

# Saint Mark Roman Catholic Parish

## Lenten Schedule

### Fasting and Abstinence during Lent

Ash Wednesday, and Good Friday, **April 2**, are days of fast and abstinence. Fridays of Lent are also days of abstinence.

**Fasting** is to be observed by all 18 years of age and older, who have not yet celebrated their 59th birthday. On a fast day one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted, but liquids, including milk and juices, are allowed.

**Abstinence** is observed by all 14 years of age and older. On days of abstinence no meat (beef, pork, poultry) is allowed. Note that when health or ability to work would be seriously affected, the law does not oblige. When in doubt concerning fast and abstinence, the parish priest should be consulted.

**Fasting, almsgiving, and prayer** are the three traditional disciplines of Lent. The faithful and catechumens should undertake these practices seriously in a spirit of penance and of preparation for Baptism and the renewal of our Baptismal promises at Easter.

### Reconciliation Times here at St. Mark during Lent

Saturdays 3:30-4:30 PM  
Tuesdays 5:00-5:45 PM  
Thursdays 11:00-11:45 AM

\*\*Although Reconciliation will still be available at other times by appointment, please avail yourselves of the Reconciliation Services and scheduled times that we have listed.

**There will be NO CONFESSIONS during Holy Week**



### CAPE FEAR DEANERY LENTEEN RECONCILIATION SERVICES

Sacred Heart—Southport	Tues., March 2nd	7:00 PM
<b>Saint Mark—Wilmington</b>	<b>Wed., March 3rd</b>	<b>6:30 PM</b>
Saint Therese—Wrightsville Beach	Thurs., Mar. 4th	7:00 PM
Saint Joseph—Burgaw	Mon., March 8th	7:00 PM
Immaculate Conception—Carolina Bch.	Tues., Mar. 9th	7:00 PM
Sacred Heart—Whiteville	Wed., Mar. 10th	7:00 PM
Saint Jude—Hampstead	Tues., Mar. 16th	7:00 PM
Our Lady of the Snows—Elizabethtown	Wed., Mar. 17th	7:00 PM
St. Stanislaus—Castle Hayne	Thurs., Mar. 18th	7:00 PM
St. Brendan—Shallotte	Tues., Mar. 23rd	7:00 PM

### LENTEEN DAY OF REFLECTION at St. Mark

Get your Lenten Season off to a good start by participating in a **Morning Day of Reflection on Wednesday, March 3<sup>rd</sup>**.

**10:00 a.m. Presentation and discussion by Rev. Jonathan Woodhall**

#### Topic

**Cruciformity: Jesus, St. Paul and Christian Living**

- 10:40 a.m. 15-20 minute Coffee Break
- 11:00 a.m. Gather for Small Group Discussion +/- 30 minutes
- 11:30 a.m. Reassemble for wrap-up/observations/ small group insights
- 12:00 p.m. Mass

**For planning purposes we need your reservation no later than Monday March 1st. Call the office at 910-392-0720 to RSVP for this special presentation.**

Rev. Woodhall earned his B.A. in Philosophy and English from Mexico City College and his M.A and Ph.D. in Theology from Fordham University. He received his D.Min. from the Graduate Theological Foundation, where he was a Professor of Catholic Theology and Religious Education. After thirty-six years in independent school teaching and administration, he studied at St. Mary's Seminary and University in Baltimore and was ordained a Catholic priest for the Diocese of Raleigh. Rev. Woodhall served at Sacred Heart Cathedral, he was Vice Rector and vicar for the Hispanic community. He is extensively published and has produced cultural videos in both English and Spanish.

### LENTEEN DEVOTION Stations of the Cross



During the Lenten Season, Stations of the Cross will be held on **Friday evenings beginning at 7:00 PM**. Various parish groups will be responsible for leading the Stations.

#### Led by

3rd Friday, March 5	Extraordinary Ministers
4th Friday, March 12	Youth Ministry
5th Friday, March 19	Men's Prayer Group
6th Friday, March 26	St. Mark Knights of Columbus

**Good Friday—April 2—3:00-4:00 PM**

Led by St. Mark Columbiettes