

# - 2024 - Lenten Dates to Remember - 2024 -

**Ash Wednesday, February 14<sup>th</sup>, 2024**, 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; 11:15 a.m. (for YOUTH) Distribution of Ashes outside and  
 lunch in the John Paul II Youth Center.

## 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 in Los Alamos
Thursday	5:30 p.m. (Except March 28 <sup>th</sup> )
Friday	12:10 p.m. IHM/Los Alamos [For Lent] 5:30 p.m.-St. Joseph’s (WR)
Saturday	4 p.m.-St. Joseph’s; 6 p.m.-IHM

## Confession Times

**Penance Service:** 6:00 p.m. at IHM, Monday, March 4<sup>th</sup>—with 8 priests, with exposition of the Blessed Sacrament and a time for quiet prayer.

**Thursday:** 4:00 p.m.- 5:00 p.m. except NO CONFESSIONS on Holy Thursday

**Friday:** after the 12:10 p.m. Mass & Stations of the Cross until last penitent  
 CONFESSIONS on Good Friday, March 29<sup>th</sup>  
 White Rock: 10 a.m. to 11:30 a.m., and after the Celebration of the Passion at IHM

**Saturday:** 2 p.m. - 3:00 p.m. at IHM and beginning at 3:30 p.m. at St. Joseph’s in White Rock, except NO CONFESSIONS on Holy Saturday March 30<sup>th</sup>, 2024.

**Lenten Presentations and Discussion on “Faith, Science, and Reason: 2nd Edition”** | see back page for details.

## **Thursday Evenings in Lent | Simple Lenten “Soup Supper” with Presentations on “Faith, Science, and Reason”**

– In the Parish Hall after the 5:30 p.m. Mass—Presentations by the members of the Society of Catholic Scientists.

February 15      February 22      February 29      March 7      March 14      March 21

## **Stations of the Cross for Everyone** | Friday Afternoons after the 12:10pm Mass at IHM; after the 5:30pm Mass in White Rock

– **Children’s Stations of the Cross** at 5:00 p.m. at IHM— led by youth and children

February 16      February 23      March 1      March 8      March 15      March 22      March 29

## **Lenten Fish Fry** | Friday evenings at 5 –7 p.m. in the parish Hall—fundraiser sponsored by Knights of Columbus

February 16      February 23      March 1      March 8      March 15      March 22

**“Gold Mass” for Catholic Scientists – Saturday, February 24**, 9a.m. – noon in the Church and Parish Hall. Continental breakfast at 10am. Presentation by Prof. Christopher T. Baglow Ph. D. on *Seeds of Life: Creation, Evolution and St. Augustine*.

**Holy Thursday – March 28**, 5 p.m. White Rock; 7 p.m. Mass of the Lord’s Supper & Solemn Transfer of the Holy Eucharist. Adoration: in White Rock after the Mass until 10 p.m., in Los Alamos until 12am, ending with Rosary in Church at both locations.

**Good Friday – March 29** (IHM offices closed.)

### Confessions

White Rock -10:00 a.m.- 11:30 a.m.

Los Alamos -after the Celebration of the Passion of the Lord

### Celebrations of the Passion of the Lord

12 p.m. Noon in White Rock; 3 p.m. and 7 p.m. in the Main Church.

This is the principal liturgical event of Good Friday, and all are encouraged to attend

**The Divine Mercy Novena** – begins on Good Friday March 29<sup>th</sup> at both IHM (in the sanctuary) and St. Joseph’s at 4:00 p.m. and continues every day at 3 p.m. at both locations through Saturday, April 6<sup>th</sup>.

**Easter Vigil – March 30<sup>th</sup>, 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 3<sup>rd</sup> 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 hours and satisfies the Easter Sunday obligation.

**Easter Sunday – March 31<sup>st</sup>**, 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 7**, the “Divine Mercy” Chaplet will be prayed before ALL Masses.

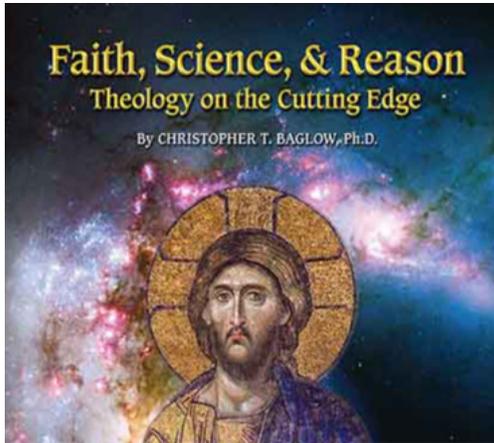
## **Lenten Guidelines**

- **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 2024



## Thursday - Supper and Presentation

In the Parish Hall at 6:15 p.m. with a presentation and group discussions on "Faith, Science, and Reason: 2nd Edition" by Christopher T. Baglow, Ph.D.

Please join us this Lent on Thursday evenings as we take a six-week journey with presentations by members of the Society of Catholic Scientists. Thanks to the Lay Dominicans for moderating the discussion groups and assisting with hospitality.

To help provide setup, soup, bread, and cleanup please look for the sign-up sheets at the back of the church.



## Penance Service and Confession Times

**Penance Service on Monday, March 4<sup>th</sup> at 6p.m.** with 8 priests available, with exposition of the Blessed Sacrament and a time for quiet prayer and meditation. **Regular Confession Times**—**Thursdays 4 – 5:15 p.m.;** **Fridays** after the 12:10 p.m. Mass and **Stations of the Cross. Saturdays from 2 – 3 p.m. at IHM** (except Holy Saturday, March 30<sup>th</sup>), and in **White Rock beginning at 3:30 p.m.** NO Confessions on Holy Thursday.

Good Friday (March 29<sup>th</sup>) Confessions in White Rock from 10am to 11:30am, and in Los Alamos after the Celebration of the Passion of the Lord. NO CONFESSIONS on Holy Saturday (March 30<sup>th</sup>).



## Friday, Traditional Lenten Fish Fry

Join us for the traditional Lenten Fish Fry – a fundraising event by the Knights of Columbus for High School Senior Scholarships and other charitable activities. Serving from 5 p.m. to 7 p.m. in the Parish Hall. \$20 a plate for adults—children's menu also available. Bring the whole family! All Fridays in Lent except Good Friday, March 30<sup>th</sup>.



## St. Patrick's Day Irish Breakfast

**A Special treat!** Mark your calendars for Sunday, March 17<sup>th</sup> and plan on attending the "Irish Breakfast" hosted by the Knights of Columbus beginning after the 9am Mass — Serving from 10 a.m. to 1:30 p.m.