



## If I must refrain

### Lord of the Fast,

I have wandered far from you  
And now I seek to return.  
Show me the path.

If I must refrain from food  
To remind myself of my hunger for the bread of life,  
Then help me do so with grace.  
Let it too remind me of the hungry Christ  
That is present in each day in His people.

If I must refrain from companionship  
To remind myself of my longing for my father's embrace,  
Then help me do so with grace.  
Let it too remind me of the lonely Christ  
That is present in each day in His people.

If I must refrain from the gifts of this world  
To remind myself of the giver of the great gift  
That is our salvation,  
Then help me do so with grace.  
Let it too remind me of the homeless Christ  
That is present each day in His people.

Help me look beyond the comforts of my table, my society,  
and my possessions  
For without your grace and mercy,  
I indeed have nothing  
And all is little more than dust.

I thank you, Lord,  
For as far as I have wandered,  
Here in the wilderness  
A path home is revealed  
In the faces of the least of your people.

**Amen**



[www.allsaintschurch.com/lent](http://www.allsaintschurch.com/lent)

### **PALM SUNDAY MASS TIMES**

Saturday, April 13: 5:00 pm (ASL)

Sunday, April 14:

7:30 am, **9:30 am, 11:30 am**  
and 5:30 pm

### **HOLY WEEK**

#### **RECONCILIATION TIMES**

Monday, April 15: 5:00-6:00 pm

Tuesday, April 16: 4:30-5:30 pm

Wednesday, April 17: 5:00-6:30 pm

Holy Thursday, 3:00-4:00 pm

Good Friday, 8:30-9:30 am & 1:00-2:00 pm

### **THE TRIDUUM**

#### **Holy Thursday – April 18**

Morning Prayer, 8:30 am

Confessions, 3:00 - 4:00 pm

Mass of the Lord's Supper, \*7:00 pm

Night Prayer, 10:00 pm

#### **Good Friday – April 19**

Morning Prayer, 8:30 am

Confessions, 8:30 - 9:30 am

Stations of the Cross, 12:00 pm

Confessions, 1:00-2:00 pm

The Lord's Passion, 7:00 pm

#### **Holy Saturday – April 20**

Morning Prayer, 8:30 am

Blessing of Easter Food, 9:00 am

**Easter Vigil Mass, \*8:30 pm**



### **EASTER SUNDAY**

#### **Easter Sunday - April 21**

Resurrection of the Lord

Masses at: 6:00 am | 7:30 am

9:30 am (ASL) | \*11:30 am

\*Incense used at these Masses.

### **DIVINE MERCY DEVOTIONS**

Sunday, April 28

St. Nicholas in New Market