

The Holy time of Lent is filled with more intense prayer, during which we meditate on the Passion of our Lord.

## STATIONS OF THE CROSS

**Fridays of Lent -** Holy Mass (PL) at 9am followed by the Stations of the Cross (except Good Friday)

7pm – Stations of the Cross – followed by Mass (PL)

## **LENTEN LAMENTATIONS**

**Sundays of Lent -** Lenten Lamentations with Passion Sermon after the 12:30pm Mass (a Passion service known only in Poland - devoted to the Passion of the Lord).

Lenten plenary indulgences for the remission of the temporal punishment due to forgiven sin is available for those who participate in the Stations of the Cross on Fridays or Lenten Lamentations. One can obtain a Plenary Indulgence if you recite the below prayer on Fridays during Lent before a crucifix after receiving Holy Communion and prayers for the Pope's intentions. The usual requirements for a plenary indulgence also apply. Plenary indulgences can be obtained for yourself or they can be offered for a soul in purgatory.