

Lenten Devotions

*The Parishes of Our Lady of Victory, Centerville, MA
and Our Lady of the Assumption, Osterville, MA*



Our Lady of Victory
9AM Mass
4:30PM Service with Ashes
6PM Mass

**Ash Wednesday
February 14, 2024**

**Our Lady of the
Assumption**
8AM Mass
12Noon Mass

STATIONS OF THE CROSS

OLA: Every Friday during Lent at 12Noon (with a simple meal after).

OLV: 6PM (hosted by the following ministries):

WEEK 1: Friday, February 16
Hosted by OLV/OLA Music Ministry

WEEK 2: Friday, February 23
Hosted by Bible Study

WEEK 3: Friday, March 1
Hosted by OLV/OLA Teens

WEEK 4: Friday, March 8
Hosted by OLV/OLA GIFT Program

WEEK 5: Friday, March 15
Hosted by Women's Cenacle

WEEK 6: Friday, March 22
Hosted by St. Vincent de Paul

DAILY MASS

OLA: 8AM: Monday to Friday
Rosary: 7:35AM

OLV: 9AM: Monday to Saturday
Rosary: 8:30AM

Monday evenings February 26-March 25
5:30PM Mass, Confessions follow

PALM SUNDAY AND WEEKEND MASSES

Masses will be celebrated according to
our usual Mass schedule:

OLA: Saturdays 4PM
Sundays 9AM & 11AM

OLV: Saturdays 4:30PM
Sundays 7AM, 9AM, 11AM, 5:30PM

OLH: Sundays, 10AM

Pray, Learn, and Grow!

Reconciliation

*OLV and OLA

LENTEN MISSION

"Igniting the Light of Christ Within You" with Paul Koleske.
Noon at OLA and repeated at 6PM at OLV

Monday, February 19:

"Connecting with the Light of Christ"

Tuesday, February 20:

"Experiencing the Light of Christ"

Wednesday, February 21:

"Living the Light of Christ"

BIBLE STUDY

Facilitated by Eleanor Ubaldini
Beginners Welcome!
Every Tuesday at OLV
at 9:30AM and 6PM

MEN'S SPIRITUALITY

Facilitated by
Deacon Ted Lukac
1st Monday of each Month
6PM-8PM In Room M1 at OLV

*WOMEN'S CENACLE

Women's Prayer & Spirituality
Feb. 22 and Mar. 21 at 9:45AM
Mar. 14 at 6PM
in Room M1 at OLV

LECTIO DIVINA AT OLA

A way to pray with the Bible
Mondays Feb. 26-Mar. 18:
After the 8AM Mass in
OLA Office

HOUR FOR VOCATIONS

OLV: Wednesdays,
9:30AM-10:30AM

*A LENTEN COMPANION

Book and Video Series

"The Light is on for YOU!"

Take advantage of the opportunity to receive the Lord's forgiveness through the Sacrament of Reconciliation.

During Lent Beginning February 17

***No Confessions at OLA or OLV on Feb. 19 due to our Mission**

OLA: Mondays 12:30-1:30PM and Saturdays 2:30PM-3:45PM

OLV: Mondays 6PM-7PM and Saturdays 9:30AM and 3PM-4:15PM

Mondays Feb. 26-Mar. 25:

following the 5:30PM

Mass at OLV (New for Lent!)

Mar. 16 and 17

After All Masses at OLV, OLH, OLA

Almsgiving

***KNIGHTS OF COLUMBUS**

EASTER FOOD DRIVE

Food drive to benefit the St. Francis Food Pantry in Hyannis.

***BABY BOTTLES**

To benefit Your Options Medical as they continue their life-saving work helping couples facing unplanned pregnancies to choose life.

MY LENTEN SACRIFICE ENVELOPES

Prayerfully consider your gift during this season of sacrifice.

**See our bulletins and websites for more information and the full schedule*

SACRED TRIDUUM SCHEDULE 2024

OUR LADY OF VICTORY

Holy Thursday, March 28

Morning Prayer: 9AM

Mass of the Lord's Supper: 7PM

Eucharistic Adoration until 9PM

Good Friday, March 29

Morning Prayer: 9AM

Stations of the Cross: 12PM

Veneration of the Cross: 3PM

Holy Saturday, March 30

Morning Prayer: 9AM

Easter Vigil: 7PM

Easter Sunday, March 31

OLV: 7AM, 9AM, 11AM

OLH: 10AM

OUR LADY OF THE ASSUMPTION

Holy Thursday, March 28

Mass of the Lord's Supper: 7PM

Eucharistic Adoration until 9PM

Good Friday, March 29

Stations of the Cross: 12PM

Veneration of the Cross: 3PM

Holy Saturday, March 30

Easter Vigil: 7PM

Easter Sunday, March 31

9AM and 11AM

*Journey with us and make this the **Best Lent Ever!***

Livestream is available for all OLV Masses at olvparish.org

Our Lady of Victory and Our Lady of the Assumption Parishes

2024 Lenten Mission



Join us for our Mission February 19, 20 & 21, 2024, featuring Catholic Speaker Paul Koleske. The Mission will be at Noon at Our Lady of Assumption in Oosterville and repeated at 6PM at Our Lady of Victory in Centerville.

