS THE SACRED OILS USED IN THE SACRAMENTAL RITES OF THE CHURCH FOR THE COMING YEAR. ALL ARE WELCOME!



*Celebrant & Homilist*

MOST REV. BRUCE A. LEWANDOWSKI, C.Ss.R.  
BISHOP OF PROVIDENCE