

# ST. MARY'S 2024 GUIDE TO LENT



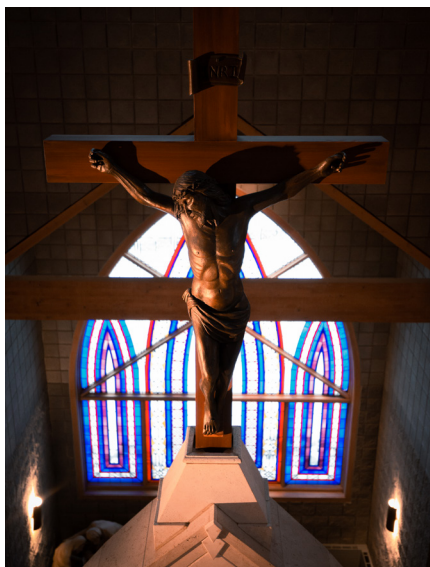
COME TO STATIONS OF THE CROSS,  
LENT RETREATS, AND MORE  
ALL AT ST. MARY'S

[STMARYSPARKCITY.COM/LENT](http://STMARYSPARKCITY.COM/LENT)

# LENTEN REGULATIONS

## FASTING AND ABSTINENCE

1. All Catholics 14 years and older are to abstain from all meat on Ash Wednesday and on all Fridays of Lent, unless a particular Friday is a solemnity.
2. All Catholics who are between the ages of 18-59 are obliged to fast on Ash Wednesday and Good Friday. (Canon #1252)
3. Fasting permits one full meal and two lesser meals, which combined are not greater than the full meal. Eating between meals is not permitted.
4. A spirit of fasting is recommended during all of Lent in anticipation of the great feast of Easter. In this way, Christians express their hunger for God, their responsibility to the poor and their recognition of the Kingdom of God as the answer to all human hungers.
5. "Pastors and parents are to see to it that minors who are not bound by the law of fast and abstinence are educated in an authentic sense of penance." (Canon #1252)



## PRIVILEGES

Airport workers, travelers and others while on board ships or airplanes are dispensed from the laws of fasting and abstinence for the duration of their journey (except Good Friday). However, it is desirable that those so dispensed should perform some pious work in compensation.

## EASTER DUTY

Every Catholic is to receive Holy Communion at least once between the First Sunday of Lent, February 18, 2024 and Trinity Sunday, May 26, 2024, unless a just cause would warrant some other time of year. (Canon #920)

TO FIND THIS BOOKLET ONLINE, VISIT  
[STMARYSPARKCITY.COM/LENT](http://STMARYSPARKCITY.COM/LENT)

# E-REFLECTIONS & CONTENT ONLINE

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The St. Mary's website is a great source for online content to help you grow in your faith this Lent. Check out the many options below and online:

## VIRTUAL MORNING COFFEE

Each morning, enjoy your coffee, chat and pray with others, listen to the readings and hear from Fr. Gray via live-stream! Morning Coffee sessions are at 9 AM every Saturday through Wednesday. ***Please visit [StMarysParkCity.com/COFFEE](http://StMarysParkCity.com/COFFEE) to join online.***

## DAILY E-REFLECTIONS

Unique and not to be found anywhere else! Receive reflections on scripture and daily readings! To get St. Mary's own daily, written E-Reflections in your inbox, text ***Reflections*** to 84576 from your smartphone.



FACEBOOK  
[@StMarysParkCity](https://www.facebook.com/StMarysParkCity)



YOUTUBE  
St. Mary's Park City



INSTAGRAM  
[@stmarys\\_parkcity](https://www.instagram.com/stmarys_parkcity)



FLICKR  
St. Mary's Church -  
Park City

**VISIT [STMARYSPARKCITY.COM/DIGITAL-CONTENT](http://STMARYSPARKCITY.COM/DIGITAL-CONTENT)**

# MASS AND CONFESSION TIMES

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## ST. MARY'S CHURCH

### MASS

**Daily Mass (Mon - Fri):** 8 AM  
**Saturday (anticipatory):** 5:30 PM  
**Sunday:** 8 AM, 10:30 AM, 1:00 PM,  
3 PM

### CONFESSION

**Tuesday, Thursday, Saturday:**  
4:30 - 5:30 PM

## ST. LAWRENCE

### MASS

**Monday, Thursday:** 9:30 AM  
**Wednesday:** 6 PM  
**Saturday (anticipatory):** 5 PM  
**Sunday:** 10 AM, 12 PM

### CONFESSION

**Monday, Thursday:** 10 AM  
**Wednesday:** 5-6 PM

## OLD TOWN CHAPEL

### OPEN DAILY

**Visit:** Daylight hours

Live liturgical calendar:  
[StMarysParkCity.com/LITURGY](http://StMarysParkCity.com/LITURGY)

# IMPORTANT LITURGICAL DAYS AT ST. MARY'S

## LENT, SCRUTINIES, SACRED TRIDUUM

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The Lenten Season is now upon us! Lent is a time of healing and growth, and not just in the spiritual sense. In a few weeks, the Church itself will grow with the addition of new members, traditionally at the Easter Vigil celebration.