Paul is a contemporary Catholic Christian Inspirational Speaker, Musician, Composer & Recording Artist from Lake Geneva, Wisconsin.

Theme of the Mission

"Igniting the Light of Christ Within You"

Paul's ministry teaches the listeners how and why they are already wired to succeed in building themselves and the church while discovering God's purpose for their lives. He shares practical techniques people can use to increase their connection with the Presence of the Holy Spirit, the Risen Christ's gift to His disciples.

Paul will sing and speak at all weekend Masses!

Monday February 19th: "Connecting with the Light of Christ"

Paul will tell us his story, his conversion from lukewarm-ness as a Catholic to a believer in miracles. He'll discuss the True Presence! He'll discuss the necessity of Mass attendance for your life. Bringing your fallen-away loved ones back to the church! Then he'll teach you about the miracle of You!
Noon at OLA or 6:00 PM at OLV

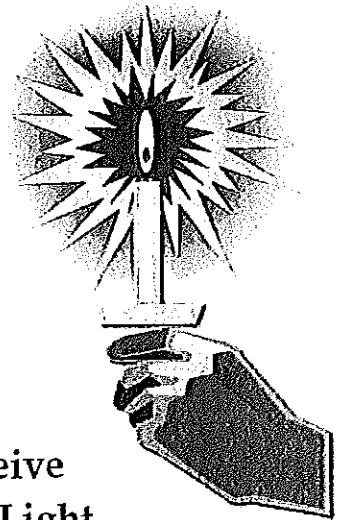
Tuesday February 20th: "Experiencing the Light of Christ"

Paul will teach us as Catholics to trust in God. He'll share practical ideas on what we can do to break the mental cycles of anxiety, fear, doubt, worry, and guilt! He'll discuss the importance of prayer in a busy world.
Noon at OLA or 6:00 PM at OLV

Wednesday February 21st: "Living the Light of Christ"

What you can do when things go terribly wrong! Identifying attitudes that limit our willingness and energy to fully- live our Christian faith within the Catholic Church! Truly Living the Light of Christ within you, no matter what happens to you or within the church. The Real Mission of the church! **Noon at OLA or 6:00 PM at OLV**

As with all Paul's spoken word presentations, he selects songs from his own music that will illumine the topics discussed and help you have a deeper Mission Experience! His music, with its clear messages, will act as a lasting reminder that you can use long after the Mission to lift-up your spirits and vision of the Light of Christ within you. Paul has been booked and shared his ministry from the East Coast to Hawaii in all 50 states and 121 dioceses. He has appeared on EWTN with his music. This mission will empower you to live a more successful spiritual life. Paul will speak and sing at all masses the weekend before the Mission. All are invited. Free will offering.



**Receive
the Light
of Christ**

Home Activity

Lent Practices – Focus on Prayer

Parents are in the best position to teach prayer to children because they have daily contact with their children, and prayer, if it is going to make a difference in a person's life, needs to become a daily practice. Lent is the ideal time to focus on the practice of prayer. Lent is like a 40-day retreat that calls us to do something positive to enhance our relationships with God and with each other.

It is more important for prayers to be regular than elaborate. This is especially true for children. Use these simple prayers each day during Lent with your child to reinforce what you learned about Jesus' name at the session in church. Cut them out and put them in the places where they will be seen at the appropriate times for the prayers.

Morning

Jesus, you save us and give us this day. Thank you!

Mealttime

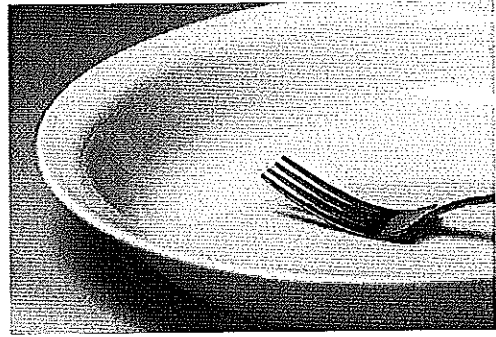
Jesus, you save us and give us food to strengthen us to do good things for others.

