

✠ *Second Sunday of Lent* ✠
March 1st, 2026

Sunday, March 1st – Second Sunday of Lent

8:00 AM Holy Mass -Spanish-

10:00 AM In memory of Tom DiLorenzo

12:00 PM Holy Mass -Spanish

6:00 PM Holy Mass -Spanish

Monday, March 2nd – Lenten Weekday

8:00 AM That through the ministry of the Church, people of all nations will believe and profess that Jesus is Lord

Tuesday, March 3rd – Lenten Weekday

8:00 AM That governments may foster justice by acknowledging God as supreme over every human law and activity

Wednesday, March 4th – Lenten Weekday

8:00 AM For all deceased parishioners

Thursday March 5th – Lenten Weekday

8:00 AM That God may give joy to those who are persecuted for fighting abortion, euthanasia, war, and capital punishment

Friday, March 6th – Lenten Weekday

8:00 AM That all who have died may be purified of sin and share in the resurrection

Saturday, March 7th – Lenten Weekday

9:00 AM That through the ministry of the Church, people of all nations will believe and profess that Jesus is Lord

6:00 PM Holy Mass - Spanish

Sunday, March 8th – Third Sunday of Lent

8:00 AM Holy Mass -Spanish-

10:00 AM Memorial 6th year anniversary Mass of Edmond

Lamarre, requested by Kathy & Kyle Lamarre

12:00 PM Holy Mass -Spanish

6:00 PM Holy Mass -Spanish

Father,
Your Son Jesus showed us
how to reject temptation.
Fill us with grace to be faithful to You
In this Lenten season and throughout life.
We ask this through Christ our Lord. Amen.

THE BUDGET

Budget last week: \$ 6,554.11

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.”



The holy season of Lent is a special time of personal and spiritual growth.

It's a time to reflect deeply on ourselves and others. The spiritual pillars of **prayer**, **fasting** and **almsgiving** guide us as we strengthen our relationship with God and our neighbors.

Through **prayer**, we consider the challenges faced by the world's most vulnerable people and how God is calling us to respond. By **fasting**, we let go of our desire for material things, making room to understand the needs of others more deeply and allowing the Holy Spirit to work within us. When we **give alms**, we do it thoughtfully and with compassion toward our sisters and brothers.

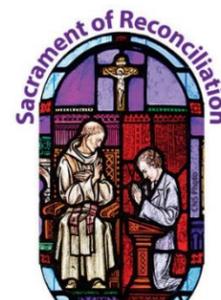
Please consider taking a Rice Bowl for your Lenten Journey.

Today's Readings:

Reading 1: Genesis 12:1-4a

Reading 2: 2 Timothy 1:8b-10

Gospel: Matthew 17:1-9



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 12th
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

Lenten Mission

“If anyone desires to come after Me, let him deny himself, and take up his cross daily, and follow Me” *Luke 9:23*



NEW DATES

March 4th & 5th
Wednesday & Thursday
starting with
Mass 7pm

with Fr. Garcia &
Deacon Jose

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.