

- 2021 - Lenten Dates to Remember - 2021 -

Current as of the 1st Sunday of Lent—this schedule is subject to changing Pandemic Restrictions

Ash Wednesday, February 17th, Mass & Distribution of Ashes: 6:30 a.m., 12:10 p.m., & 6 p.m. at IHM in Los Alamos

Mass & Distribution of Ashes: 9:00 a.m. – St. Joseph's in White Rock

Mass Schedule

<u>Day</u>	<u>Mass Times</u>
Sunday	7 a.m.(WR) 9 a.m., 11:30 a.m., 5 p.m.
Monday	6:30 a.m., 9 a.m.
Tuesday	6:30a.m., 9a.m.-St. Joseph's/White Rock
Wednesday	5:30 p.m., IHM/Los Alamos
Thursday	5:30 p.m. (Except April 1)
Friday	12:10 p.m. (Except April 2)
Saturday	4 p.m.-St. Joseph's; 6 p.m.-IHM

Confession Times

Sunday: (by request)

Penance Service: none scheduled at this time.

Thursday: 4:00 p.m. - 5:15 p.m.; Holy Thursday (4/1) 4:00 p.m. – 6:00 p.m.

Friday: after the 12:10 p.m. Mass until last penitent (12:50 p.m. – ?)

(NO CONFESSIONS on Good Friday, 4/2)

Saturday: 2 p.m. at IHM except Holy Saturday 4/3, and last Saturday of the month

Last Saturday (2/27 and 3/27) 3 p.m.—at St. Joseph's in White Rock

Tuesday Evenings in Lent | “Around the Lenten Circle” —Reflections on the Sunday readings of Lent, led by Fr John. Materials available through the weekly bulletin email, on the website or in the parish office. ZOOM meeting ID 870-579-545

February 23

March 2

March 9

March 16

March 23

March 30

Wednesday Evenings in Lent | “Four Levels of Happiness” —Fr. Robert Spitzer's “Four Levels of Happiness”. See the back for more information. Materials and videos available on formed.org—ZOOM meeting ID 819-3064-7647 passcode: 067435

February 24

March 3

March 10

March 17

March 24

March 31

Children's Stations of the Cross | Friday evenings at 4:00 p.m. at IHM (Via ZOOM, Meeting ID 870-579-545, no passcode)

February 19

February 26

March 5

March 12

March 19

March 26

April 2 (5pm, in Church)

Stations of the Cross | Friday evenings at 6 p.m. (Via ZOOM, Meeting ID 870-579-545—all except Good Friday)

February 19

February 26

March 5

March 12

March 19

March 26

April 2 (7pm, in Church)

Virtual Lenten Fish Fry | Check the bulletin or parish website for favorite Lenten meal recipes from IHM's fabulous cooks!

Holy Thursday - April 1, 7 p.m. Mass of the Lord's Supper & Solemn Transfer of the Holy Eucharist – **Incense will be used.**

Good Friday – April 2 (IHM offices closed.)

Walk to Chimayo (status unknown)

6:30 a.m. – Meet at either the IHM
or St. Joseph's parking lot

Celebration of the Passion of the Lord

3 p.m. in the Main Church. This is the principal liturgical
event of Good Friday and all are encouraged to attend

Stations of the Cross

5:00 p.m. For Children (in person)
7 p.m. at IHM (in person)

The Divine Mercy Novena begins on Good Friday April 2nd at both IHM (in the sanctuary) and St. Joseph's at 2:30 p.m. and continues every day at 3 p.m. at both locations through April 11.

Holy Saturday – April 3, 4 p.m. – Easter baskets of food will be blessed.

Easter Vigil – April 3, 8 p.m. This is the most significant liturgy of the year following the ancient traditions of the early church (from the *Apostolic Tradition* recorded by St. Hippolytus in the early 3rd century). We bless the new fire, the *Light of Christ*, from which the Paschal candle is lit and we bless the water of Baptism. The Easter Vigil truly celebrates our Salvation, made possible by Christ's Resurrection. Catechumens are baptized at this service worldwide, and others will enter into full communion with the Catholic Church. The Vigil will last approximately two and one half hours and satisfies the Easter Sunday obligation. **Incense will be used.**

Easter Sunday – April 4, Masses at 7 a.m. (White Rock), 9 a.m., 11:30 a.m. (followed by the Easter Egg Hunt) and 5 p.m.

Divine Mercy Sunday – April 11, The “Divine Mercy” Holy Hour of Prayer and Benediction at IHM at 3:00 p.m.

