

Lenten Regulations on Fasting & Abstinence

FASTING: Ash Wednesday and Good Friday are obligatory days of fasting for Catholics age 18 until age 59. Fasting on Ash Wednesday and Good Friday means a person is permitted to eat one full meal. Two smaller meals may also be taken, but combined they should be less than a full meal. Liquids are allowed at any time, but no solid food should be consumed between meals.

ABSTINENCE: Abstaining from meat is observed on Ash Wednesday, Good Friday and ALL FRIDAYS of Lent by all Catholics 14 years and older.

Those excused from fast and abstinence outside the age limits include the physically or mentally ill including individuals suffering from chronic illnesses such as diabetes. Also excluded are pregnant or nursing women. In all cases, common sense should prevail & ill persons should not further jeopardize their health by fasting.

Ongoing Events

Young Adults (ages 18-39) Brunch

Sunday, April 6th after 9:00 a.m. Mass, St. Joseph Social Hall.

Men's Prayer Group

Wednesdays, 6:30-7:30 a.m., Parish Center.

That Man Is You Men's Prayer Group

Thursdays, 6:00-7:00 a.m. at HF Church

Catholic Mom's Group

1st Wednesday Monthly, 9:00-10:30 a.m.

March 5 & April 2

3rd Wednesday Monthly, 6:00-7:30 p.m.

March 19 & April 16

Parish Center

Child care available for the morning meetings.

Holy Week & Easter



Palm Braiding Anyone?

Join us in the church hall following all Masses on **Palm Sunday, April 13**, to learn how to braid palm. Grab some extra palm. Bring your child or grandchild. Learn something new!



Coffee and donuts will be served!

Works of Love

There will be a food collection for the poor on **Holy Thursday**. Please bring nonperishable items with you to Mass. As the gifts of bread and wine are brought to the altar, please bring your food items forward. These items and any cash donations will be collected and used to stock our parish Blessing Boxes.

Seder Meal

Holy Thursday, April 17, 5:30 p.m. in the Holy Family church hall. A Seder Meal is a traditional meal of lamb, matzah, charoset and wine shared in a community to commemorate the Passover meal Jesus celebrated with His apostles at the Last Supper. A short program is read by a family from the parish where the symbolic meanings of the menu items are explained. Cost is \$12 for adults and \$6 for ages 10 & under. **Reservation required** by calling the Parish Office at 423-5001 before noon on Monday, April 14.

Volunteers are needed! Let the Epiphany Parish Office know if you can help out.



Extended Eucharistic Adoration Following Holy Thursday Mass

After our Holy Thursday Mass of the Lord's Supper, the Blessed Sacrament will be reserved in the Family Room (former Cry Room) at Holy Family Church until the 3:00 p.m. Good Friday Service. More information about signing up for an hour of prayer will be available soon!



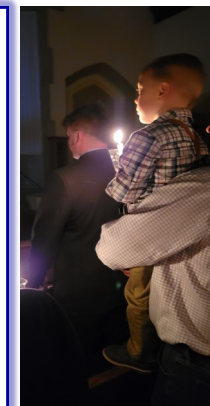
Triduum & Easter Schedule

Holy Thursday: April 17, 7:00 p.m., Holy Family

Good Friday: April 18, 3:00 p.m., Holy Family & 5:30 p.m., St. Joseph

Holy Saturday: April 19, 8:00 p.m., Holy Family 8:00 p.m., Sacred Heart, Manly

Easter Sunday: April 20, 7:30 a.m. & 9:00 a.m., St. Joseph; 8:00 a.m. & 10:30 a.m., Holy Family; 1:00 p.m. Spanish Mass, Holy Family



LENT

2025

A Path of Hope

BE A PILGRIM.
WALK WITH US AS HE LEADS US.

 **EPIPHANY PARISH**
— LIGHT THE WAY —

Ash Wednesday Schedule

March 5, 2025

7:00AM Rite of Distribution of

Ashes w/o Mass - St. Joseph

9:45AM Mass—Newman

12:05PM Mass- St. Joseph

*6:30PM Mass - Holy Family

6:30PM Mass - Sacred Heart,
Manly

**Also livestreamed*

While all Roman Catholics are encouraged to attend Mass on Ash Wednesday in order to begin the Lenten season with the proper attitude and reflection, Ash Wednesday is not a Holy Day of Obligation. It is, however, **a day of fasting and abstinence.**

A Path of Hope

Keeping in step with the Holy Year of Hope, our parish theme for Lent is “A Path of Hope”.



This year, one way we invite you to observe Lent is through the theological virtue of hope. Following the disciplines of Lent of prayer, fasting and almsgiving, along with the other acts of repentance and self-denial, helps us to see that union with God in heaven is the ultimate end of our lives. Getting there is a journey of conversation and a submission of lives to Christ’s death and resurrection. We die to self to rise with Christ to new and everlasting life. That is a lifelong journey. This is the pathway of hope.