This season is especially important for these catechumens (the adults who are preparing for baptism at the Easter Vigil). Lent is their final time of spiritual preparation before entering into the full sacramental life of the Church.

For the 3rd, 4th and 5th Sundays of Lent, we celebrate “scrutinies” for the elect. Scrutinies are rites for self-searching, repentance, and above all, a spiritual purpose. The scrutinies are meant to uncover, then heal all that is weak, defective, or sinful in the hearts of the elect; to bring out, then strengthen all that is upright, strong and good. Then, during the whirlwind of Holy Week, all of us are invited to uncover what is weak or sinful in a deeper way.

We invite you to take note of the calendar below and join with us in prayer for the catechumens and for the whole Church.

**FEBRUARY 14:** Ash Wednesday

**MARCH 3:** First Scrutiny

**MARCH 10:** Second Scrutiny

**MARCH 17:** Third Scrutiny

**MARCH 24:** Palm Sunday

**MARCH 28:** Holy Thursday

**MARCH 29:** Good Friday

**MARCH 30:** Holy Saturday

**MARCH 31:** Easter Sunday

**APRIL 7:** Divine Mercy Sunday

**MAY 19:** Pentecost

**MAY 26:** Trinity Sunday

## DIOCESAN EVENTS THIS LENT

### RETREAT AND PENANCE SERVICE

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The Diocese is hosting a free Lent Retreat at St. Vincent de Paul Parish on March 23. **The English session will be held from 9 AM to 12 PM. A Spanish retreat will follow from 1 PM to 4 PM. The presenter for the English session will be Fr. Ray John Marek, OMI; the presenter for the Spanish session will be Fr. Alfredo Basualdo. For more information, contact Trisha Norcross, 801-328-8641 ext. 369. To stay updated please visit the diocesan website at [dioslc.org](http://dioslc.org).**

**St. Vincent will also be hosting a Penance service on March 6 at 6 PM. The parish address is 1375 Spring Lane Salt Lake City, UT 84117.**



# STATIONS OF THE CROSS

## PRAY ANYTIME, ANYWHERE

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Parishioners are invited to come to the main church every Friday during Lent to pray a parishioner-led Stations of the Cross at 3 PM. Each week will feature a different version of the Stations and begin with the Divine Mercy Chaplet. Volunteers will be needed to carry the cross and lead the readings. All are welcome to participate on any Friday. ***Also, come see our new carved stations that add to the beautiful by Bolesław Parasion by allowing people to pray either the scriptural stations or the traditional arrangement!*** Note: Stations on February 16 will be during 40 Hours Adoration.

### FEBRUARY 16

Stations of the Cross  
Mary's Way of the Cross

### FEBRUARY 23

Stations of the Cross  
By St. Josemaría Escrivá

### MARCH 1

Stations of the Cross  
by Pope St. John Paul II,  
1991 Stations of the Cross

### MARCH 8

Scriptural Stations of the  
Cross

### MARCH 15

Stations of the Cross  
By Mother Angelica

### MARCH 22

Stations of the Cross  
By St. Faustina

### MARCH 29

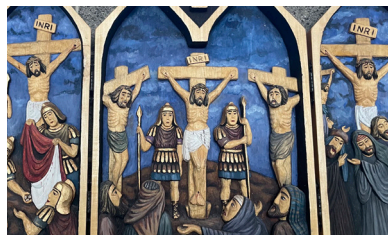
Stations of the Cross  
Carmelite Stations

***St. Mary's vocation discerners will also be leading Stations at Old Town Chapel every Tuesday at 11 AM. Our churches are also open during the day for people to pray on their own or online using the St. Mary's Stations of the Cross guide: [StMarysParkCity.com/stations](http://StMarysParkCity.com/stations)***

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Stations of the Cross will be prayed in Spanish at the White Pine Church on Friday at 6 PM.

