

ASH WEDNESDAY MASSES | FEB. 14

- 7:00 AM at Christ King
- 8:00 AM at Christ King
- Noon at Saint Bernard
- 5:30 PM at Christ King

STATIONS

Friday Evenings
5:30 PM | Saint Bernard
 Feb 23, March 1, 8, 15 & 22

ADORATION

Tuesdays
4-8 PM | Saint Bernard
 Interrupted for 5:30 PM Mass
 and 6 PM Reconciliation

VESPERS

Vespers, also called Evening Prayer, is part of the Liturgy of the Hours, also known as the Divine Office. In the Liturgy of the Hours, the Church fulfills Jesus' command to "pray always" (Luke 18:1). Through this prayer, the people of God sanctify the day by continual praise of God and prayers of intercession for the needs of the world.

The Liturgy of the Hours includes several specified times of

prayer. The most important times, called the "hinge hours," are Morning Prayer (which takes place upon rising) and Evening Prayer (which takes place as dusk begins to fall).

Bishops, priests, deacons, and many men and women in consecrated life pray the Liturgy of the Hours each day. Their work is organized around this prayer, keeping God always at the center of their days. Lay people are encouraged to pray the Liturgy of the

Hours as well, especially Morning and Evening Prayer.

Evening Prayer gives thanks for the day just past and makes an evening sacrifice of praise to God.

As we prepare for the Triduum, join us for this beautiful Prayer of the Church on the following **MONDAY** evenings of Lent in Christ King Church from 5:30 PM - 6 PM:

- Feb, 19 & 26
- March 4, 11, 18 & 25

SACRED SPACES FOR PERSONAL PRAYER

Christ King and Saint Bernard Churches: Open 6:30 AM - 7:00 PM, Monday through Friday for Personal Prayer and Reflection.

SACRAMENT OF RECONCILIATION

Wednesday, March 20: *Pray, Reconcile, Rejoice: 12 Hours of Reconciliation.* Area priests will be available at 11 parishes throughout the Archdiocese. 8 - 8 PM. See archmil.org/pray-reconcile-rejoice for details.

Saturdays: 9 AM until finished at Christ King
 3:-3:40 PM at Saint Bernard

Tuesdays: After 5:30 PM Mass-6:30 PM at Saint Bernard

By appt: Both parishes

ROSARY

Before Daily Masses:
 Both parishes

Tuesdays:
 6:15 PM
 Christ King

Sundays:
 7:30 AM
 Saint Bernard

DAILY MASS

Saturdays: 4 PM
 (CK & SB)

Sundays: 8 & 10:30 AM
 (CK & SB)

Mondays: 8:15 AM (SB)

Tuesdays: 5:30 PM (SB)

Wednesdays: 7 AM (CK)

Thursdays: 8 AM (CK)

Fridays: Noon (CK)

TRIDUUM MASS SCHEDULE

March 28 Holy Thursday:
 7 PM Saint Bernard

March 29 Good Friday:
 12 PM Saint Bernard and
 3 PM Christ King

March 30 Holy Saturday:
 7:45 PM Easter Vigil Christ King

March 31 Easter Sunday:
 8 & 10:30 Both parishes

SMALL GROUPS

You're invited to participate in our parish-wide small groups this Lent! These groups will help you grow closer to Jesus and our community. We will meet for 6 weeks mid-February through March.

Interested in leading a group?
 We provide all the training and support you'll need!

For more details and to help us gauge interest, please complete the online form christkingparish/smallgroupinterest.cfm

Lent
 HIGHLIGHTS 2024

ABSTINENCE



NO MEAT
Mammals or Fowl



FISH IS OK
So are Amphibians and Reptiles



1 REGULAR MEAL



AND



2 SMALLER MEALS

that together do not equal
the regular meal in size



NO SNACKS



**FASTING
AND
ABSTINENCE**

ABSTINENCE



**CATHOLICS
14+**
ARE OBLIGED TO
PRACTICE ABSTINENCE



**CATHOLICS
18-58**
ARE OBLIGED
TO FAST



THOSE OUTSIDE THE AGE LIMITS

and those whose state in life (e.g. pregnant women, manual laborers, those who are ill) may be excused from the requirements of fasting and abstinence, but are encouraged to take up some other form of penitence or acts of charity of piety.

PLEASE NOTE



These guidelines are the minimum requirements for Lenten sacrifices. All are encouraged to impose some sort of personal penance or act of charity or piety on top of these minimums.

You could increase the number of days you practice fasting and/or abstinence, or abstain from a favorite food or activity for all of Lent. You could add things, such as committing to read the Bible for 20 minutes a day.

AN ILLUSTRATED GUIDE TO
**LENTEN FASTING
& ABSTINENCE**

PRESENTED BY JONATHAN TEIXEIRA FOR THE FOCUS BLOG



CRS RICE BOWL

Every Lent since 1975, millions of Catholics across the U.S. have come together through CRS Rice Bowl to support people struggling with hunger and poverty—both at home and around the world. And because hunger and poverty continue to be some of the most critical concerns of our time, we're still needed to make a difference.

As we go through the 40 days of Lent, let us remember the words of Jesus, our bread of life, and be nourished by him in the Eucharist to walk with our global family. Pick up your family's CRS Rice Bowl after Masses, Feb. 17/18.

LENTEN FOOD DRIVE

The Lenten Food Drive sponsored by Human Concerns begins the weekend of Feb. 17/18 and continues through March 2/3.

Donations benefit the All Saints Food Pantry which serves those in need in the All Saints Parish area in the city of Milwaukee.

Non-perishable items needed: canned protein (tuna, chicken, stews, soups, chili, etc.); rice; pasta; pasta sauce; peanut butter; canned fruits. Items may be placed in the marked containers at each of the church entrances. Thank you for thinking of those in need, and for your ongoing support.