



LENT

A SEASON OF RENEWAL

Queen of Peace Lenten Spiritual Quick Reference Guide

A list of all the special Lent 2024 prayer opportunities and activities planned by Queen of Peace Parish!

Lent may be a time of repentance, when we face our individual and collective darkness; but this penitential season is ultimately about springtime, about the days growing lighter and longer, about the world waking up from its winter slumber.

As the Lenten season approaches, we reflect upon how Lent leads us to the paschal miracle of the resurrection, in which Jesus shows us that God's love and grace triumph over despair and death. Preparing for Easter invites us, as individuals and a parish community, to enter into an entirely new and resurrected way of living! Fr. Anthony

Ash Wednesday

SCHEDULE FOR Ash Wednesday
February 14th

DISTRIBUTION OF ASHES

MASSES: 7:30AM, 9:00AM, &
7:00PM(Bilingual)
PRAYER SERVICE: 12 Noon & 4:00PM

Stations of the Cross

Stations of the Cross

Every Friday
Evening of Lent

immediately following 5:30pm Mass

All are invited to join us praying the Stations of the Cross, the source of many graces and opportunities to grow in our love of God.

It reminds us that, even in the trials of life, our Lord Jesus is with us, he loves us, and that Lent ends with the joy of Easter!

Gift of Lenten Reflection Book



As we begin the season of Lent, the Parish is giving giving parishioners a

“Little Black”

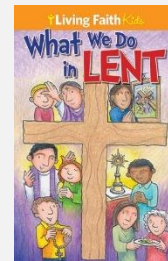
Lent Reflection Book.

The goal is to find just six minutes of quiet time each day of Lent to meditate on the parables of Jesus. For the next 50 days, we can walk with Jesus as we prepare for the celebration of His death and resurrection!

Available after Masses weekend of Feb. 17-18th.

For Our Youth!

Fr. Anthony's gifts to our parish youth:



What We Do in Lent (1-3rd Grades)
This interactive sticker book presents the central Catholic practices of Lent and, most importantly, explains why we do what we do—to draw our young children closer to God.



Lent is on the Way (4-8th Grades) Rich with maritime imagery, this booklet of 47 devotions sends teens on a daily journey teaching that Lent is like navigating life – something best done with Jesus at the helm.

Booklets will be distributed at the Grammar School
Ash Wednesday Mass (Feb. 14th)
and the CCD Family Mass on Sunday (Feb. 25th).



Beautiful Eucharist is an invitation to encounter the life-giving presence of Jesus in the Eucharist so you

Beautiful Eucharist by Matthew Kelly

This Dynamic Catholic Book will be available, in English and Spanish, on a first-come first-serve basis after the Masses on the weekend of February 24-25th

Nothing will transform your life quite like a personal encounter with Jesus in the Eucharist. When we encounter Jesus, he changes us in powerful and unexpected ways. He heals us, brings us peace and clarity, models how to relate with others, and teaches us the lessons we need to learn to navigate the everyday situations of our lives. In the Eucharist we meet with the same Jesus who healed the blind, forgave sins, and rose from the dead. Are you ready to discover how he can transform your life too? Beautiful Eucharist is a stunning collection of life-changing reflections about Jesus truly present in the Eucharist and wonderfully present in our lives.

Once again, these books are available thanks to a generous donation by our parishioners, Joe Cerreto, David Leon and Marianne Mackey.

2024 Lenten Regulations

The days of **both Fast and Abstinence** during lent are **Ash Wednesday** and **Good Friday**. The **other Fridays of Lent** are days of **Abstinence**.

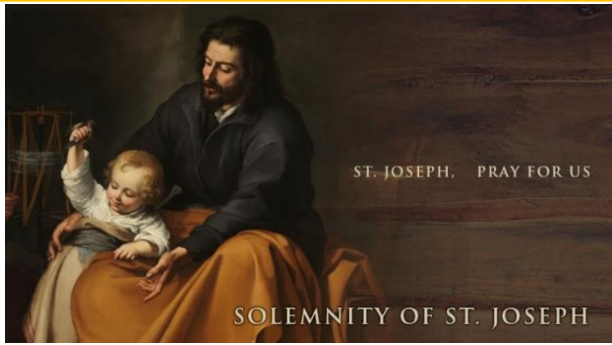
On a day of **Fast**, only one (1) full meal is permitted, and two (2) smaller meals, which if added together would not exceed the main meal in quantity. Those between the ages of 18 and 59 are obliged to fast.

On a day of **Abstinence**, no meat may be eaten. Those who have reached the age of 14 are obliged by the law of Abstinence.

The time for fulfilling the Paschal Precept (Easter Duty) extends from the First Sunday in Lent, February 18th to the Solemnity of the Most Holy Trinity, May 26th.

FAITH THROUGH FOOD

Saint Joseph Table



Bilingual Mass Solemnity of Saint Joseph
Tuesday, March 19th at 7:00pm

Join us for pastries and treats at a *traditional Saint Joseph Table* social gathering in the LaSalle Center following a special bilingual Vigil Mass in devotion to Saint Joseph as a Role Model for Lent.

Following the traditional way of keeping this *feast* with delicious desserts and a bounteous supply of goodies for all to enjoy!

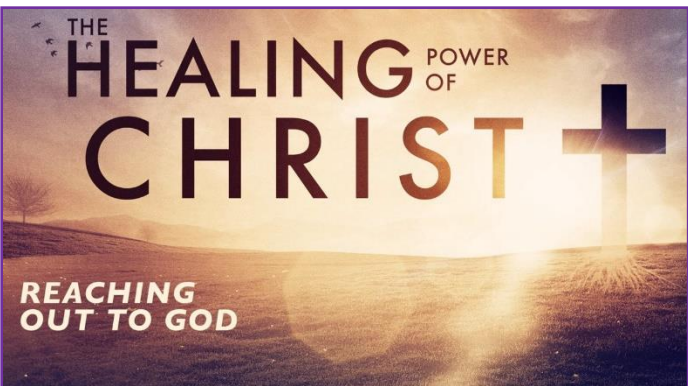


**LENTEN PARISH
RECONCILIATION SERVICE**

LENTEN RECONCILIATION SERVICE

Monday, March 11th at 7:00pm

Come and join us for our Eucharistic Adoration Bilingual Holy Hour and the opportunity for Confession (in English or Spanish) with reflection and the musical accompaniment of Natasha Gonzalez.



Lenten Healing Mass

Saturday, March 9th at 11:00am

Jesus invites you to come and give your burdens to Him and experience His miracle healing of mind, body, and soul. The Lord is present in each situation and this Mass is a beautiful opportunity for us to open our heart to His healing touch!



Our Mass of Healing and Anointing returns with a celebration at 11am in the church and followed by a light lunch courtesy of the Care and Share Ministry at our Café LaSalle Center.



Lenten Evening of Reflection

“Loving the Eucharist”

with Fr. Anthony Di Stefano

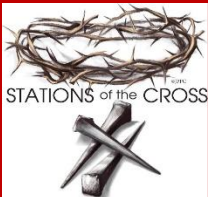
“The Power of the Eucharist”

with Fr. John Paladino

and featuring the spiritually uplifting music of Natasha Gonzalez

Wednesday March 13th - 7:00-8:00 pm

Reflect on what it means for love to be eucharistic and discover the power of the Eucharist to transform our lives.



Living Stations of the Cross

QOP Youth Group and Music Ministry - Good Friday at 7:00 PM in the church

Join our Youth Group and Music Ministry on Good Friday evening as they present a live reenactment of the Passion of Our Lord Jesus Christ.