***El Vía Crucis se rezará en español en la Iglesia de White Pine los viernes a las 6 PM.***



To pray the Stations online, visit [StMarysParkCity.com/STATIONS](http://StMarysParkCity.com/STATIONS)

# BECOMING WHITE

## STRATEGIES FOR HAVING

Here at St. Mary's, preparing for Lent is something that has been on our minds for a little while. For example, our annual ash-making party before-hand, utilizing the traditional "*septuagesima*" season to call to mind our faults so Lent doesn't sneak up on us, just to name a few things.

There are many things to give up and many practices we can add during Lent to make this season, traditionally focused on Penance, successful. **Here are some suggested tips you can focus on this Lent.**

### STOP SWEARING

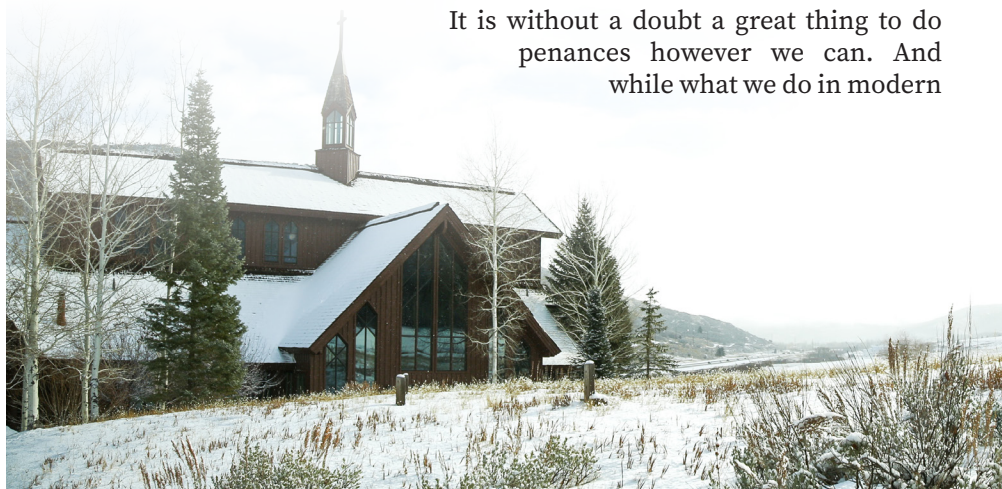
*"Not what goes into the mouth defiles a man, but what comes out of the mouth, this defiles a man." - Matthew 15:11*

The habit of swearing is a difficulty many people experience. For the vast majority of time, it is something incredibly small — maybe we are surprised, angered, or in pain and we just blurt out something ugly or gross. Maybe a not-so-nice word has become a social lubricant. But if we actually think about it, saying these things aren't necessary at all. This Lent, you could try to control your speech more carefully, and instead of focusing on trying to rid yourself of every tiny fault, approach it by considering "*what in my character would make me want to say these words in the first place?*" This brings us to our next tip.

### REPLACE BAD ATTITUDES WITH GOOD ONES

*Not everything about Lent has to be unbearable.*

It is without a doubt a great thing to do penances however we can. And while what we do in modern



# THE AS SNOW ING A SUCCESSFUL LENT

times may seem as less strenuous than the penances of yore did, that doesn't mean we can't also have good, if not better, results in different ways.

Oftentimes we are uncharitable — we gossip, brag, say small-talk that puts others down. General meanness. We should have the humility to recognize that this happens all the time, even if we consider ourself “otherwise good people.” Lent is not just about penance. It's also about charity and prayer. We recommend to also try being a nicer person, imitating the love of Christ, or even increasing your charitable giving to those in need. After all, Easter is approaching, so we should also have an attitude of joy.

## **PRAY TO OVERCOME BAD HABITS**

*Finding time for prayer will greatly improve your spiritual life.*

Often enough, we tend to overindulge in a variety of things — food, drink, and endless social media use. Sadly, with the rise of the internet, it is easy consume things that we shouldn't indulge in at all. Increased prayer to overcome these things are essential as we can't do anything without God's grace. However, a great way to commit and start getting rid of these vices is to replace the time we would spend doing this with prayer. Read Scripture. Say the Rosary. Even if it seems dry or pointless for overcoming a particular sin, you are already using up the time you would otherwise spend on your vices. You might end up realizing you don't even have time to think about your bad habits!

*If Lent seems intimidating, we hope calling to mind these little-things can remind you that you can bring anything to God and advance in holiness.*



# “THE STREET”

## *A Lenten Harp Concert*

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STATIONS OF THE CROSS MEDITATION  
PERFORMED BY PARKER RAMSAY



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SAT, FEBRUARY 24, AT 7 PM | ST. MARY'S CHURCH

**Please join us for a special evening put on by St. Mary's, the Utah Chapter of the American Harp Society, and Writ & Vision, featuring famed harpist Parker Ramsay.**

Come hear Ramsay, the exclusive performer of the *The Street*, play this unique musical meditation on the Stations of the Cross.