Lenten Guidelines

- **Abstinence** from meat is to be observed by all Catholics 14 years and older on Ash Wednesday and on all Fridays.
- **Fasting** is to be observed on Ash Wednesday and Good Friday by all Catholics who are between 18 and 59 ½ years of age. Those who are bound by this may take one full meal and two smaller meals are permitted, if necessary, to maintain strength according to one's needs, but eating solid foods between meals is not permitted.
- **Paschal fast and abstinence** are prescribed for Good Friday and encouraged for Holy Saturday. By the threefold discipline of **fasting, almsgiving and prayer** we keep Lent from Ash Wednesday until the evening of Holy Thursday. All of the faithful and catechumens should undertake serious practice of these three traditions.

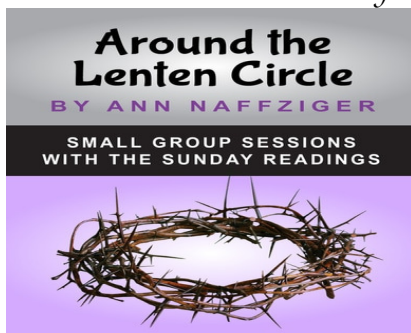
Remember the Less Fortunate

As part of our Lenten program of **prayer, fasting, sacrifice and works of charity**, we suggest that all parishioners donate a portion of monies saved from reduced meal preparation and food intake to help the needy of Northern New Mexico and abroad. Please make checks payable to IHM with the memo line: “Rice Bowl”.

Special Activities for Lent 2021:

Tuesday Nights in Lent – Reflection on the Sunday Readings

Discussions led by Fr. John, on ZOOM, Meeting ID 870-579-545, no passcode required.



“Around the Lenten Circle” by Ann Naffziger

Small Group Sessions with the Sunday Readings

Our Tuesday night discussion groups prior to Lent have been both fun and informative. The downloadable PDF for this series is being emailed in weekly segments to all those who are subscribed to the bulletin, or you can download the whole series from the IHM parish website by using the link below.

The PDF provides a short prayer service, group questions and reflections on the readings for each Sunday in Lent, and could be used in a group setting at any time. Check the parish website for information or call the parish office for paper copies.

Wednesday Nights in Lent – the “Four Levels of Happiness”

Beginning on Wednesday, February 24th, ZOOM Meeting ID 819-3064-7647 passcode: 067435



HAPPINESS, every human person is in search of it. It is at the root of every decision we make and every action we perform. We all struggle to find a happiness that is pervasive, enduring, and deep. Join us this Lent for a study on happiness, based on Fr. Robert Spitzer’s “Four Levels of Happiness” model. Fr. Spitzer is the founder and president of the Magis Center of Reason and Faith, whose goal is to promote the complementarity of science, philosophy, and faith. The study will begin Wednesday, February 24 at 6:30 p.m. Study materials can be found on Formed.org. Please, R.S.V.P. via email to af@ihmcc.org for further information.

- Wednesday nights in Lent, beginning February 24th at 6:30pm on ZOOM.
- P.S. Have you joined FORMED.ORG? Our parish subscription makes your membership **FREE!** Go to ihmcc.formed.org, enter your registration details and enjoy!
- And Sign up to receive brief (about 5 minutes) daily Lenten Reflections from Dr. Tim Gray, <https://formed.org/lent>



Rosary, Daily Mass and Confessions

Join us in praying the Rosary, (on ZOOM, Meeting ID 214-074-833, passcode 333940 Monday through Friday at 9am. New **Daily Mass** added on Wednesdays at 5:30pm. **Regular Confession Times**— **Thursdays 4 – 5:15 p.m.**; **Fridays after the 12:10 p.m. Mass, Saturdays 2 – 3 pm** at IHM except February 27th and March 27th (White Rock at 3 p.m.) Holy Thursday, (April 1st) 4 – 6 p.m. NO Confessions are scheduled for Good Friday (April 2nd) or Holy Saturday (April 3rd).



“Virtual Fish Fry” and Stations of the Cross

We are unable to host the traditional “Friday Fish Fry” but the amazing cooks of the parish are volunteering their favorite Lenten Recipes—guaranteed to put a smile on your families’ faces! Check the bulletin or parish website each week for the latest entrées.

RECIPES NEEDED! Share your family favorites at http://ihmcc.org/recipe_upload.html

Then join us on ZOOM for the **Stations of the Cross** — 4pm for families with Children and again at 6pm for adults. ZOOM Meeting ID 870-579-545, no passcode required. On Good Friday Stations will be celebrated IN CHURCH, 5pm for Children and 7pm (adults).