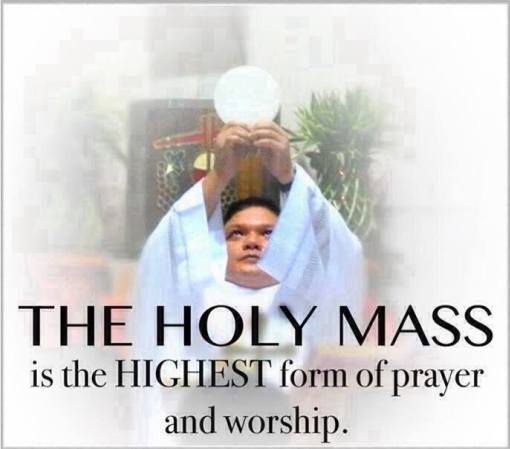


The Church of Saint Luke  
The Season of Lent 2022  
40 Days of Grace

# Lent



**THE HOLY MASS**  
is the **HIGHEST** form of prayer  
and worship.

- Lent Weekend Masses**  
Saturday Vigil at 4:00  
Sunday 8:00 AM  
          9:30 AM  
          11:00 AM  
          2:00 PM in Polish
- Lent Weekday Masses**  
Monday at 6:30 PM  
Tuesday to Friday at 7:30 AM

Church choir and music rehearsals are now in session for Lent and Easter masses. Contact Geraldine Patire 570-421-9097 ext. 107 if interested in participating.

We start our Lenten journey on Ash Wednesday, and we hear the instruction that we are to “pray, fast, and give alms (charity).” We don’t do this for other people to see or notice but rather, to offer a gift to God that only he can see. Just as Jesus prayed and fasted in the desert for 40 days, we pray and fast in Lent and ask God to renew us in our Christian faith as we prepare to remember the great events of Easter. Please note the various opportunities we offer during Lent to help us in this graced time of preparation. Our central act of Worship is Sunday Mass. As a parish, we need to gather for Mass on Sunday and ***we need you to be there. Our parish community is not the same without all of its members present!***





Mass and Distribution of Ashes, March 2, 2022

7:30 AM

11:30 AM

7:30 PM in Polish

Prayer Service and Distribution of Ashes

6:00 PM



**Lenten Meals** will be served every Friday during Lent from 5:00 PM to 7:00 PM. Each week, a different dish, soft drink, water, coffee and tea. The cost is \$10 per platter. Manhattan Clam Chowder \$1 per bowl and kids

macaroni and cheese with fresh fruit \$5.

3/04 Shrimp Platter Supreme (Chef Cheryl)

3/11 Seafood Rice Platter (Chef Kevin)

3/18 Flounder Platter (Chef Fernando)

3/25 Salmon Platter (Chef Angelica)

4/01 Fish & Chips Platter (Chef Diego)

4/08 Stuffed Shells Platter (Chef Phil)

**Bring your family, bring a friend. Enjoy a meal and fellowship with others.**

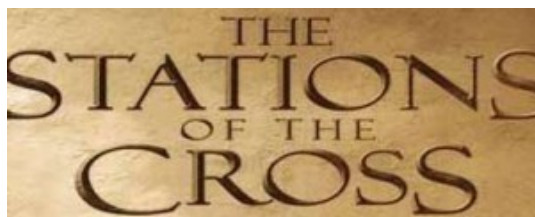


### Sacrament of Reconciliation

Saturday from 3:00 – 3:45

Monday from 5:30 – 6:15

Special Penance Services  
will be announced.

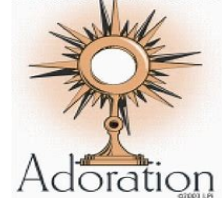


Every Friday at 7:00 PM in the Church. After dinner, we pray this traditional prayer together. There will be a Children's Stations of the Cross prayed on Sat., March 19th at 5:15 p.m. inside the Church.

### Lenten Rules of Fast and Abstinence

We are encouraged to fast during Lent as an act of sacrifice for the Lord. Fast means that we do not eat between meals, we eat smaller portions for two meals and only one main meal a day. Abstinence means that we do not eat meat or sacrifice some other food staple if we are vegetarian. Ash Wednesday and Good Friday are days of fast and abstinence. All the other Fridays of Lent are days of abstinence. We may of course, wish to give up some food item, drink, or other pleasure during Lent as a way of offering sacrifice for ourselves, our Church, our world.

### Eucharistic



Every Monday from 10:00 AM until 6:15. A beautiful opportunity for prayer and reflection.