

Pull this insert out of the bulletin and keep it close at hand so you do not miss any of our Lenten Events.

LENT REFLECTION BOOKS

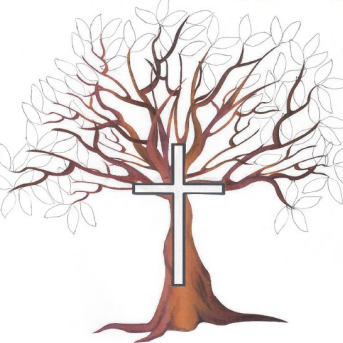
Help yourself to a "Little Black Book" with daily reflections on the Passion story of St. Matthew's Gospel (which will be read on Palm Sunday). The booklet also includes enlightening instructions on different aspects of our faith life. The Little Black Book is available on the table in the foyer at church. Please take only one per family.

ASH WEDNESDAY
February 22
Mass and Distribution of Ashes
9:00 am & 7:00 pm
Drive-Thru Distribution of Ashes
Between 6:30am - 8:00am
Between 4:00pm & 5:00pm

Weekday Masses 9:00am
Mon Tues Wed Thurs Fri

Stations of the Cross
Fridays of Lent at 9:30am

OUR LENTEN TREE OF GIVING



THE _____ FAMILY

FAMILY LENTEN PROJECT

This Lenten Season, our Religious Education families will be working on a project titled 'Our Lenten Tree of Giving'. We invite all the families of the parish to participate.

Copies of the project will be available in the Foyer, with instructions and prayers beginning Saturday, February 18th.

The project starts off with the family opening their 40 days of Lent with a prayer and having everyone in the household sign their names on the bottom lines of the picture. Then, each time someone in the family does a good deed (from February 22nd through April 8th), they should color in a leaf. Once Lent is over, the cross in the middle can be colored. There will be a box in the Foyer to return your picture and we will be decorating the walls of the Worship Space with everyone's completed project after Easter Sunday, April 9th.

Please join our RE students in completing this wonderful Lenten project. (Questions? Contact Margie Wilson st.bernardsrep@comcast.net)

CELEBRATE THE SACRAMENT OF RECONCILIATION

Join us for our Lenten Penance Service on Wednesday, March 29 at 7:00pm.
There will be many priests available to administer the Sacrament.

Individual celebration of the Sacrament of Reconciliation will be offered on Saturdays February 25, March 4, 11, 18, 25 and April 1 from 3:00pm to 3:30pm. There are no individual Reconciliations on Holy Saturday, April 8.



Scan this code for the most up to date information

LENTEN RICE BOWL

Take home a "Rice Bowl" to collect your family's Lenten sacrifices. During Holy Week, your Rice Bowl contribution may be turned in to support the work of Catholic Relief Services. Rice Bowls and further information are available in the Foyer.

Lenten Events

Stations of the Cross	Fridays	9:30am during Lent
First Friday Holy Hour	March 3	9:00am
Rosary on the Hill	March 11	12:00pm outdoors
Blood Drive	March 16	3-7:00pm
Men's Club Fish Fry	March 24	4:30-7:00pm
Penance Service	March 29	7:00pm
Palm Sunday	April 2	Regular Mass Times
Easter Egg Hunt	April 8	10:00am

Strength for the Journey The Body of Christ

St. Bernard's Participation in The Eucharistic Revival

St. Bernard Parish is pleased to offer our 2023 Lenten Series: "Strength for the Journey – The Body of Christ. Our purpose is to feed our people spiritually beyond just the liturgy during this Lenten season.

We invite you to join us for uplifting reflection, prayer, music, Scripture, and inspiration to reflect on your own personal and our collective journey as a faith community through this Lenten Series as we focus on the Eucharist. Make this your difference this Lent.

Mondays: February 27 March 6 March 13 March 20



Tenebrae

On Wednesday, April 5th, at 7pm, St. Bernard's will offer a Tenebrae service for the first time. The word "Tenebrae" is Latin for "darkness." It is meant to symbolize how dark the world would be without Jesus.

A Tenebrae services entails 7 readings that allow people to meditate on the last days of Jesus' life. After each reading, a candle is extinguished until the all the church is in total darkness. A special candle holder called a "hearse" is used to hold the candles. The last candle left is called the "Jesus candle." When this candle is the only one still burning, it is meant to symbolize how the apostles abandoned Jesus in his darkest hour.

Finally, the Jesus candle is extinguished. To end the service, a large jolting sound, called the "strepitus," is made to symbolize how the earth shook when Jesus died. Please join us on this meaningful evening.

What is Triduum?

The word "Triduum" is a Latin word meaning "three days." According to the United States Conference of Catholic Bishops, the Triduum is "the summit of the Liturgical Year — from the evening of Holy Thursday to the evening of Easter Sunday. Though chronologically three days, they are liturgically one day unfolding for us the unity of Christ's Paschal Mystery. The celebration of the Triduum marks the end of the Lenten season, and leads to the Mass of the Resurrection of the Lord at the Easter Vigil." The liturgical services that take place during the Triduum are: Mass of the Lord's Supper, Good Friday of the Lord's Passion, and Mass of the Resurrection of the Lord.

HOLY WEEK

Tenebrae	April 5	7:00pm	
Holy Thursday Mass	April 6	7:00pm	Adoration to Midnight
Good Friday Walk to the Cross	April 7	3:00pm	(outdoors)
Good Friday Service	April 7	7:00pm	
Blessing of Baskets	April 8	12:00pm	



Easter Vigil	April 8	8:00pm	
Easter Sunday Masses	April 9	8:00am 10:00am 12:00pm	



Each day during Lent, log on to our website, stbernardhg.org for a Daily Lenten Reflection by Bishop Robert Barron and his "Word on Fire" podcast, as well as other spiritual reflections.