



# HOLY NAME OF MARY PARISH, RYDALMERE LENT 2025



Lent is the liturgical season that prepares us for Christ's death and Resurrection. In this season of penitential preparation, we turn our hearts and minds to God through prayer, fasting, and almsgiving. Speaking about Lent's 3 pillars:

Pope Francis challenges us to think about fasting as something more powerful than we normally consider it, describing it as "learning to change our attitude towards others and all of creation, turning away from the temptation to 'devour' everything to satisfy our voracity and being ready to suffer for love, which can fill the emptiness of our hearts."

"How often do we get caught up in our own wants and needs, lose sight of the heart of the matter, and fail to embrace the true meaning of our lives in this world! Lent is a time of truth, a time to drop the masks we put on each day to appear perfect in the eyes of the world"- Pope Francis

"Charitable giving makes us more human, whereas hoarding risks making us less human, imprisoned by our own selfishness"- Pope Francis

Let us make use of this Lent to experience the unconditional love of God and to reconcile with Him, others and ourselves through the observance of Lenten activities!

## IMPORTANT DATES



ASH WEDNESDAY: 5<sup>th</sup> MARCH - MASSES at 9.15 AM AND 7 PM



SECOND RITE OF RECONCILIATION: 3<sup>rd</sup> APRIL at 7pm



PALM SUNDAY: 13<sup>th</sup> APRIL



HOLY THURSDAY: 17<sup>th</sup> APRIL - HOLY MASS at 7PM



GOOD FRIDAY: 18<sup>th</sup> APRIL - WAY OF THE CROSS at 10AM  
THE PASSION OF OUR LORD JESUS CHRIST at 3PM



HOLY SATURDAY: 19<sup>th</sup> APRIL - EASTER VIGIL SERVICE at 5.30PM



EASTER SUNDAY: 20<sup>th</sup> APRIL - HOLY MASS at 8AM AND 10AM



DIVINE MERCY SUNDAY: 27<sup>th</sup> APRIL

- DIVINE MERCY CHAPLET at 1:45PM
- EUCHARISTIC PROCESSION at 2:30PM
- DIVINE MERCY SOLUM MASS at 3PM
- FOLLOWED BY FELLOWSHIP

## ACTIVITIES DURING LENT

- GROUP PRAYER AND REFLECTION: EVERY TUESDAY OF THE LENT 7PM
- STATIONS OF THE CROSS: EVERY FRIDAY 7PM
- BEING A PART OF THE PROJECT COMPASSION

## LENT FASTING IDEAS / SUGGESTIONS

- Limiting the use of social media to certain days/time of day during the Lent which will become a habit after Easter and spending more time with the family.
- Give up electronics after a certain time in the day (e.g. no screens after 9 pm)
- Go to bed five minutes early and spend extra time talking with God
- Reading a passage from the Bible every day
- Reading any spiritual book
- Attending Sunday Mass together with the parish community
- Participation in the group prayers on Tuesdays, stations of the cross on Fridays and receiving the Sacrament of Reconciliation
- Trying to make with peace with those you are not comfortable with.
- Invite a friend to attend the Mass with you
- Praying the Rosary once a day
- Foregoing of some eatables and donating to Caritas/ project compassion/ Vinnies
- Help children identify the ways of foregoing of some eatables and article of clothing they can donate and explain that their donation can be a blessing to someone in need.
- Stop complaining
- Trying to control/ process your temper
- Giving up unwanted/immodest behavioural patterns

I invite you to prayerfully consider how to use the Lenten disciplines and draw closer to God and to others. Let us have a good and fruitful Lent together.

**Fr. Vince.**