



LENT

A SEASON OF RENEWAL

Queen of Peace Lenten Spiritual Quick Reference Guide

A list of all the special Lent 2025 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
March 5th

DISTRIBUTION OF ASHES

MASSSES: 7:30AM, 9:00AM, &
7:00PM(Bilingual)

PRAYER SERVICE: 12 Noon & 4:00PM
Ashes only available during mass/services

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 parishioners a



"Little Black"

Lenten 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 March 1-2nd.

For Our Youth!

Fr. Anthony's gifts to our parish youth:



Will be distributed at the Grammar School Ash Wednesday Mass (March 5th) and the CCD Family Mass on Sunday (March 23rd) and for children attending Ash Wednesday services only.

Personal Prayer Time

Our church is open daily weekdays Mon-Sat from 7am to 6pm for quiet personal and meditative prayer time.

3 Opportunities each weekday to join us in celebration of the Daily Mass during Lent!

Daily Mass: 7:30am, 9:00am, 5:30pm (English M/W/F – Spanish T/Th)
Sacrament of Reconciliation: Selected Mondays 4:30pm-5:00pm and Saturdays 3:45pm-4:45pm

During the Lenten Season, many Catholics like to follow the ancient and valuable tradition of attending daily Mass and receiving the Sacrament of Reconciliation. We, as a parish family, are fortunate to have a variety of Mass and confession times during the week.

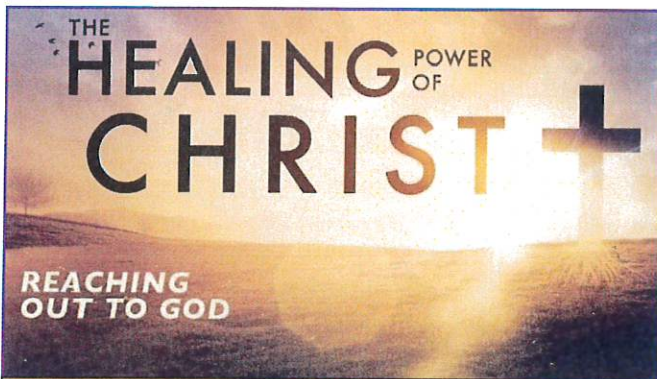
2025 Lenten Regulations


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, March 9th to the Solemnity of the Most Holy Trinity, June 15th.



THE **HEALING** POWER OF **CHRIST** 

REACHING OUT TO GOD

Lenten Healing Mass

Saturday, March 15th 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.

FAITH THROUGH FOOD

Saint Joseph Table

Saint Joseph Table

Wednesday, March 19th at 8:00pm

Immediately following Lenten Evening of Reflection



Join us for pastries and treats at a *traditional Saint Joseph Table* with a social gathering in the LaSalle Center following a special evening of reflection 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!



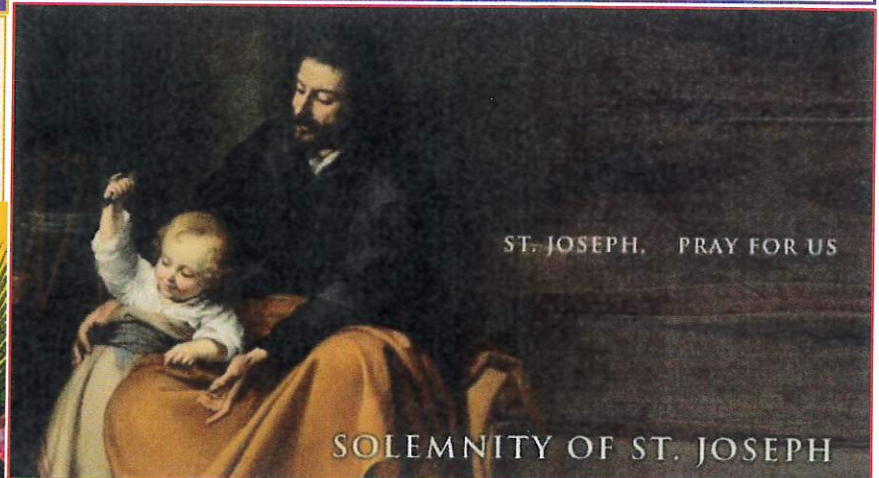
LENTEN PARISH RECONCILIATION SERVICE

LENTEN

RECONCILIATION SERVICE

Monday, March 24th 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 by Fr. John Paladino and the musical accompaniment of Gary Sabak and our Music Ministry.



Lenten Evening of Reflection

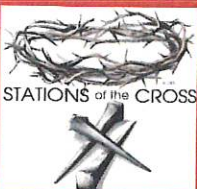
St. Joseph – Lenten Role Model

with Fr. Anthony Di Stefano

and featuring the spiritually uplifting music of Gary Sabak and our QOP Music Ministry

Wednesday March 19th - 7:00-8:00 pm

The virtues epitomized by St. Joseph provide us with a role model in growing spiritually as we journey through Lent and life.



Choral Stations of the Cross

Led by our own QOP Music Ministry - Good Friday at 7:00 PM in the church

Join our Parish Priests and the Music Ministry on Good Friday evening as they lead us musically in the Stations of the Cross.