

# Cabrini 2023 Lenten Calendar

February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Lenten Retreat:</b> <b>Fully Alive through Mary's Fiat</b> with Father Daniel <b>March 4, 9:30 am, At Corpus Christ</b>  Find more info on our Lenten Journey and daily reflections at: <a href="http://www.cabriniroc.org/lent">www.cabriniroc.org/lent</a> and <a href="http://www.facebook.com/cabrinirochester">www.facebook.com/cabrinirochester</a> Join Father Daniel for Mass at 7:45am Monday through Saturday via our Facebook Page: <a href="http://www.facebook.com/cabrinirochester">www.facebook.com/cabrinirochester</a>			<b>22 Ash Wednesday</b> Fasting & Abstinence <u>Masses with</u> <u>Imposition of Ashes</u> 8:00am @ ANN English 12:10 pm @ STM Spanish 7 pm @ CC Bilingual <u>Stop By Ash Distribution</u> 10am-1pm @ Office 11am-1pm @ STM 11am-1pm @ CC	23 6:15 pm <b>Mass</b> @ CC Spanish 7:00 pm Stations of the Cross @ CC Spanish	4 Day of Abstinence 8 am <b>Mass</b> @ANN English 8:35 am Stations of the Cross @ ANN English 8:45 am Rosary @ ANN English 6:15 pm Stations of the Cross @ ANN English	25 4:00 pm <b>Mass</b> @ ANN English
26 <b>1st Sunday of Lent</b> 8:30 am <b>Mass</b> @CC English 10 am <b>Mass</b> @CC Spanish 11:00 am Station of the Cross @CC Spanish 11:45 am <b>Mass</b> @STM Spanish 12:45 pm Station of the Cross @STM Spanish 1 pm Rite of Election at the Cathedral	27 8 am <b>Mass</b> @ANN English 8:45 am Rosary @ ANN English	28 11:30 am Stations of the Cross @ STM Spanish 12:10 pm <b>Mass</b> @STM Spanish	1 8 am <b>Mass</b> @ANN English 8:45 am Rosary @ ANN English	2 6:15 pm <b>Mass</b> @ CC Spanish 7:00 pm Stations of the Cross @ CC Spanish	3 Day of Abstinence 8 am <b>Mass</b> @ANN English 8:35 am Stations of the Cross @ ANN English 8:45 am Rosary @ ANN English 6:15 pm Stations of the Cross @ ANN English	4 9:30 am Lenten Retreat with Fr. Daniel @ CC Bilingual 2:30pm—3:30 pm Confessions and Adoration @ ANN English 4:00 pm <b>Mass</b> @ ANN English
5 <b>2nd Sunday of Lent</b> 8:30 am <b>Mass</b> @CC English 10 am <b>Mass</b> @CC Spanish 11:00 am Station of the Cross @CC Spanish 11:45 am <b>Mass</b> @STM Spanish 12:45 pm Station of the Cross @STM Spanish	6 8 am <b>Mass</b> @ANN English 8:45 am Rosary @ ANN English	7 11:30 am Stations of the Cross @ STM Spanish 12:10 pm <b>Mass</b> @STM Spanish	8 8 am <b>Mass</b> @ANN English 8:45 am Rosary @ ANN English	9 6:15 pm <b>Mass</b> @ CC Spanish 7:00 pm Stations of the Cross @ CC Spanish	10 Day of Abstinence 8 am <b>Mass</b> @ANN English 8:35 am Stations of the Cross @ ANN English 8:45 am Rosary @ ANN English 6:15 pm Stations of the Cross @ ANN English	11 2:30pm—3:30 pm Confessions and Adoration @ ANN English 4:00 pm <b>Mass</b> @ ANN English

MARCH

**Fasting and Abstinence:** *Fasting* refers to eating less, mainly instead of having 3 full meals in the day, having one full meal and two smaller meals that together would not equal one full meal. *Abstinence*, refers to refraining from eating meat (beef, pork, chicken). Every person 18 years or older must abstain from meat (and items made with meat) on **Ash Wednesday, Good Friday, and all the Fridays of Lent**. Every person between the age of 18 and 59 (beginning of 60th year) must fast on **Ash Wednesday and Good Friday**. Those that are 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, and ill persons should not further jeopardize their health by fasting.