Bedtime

Jesus, you save us and give us peaceful rest. Thank you!

Home Activity

Lent Practices – Fasting



Why do People Fast?

Lent is like a 40-day retreat that calls us to do something positive to enhance our relationships with God and with each other. Fasting is a traditional spiritual practice that shows up many times in the Bible. It is also encouraged in all of the major world religions. Fasting is something that even non-religious people do for health reasons. Look at the list below and discuss with your family why fasting is a valuable practice.

People fast because...

- ✓ They want to lose weight
- ✓ They want to focus on their hunger for God
- ✓ They want to live more simply
- ✓ They want to focus on their hunger for justice
- ✓ They want to improve their eating habits
- ✓ They want to focus on their hunger for love
- ✓ They want to remember that some people have little or no food and drink
- ✓ Other: _____

Focus on Your Fast this Lent

Your family may decide to fast together from something that you all agree upon, or each individual family member may fast in his/her own unique way. Discuss how you will fast individually or as a family this Lent. Whichever option you choose, it will be good for all of you to help each other remain faithful to fasting during the season of Lent.

- Distribute paper and pencil to each family member.
- Ask each family member to write down what they will fast from this Lent.
- Invite each family member to list his/her reasons for fasting on a blank piece of paper.
- Keep these papers on your meal table during Lent.
- Review one of them at every meal and check in with that person during that meal to see how the fast is going and to offer encouragement in whatever way is needed. For example, affirm your child if the fast is going well or gently encourage her to begin again if she has not been faithful to the fast. Either way, it is important to keep the tone positive and encouraging. A negative experience will discourage the lifelong practice of fasting.

Home Activity

February – Almsgiving

Engage your child in a discussion about people in need who live in your community. The need could be based upon a number of things. Some people need help with finances. Some people need someone to visit them. Some people need help with a project around their house or apartment. Teach your child that when they feel compassion for someone in need and do something to help, they are giving alms.

Many people give alms in secret. Here's a true story...

A woman's husband was dying of a terrible disease. Their bills were piling up because he could no longer work. She will never forget the day she opened her front door and found an envelope sitting outside the door. In the envelope was a short, unsigned note, "Please accept this gift to help you care for your family in your time of need." The note was attached to a stack of money totaling \$1,000.

Use the chart below to plan a simple act of almsgiving for each week of Lent.

Week	Person(s) in Need	Describe the Need	Outline the Almsgiving Plan
1			
2			
3			
4			
5			
6			



Knights of Columbus Easter Food Drive

Please join the Knights of Columbus as we help to feed the hungry. Each week simply follow the instructions below and place as many of the items listed as you can in a box or bag. On Holy Saturday March 30th bring your box or bag to the back parking lot of Our Lady of Victory between the hours of 9 AM and noon. The Knights will be there to accept your donations. If you are unable to bring the items just email council2525@yahoo.com or call 508 760 4117, we will pick up your donations.

1st week, February 17/18, box of cereal, peanut butter, jelly, soup.

2nd week, February 24/25, boxed mac and cheese, small canned ham, canned tuna, pudding mix.

3rd week, March 2/3, jar of apple sauce, canned baked beans, boxed potatoes, box of crackers.

4th week, March 9/10, snack (individual size bags), pancake mix, syrup, pasta.

5th week, March 16/17, Ketchup, mayonnaise, salad dressing, oil.

6th week, March 23/24, Snacks for kids lunches, ramen noodles, granola bars, boxed rice.

If you are unable to fulfill these items, bring what you can on Saturday March 30th. All donations greatly appreciated and will help those less fortunate.

Please note that out of date food cannot be accepted. Where possible please have pull-tabs on canned products. If you cannot get pull-tab canned goods, please include a can opener.



February 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>This Lent,</i>	<i>I Pray For ...</i>			1	2	3
4	5	6	7	8	9	10
11	12	13	14 <i>Ash Wednesday</i>	15	16	17
18 <i>1st Sunday of Lent</i>	19	20	21	22	23	24
25 <i>2nd Sunday of Lent</i>	26	27	28	29		

March 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 3rd Sunday of Lent	4	5	6	7	8	9
10 4th Sunday of Lent	11	12	13	14	15	16
17 5th Sunday of Lent	18	19	20	21	22	23
24 Palm Sunday	25	26	27	28 Holy Thursday - Lent ends at sunset	29 Good Friday	30 Holy Saturday
31 Easter Sunday						