

THE CHURCH OF THE  
**Immaculate Conception**  
4030 Jackson Street Northeast  
Minneapolis, Minnesota 55421  
763-788-9062  
ICCSonline.org

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The Church and School of the  
**IMMACULATE CONCEPTION**  
4030 Jackson Street NE  
Columbia Heights, MN 55421

# LENT and EASTER 2018



**THE FIFTH STATION**  
Immaculate Conception Church  
Columbia Heights, MN

## LENT

The forty days of Lent recall the forty days that Jesus spent in the desert fasting and praying. Lent calls us to conversion, repentance, and growth in love for God and our neighbor.

### LENTEN REGULATIONS:

**Abstinence:** Catholics 14 years of age and older must abstain from eating meat on Ash Wednesday, Good Friday, and all the Fridays of Lent.

**Fasting:** Catholics between the ages of 18 and 59 inclusive are required to fast on Ash Wednesday and Good Friday. On these days one full meal is allowed. Food may be taken at two other times during the day in order to maintain strength according to one's needs, but together they should not equal another full meal. Eating between meals is not permitted. Liquids, including milk and fruit juices, are allowed.

**Exceptions:** People excused from fasting and abstinence outside the age limits listed above 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.

God Bless You,  
Father John Mitchell

## PRAYER

### STATIONS OF THE CROSS - FRIDAYS

February 16..... 2:00 pm and 7:00 pm	March 16..... 2:00 pm and 7:00 pm
February 23..... 2:00 pm and 7:00 pm	March 23..... 2:00 pm and 7:00 pm
March 2..... 2:00 pm and 7:00 pm	March 30..... 7:00 pm
March 9..... 2:00 pm and 7:00 pm	

On Wednesday, March 14 there will be a special presentation of *The Stations of the Cross* by ICS Students at 9:00 am and 7:00 pm.

**SOUP LUNCH** - Fridays during Lent, 11:30 am to 1:30 pm in Fellowship Hall.  
Free will offerings will be collected.

**LENTEN FISH DINNER** - Three Fridays during Lent, February 16, March 9 and March 23, 4:30 - 6:30 pm. Adults and Seniors: \$10, Ages 6-11: \$5, Ages 5 and under: Free.  
Kids menu available.

### SACRAMENT OF RECONCILIATION

Weekly, Saturday, individual confessions.....	3:30 - 4:30 pm
March 21, Wednesday, Individual confessions with visiting priests.....	7:00 - 8:00 pm
March 29, Holy Thursday, Individual confessions.....	8:00 - 9:00 am
March 30, Good Friday, Individual confessions .....	8:00 - 9:00 am
March 31, Holy Saturday, Individual confessions.....	3:30 - 4:30 pm

Daily Mass is celebrated Tuesday, Wednesday and Friday at 7:30 am and Thursday at 8:30 am. (There will be no morning Mass on Holy Thursday, March 29 and Good Friday, March 30.)  
Morning prayer will be celebrated on Holy Thursday, Good Friday, and Holy Saturday at 7:30 am.

## SPIRITUAL GROWTH OPPORTUNITIES

### EUCCHARISTIC ADORATION

The San Damiano Chapel is open for Eucharistic Adoration from 7:00 am to 4:00 pm, Monday through Friday. Adoration will continue until 11:00 pm on those days; if you would like to adore between the hours of 4:00 pm to 11:00 pm, please sign up for hourly adoration by calling Sandy at 763-789-3246.

The chapel will be open for adoration on Holy Thursday until 10:00 pm; adoration will then resume on Tuesday, April 3, at 7:00 am.

## LITURGIES

### ASH WEDNESDAY

February 14	Word Service (with ash distribution).....	7:30 am
	IC School Mass.....	8:30 am
	Evening Mass.....	7:00 pm

### FIRST SUNDAY OF LENT (*Pancake Breakfast*)

February 17	Saturday Mass.....	5:00 pm
February 18	Sunday Masses .....	8:00 and 10:00 am

### SECOND SUNDAY OF LENT (*Fellowship Sunday*)

February 24	Saturday Mass.....	5:00 pm
February 25	Sunday Masses .....	8:00 and 10:00 am

### THIRD SUNDAY OF LENT

March 3	Saturday Mass.....	5:00 pm
March 4	Sunday Mass.....	8:00 am and 10:00 am

### FOURTH SUNDAY OF LENT (*Fellowship Sunday*)

March 10	Saturday Mass.....	5:00 pm
March 11	Sunday Masses .....	8:00 and 10:00 am

### FIFTH SUNDAY OF LENT (*Pancake Breakfast*)

March 17	Saturday Mass.....	5:00 pm
March 18	Sunday Masses .....	8:00 and 10:00 am

### PALM SUNDAY (*Fellowship Sunday*)

March 24	Saturday Mass.....	5:00 pm
March 25	Sunday Masses .....	8:00 and 10:00 am

### HOLY THURSDAY

March 29	Morning Prayer ( <i>Lauds</i> ) .....	7:30 am
	Mass of the Lord's Supper.....	7:00 pm

### GOOD FRIDAY

March 30	Morning Prayer ( <i>Lauds</i> ) .....	7:30 am
	Celebration of the Lord's Passion at IC Church .....	3:00 pm
	<i>Word, Veneration of the Cross and Communion</i>	
	Stations of the Cross .....	7:00 pm

### HOLY SATURDAY

March 31	Morning Prayer ( <i>Lauds</i> ) .....	7:30 am
	Blessing of Easter Foods and Baskets.....	1:00 pm
	Easter Vigil Mass.....	8:30 pm

### EASTER SUNDAY

April 1	Sunday Masses .....	8:00 and 10:00 am
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### DIVINE MERCY SUNDAY

April 7	Saturday Mass.....	5:00 pm
April 8	Sunday Masses .....	8:00 and 10:00 am
	Divine Mercy Celebration .....	3:00 pm
	<i>Adoration, Chaplet, Benediction</i>	
	Refreshments .....	4:00 pm
	<i>Fellowship Hall</i>	