# Cabrini 2023 Lenten Calendar

MARCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>12 3rd Sunday of Lent</b> 8:30 am <b>Mass @CC</b> English 10 am <b>Mass @CC</b> Spanish 11:00 am Station of the Cross @CC Spanish 11:45 am <b>Mass @STM</b> Spanish 12:45 pm Station of the Cross @STM Spanish	<b>13</b> 8 am <b>Mass @ANN</b> English 8:45 am Rosary @ ANN English	<b>14</b> 11:30 am Stations of the Cross @ STM Spanish 12:10 pm <b>Mass @STM</b> Spanish	<b>15</b> 8 am <b>Mass @ANN</b> English 8:45 am Rosary @ ANN English	<b>16</b> 6:15 pm <b>Mass @ CC</b> Spanish 7:00 pm Stations of the Cross @ CC Spanish	<b>17</b> 8 am <b>Mass @ANN</b> English 8:35 am Stations of the Cross @ ANN English 8:45 am Rosary @ ANN English 6:15 pm Stations of the Cross @ ANN	<b>18</b> 2:30pm—3:30 pm Confessions and Adoration @ ANN English 4:00 pm <b>Mass @ ANN</b> English 7pm-8pm Confessions and Adoration @ CC English and Spanish
<b>19 4th Sunday of Lent</b> 8:30 am <b>Mass @CC</b> English 10 am <b>Mass @ CC</b> Spanish 10am-12pm St. Joseph's Table @ CC 11:00 am Station of the Cross @CC Spanish 11:45 am <b>Mass @STM</b> Spanish 12:45 pm Station of the Cross @STM Spanish	<b>20</b> 8 am <b>Mass @ANN</b> English 8:45 am Rosary @ ANN English	<b>21</b> 11:30 am Stations of the Cross @ STM Spanish 12:10 pm <b>Mass @ STM</b> Spanish	<b>22</b> 8 am <b>Mass @ANN</b> English 8:45 am Rosary @ ANN English	<b>23</b> 6:15 pm <b>Mass @ CC</b> Spanish 7:00 pm Stations of the Cross @ CC Spanish	<b>24 Day of Abstinence</b> 8 am <b>Mass @ANN</b> English 8:35 am Stations of the Cross @ ANN English 8:45 am Rosary @ ANN English 6:15 pm Stations of the Cross @ ANN English	<b>25</b> 10 am Penance Service @CC Confessions in English and Spanish 2:30pm—3:30 pm Confessions and Adoration @ ANN English 4:00 pm <b>Mass @ ANN</b> English
<b>26 5th Sunday of Lent</b> 8:30 am <b>Mass @ CC</b> English 10 am <b>Mass @ CC</b> Spanish 11:00 am Station of the Cross @ CC Spanish 11:45 am <b>Mass @ STM</b> Spanish 12:45 pm Station of the Cross @ STM Spanish	<b>27</b> 8 am <b>Mass @ANN</b> English 8:45 am Rosary @ ANN English	<b>28</b> 11:30 am Stations of the Cross @ STM Spanish 12:10 pm <b>Mass @ STM</b> Spanish	<b>29</b> 8 am <b>Mass @ANN</b> English 8:45 am Rosary @ ANN English	<b>30</b> 6:15 pm <b>Mass @ CC</b> Spanish 7:00 pm Stations of the Cross @ CC Spanish	<b>31 Day of Abstinence</b> 8 am <b>Mass @ANN</b> English 8:35 am Stations of the Cross @ ANN English 8:45 am Rosary @ ANN English 6:15 pm Stations of the Cross @ ANN	<b>1</b> 2:30pm—3:30 pm Confessions and Adoration @ ANN English 4:00 pm <b>Mass @ ANN</b> English 7pm-8pm Confessions and Adoration @ CC English and Spanish
<b>2 Palm Sunday</b> 8:30 am <b>Mass @ CC</b> English 10:30 am <b>Mass @ CC</b> Spanish 11:30 am Station of the Cross @ CC Spanish 11:45 am <b>Mass @ STM</b> Spanish 12:45 pm Station of the Cross @ STM Spanish.	<b>3</b> 8 am <b>Mass @ANN</b> English 8:45 am Rosary @ ANN English	<b>4</b> 11:30 am Stations of the Cross @ STM Spanish 12:10 pm <b>Mass @ STM</b> Spanish	<b>5</b> 8 am <b>Mass @ ANN</b> English 8:45 am Rosary @ ANN English	<b>6 Holy Thursday</b> 8am Morning Prayer @ ANN English 9am Morning Prayer @ CC Spanish 7pm <b>Mass of the Lord's Supper @ CC</b> Bilingual 9-11pm Solemn Adoration @ all three churches	<b>7 Good Friday</b> Fasting & Abstinence 8am Stations of the Cross @ ANN English 3pm <b>Commemoration of the Lord's Passion and Death @STM</b> Bilingual	<b>8 Holy Saturday</b> 8am Rosary of the Seven Sorrows of Mary @ ANN English 9am Rosary of the Seven Sorrows of Mary @ CC Spanish 7pm <b>Great Easter Vigil @ ANN</b> Bilingual

APRIL

CC=Corpus Christi (864 E Main St)

STM=Saint Michael's (859 Clinton Ave)

ANN=Annunciation (1760 Norton St)