Fr. Dave and Your Epiphany Parish Staff

Communal Reconciliation Schedule

Sunday, **March 30**, 2:00 p.m. - St. Joseph
Communal Penance Service with
Individual Confessions

Extended Individual Confession Time

Saturday, **April 12**, 8:00-10:00 a.m. - Holy
Family

*Confession every Saturday morning
at 8:00 a.m. and every Sunday afternoon at
noon at Holy Family*

Lenten Family Evening Prayer Services

March 9, 16, 23 & April 6

5:30 p.m. at Holy Family Church

Jesus provides hope in the midst of our life experiences. Join us for a 30 minute Family Evening Prayer experience this Lent as we journey the path of hope, as he leads us. All members of our church family are welcome! Simple refreshments will follow.

Stations of the Cross

Fridays during Lent at 5:30 p.m.
at St. Joseph Church

March 7, 14, 21, 28, April 4 & 11

Wednesdays during Lent at 5:30 p.m.
at Holy Family Church

March 12, 19, April *2 & 9

** Family friendly stations of the cross*



“Interactive Stations of the Cross for Children and Families”

Again this Lent we will have an opportunity for families and youth to experience the Stations of the Cross in "bite-size" chunks. Families and youth can choose to focus on just two stations a week and walk the way of the cross throughout all of Lent instead of in one sitting. Look for QR codes at each station, at St. Joseph & Holy Family, and engage your children in an interactive way. Plan to come early before Mass or stay a little after to experience this beautiful Lenten practice.

Eucharistic Adoration at St. Joseph Church

Wednesday, March 19th & April 16th

After 12:05 p.m. Mass to 4 p.m.



Friday, April 4th

After 7:30 a.m. Mass to 8 a.m. Saturday morning.

Annual Rice Bowl Campaign

Each Lent, Epiphany Parish participates in CRS Rice Bowl, a Catholic Relief Services program that invites us to encounter God and our global family through prayer, fasting and almsgiving.

Together as a Church, we can support people who seek to build a better future for themselves and their communities.

Rice Bowls are available at all church entrances. A collection container will be near the altar throughout the Lenten Season and at the Simple Suppers. Bring your final offerings to the Holy Thursday Mass.



Simple Supper

Please join us each week in the Holy Family church hall following Wednesday Stations of the Cross (March 12, 19, April 2 & 9) for a simple supper. Journey with us around the world as we experience different, very simple meals from countries featured in the Catholic Relief Services Rice Bowl Project.

The Social Justice Committee and a few staff members will take turns providing a 5-minute program during the meal to help those who come learn a little more about Operation Rice Bowl, people in countries that experience great need, Catholic Social Teaching, and outreach opportunities right here in our community. Any freewill offering will go to the Rice Bowl Project. Enjoy a community meal & experience a taste of another culture.

Lenten Franciscan Mini-Retreat

Sunday, March 23

1:00 p.m. at Holy Family Social Hall

The Canticle of the Creatures:

A Window into Franciscan Spirituality

Speaker: Sr. Michelle Balek

Sponsored by St. Bonaventure Fraternity,
Secular Franciscan Order

Archdiocese of Dubuque Men’s Conference

Saturday, March 29

St. Pius X Catholic Church in Cedar Rapids

Keynote speaker: Michael "Gomer" Gormley

www.archmensconference.org.

*Epiphany Parish will be livestreaming this
event in the Holy Family Social Hall.*

*Our doors will open at 8:00 a.m. for breakfast
and confession. The conference livestream
starts at 9:00 a.m. and ends at 3:30 p.m.*

*Lunch will be provided, along with coffee and
refreshments throughout the day.*

*Pre-registration is not required, but is
encouraged. Please contact Matt Gruemmer
(563-320-1263) with questions
and/or to register .*

Lenten Faith Sharing Small Groups

Jubilee: Join the Journey of Hope

Pope Francis has declared a Holy Year titled *Jubilee 2025: Pilgrims of Hope*. The Pope calls on every Catholic to be a part of a Church “on the move” through personal reflection and selfless action.

Six sessions are inspired by the Year of Jubilee including **generosity, compassion, forgiveness and reconciliation**.

These sessions call us to move closer to those who feel abandoned or rejected, and, with our attention and support, to give them hope.

The sessions include topics such as:

- Materialism versus gospel values
- Care for those in poverty, the sick, and the elderly
- Concern for young people
- Compassion and encouragement for prisoners; rejection of the death penalty
- Welcome for strangers
- Forgiveness and reconciliation

Join a small group session during Lent!

Register:

In person at the Parish Center

Call Karen Knudson, 641-423-5001

Email: k.knudson@dbqarch.org



Epiphany Parish

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