**There will also be an opportunity to purchase religious art conveying Easter themes by Ester Candari.**

*The Street* is a set of meditations on the fourteen stations of the cross scored for solo harp. Each movement can, in some performances, be paired with plainchant, chosen to augment and in some cases provide counterpoint

to the traditional narrative of Good Friday.

The spark for each movement is original texts by Alice Goodman — either read aloud or read in silence — which are simultaneously specific, evocative, mysterious, and poetic.

**The Utah Chapter of the American Harp Association, the largest chapter in the country, is pleased to bring Harpist Parker Ramsay to Park City.**

Recent and upcoming performances of his include solo performances at Alice Tully Hall, the Miller Theatre at Columbia University, King's College, Cambridge, the Spoleto Festival USA and more.



# CAPPADOCIA CHURCH IN CRISIS

3 NIGHT RETREAT: FEBRUARY 27 - 29, 6:30 PM | SOCIAL HALL

WITH FR. JOSEPH HAMILTON

HISTORY OF THE CAPPADOCIAN FATHERS

ST. GREGORY OF NYSSA, ST. GREGORY NAZIANZEN & ST. BASIL THE GREAT



**Join us for a retreat given over three evenings and be transported to the ancient territory of Cappadocia.** Located in modern day Turkey, this region of fantastic landscapes was seminal in the development of Christianity and witnessed some of the principal upheavals that led to the formation of the Creed we pray every Mass on Sunday.

**Over three evenings we will examine three crises that took place in the cradle of Christianity and touch on our lives of faith today;** a Pentecostal crisis in the second century and its ongoing ramifications for charismatic ministries today, the terrifying account of a woman masquerading as a bishop in a time of persecution in the third century, and finally, the moment Christianity almost self-destructed in the fourth century resulting in the creation of the Nicene Creed.

**TUESDAY:** *The Crisis of Montanism and the Enthusiastic Movements*

**WEDNESDAY:** *The possessed woman masquerading as a cleric*

**THURSDAY:** *Neo-Arian smoke and saintly heroism*



# JOIN THE KNIGHTS OF COLUMBUS FOR A ST. PATRICK'S DAY PARTY!

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SATURDAY, MARCH 16, AT 7 PM | ST. MARY'S SOCIAL HALL

**BUY YOUR TICKETS ONLINE NOW!**

Come join St. Mary's Knights of Columbus at their St. Patrick's Day dinner party on Saturday, March 16! All parishioners and all families are invited to honor this great saint (feast day March 17).

The event will start at 7 PM in the social hall. All families are encouraged to attend!

***All proceeds benefit local Knights of Columbus annual charities.***

Stop by for corned beef, cabbage, carrots, boiled potatoes, and some Irish soda bread followed by ice cream!

Tickets will be available online. ***For more information or to purchase tickets please visit the website at [StMarysParkCity.com/Knights](http://StMarysParkCity.com/Knights).***

Music will be provided for dancing after dinner!

**STMARYSPARKCITY.COM/KNIGHTS**

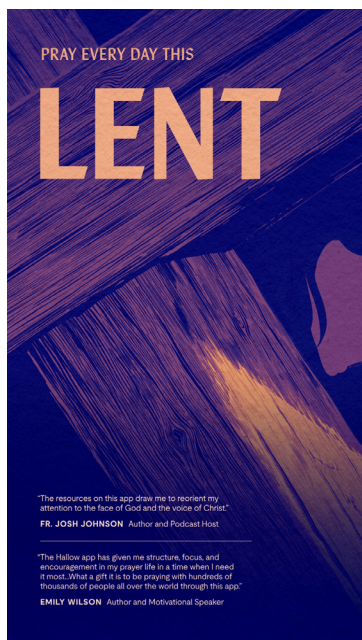
# PRAY EVERYDAY IN LENT WITH ST. MARY'S!

## DOWNLOAD THE HALLOW APP FOR FREE!

Great news — we at St. Mary's are excited to announce that we are partnering with *Hallow* this Lent! Parishioners are invited to access all premium app content beginning now through Easter Sunday. We'll have a specific Lenten prayer challenge starting Ash Wednesday, but you don't have to wait. You can begin praying with *Hallow* today!

*Hallow* is the #1 prayer app in the world. Through prayer and meditation rooted in the Catholic faith, *Hallow* helps people grow closer to God and find peace. Users are able to pray alongside Fr. Mike, Immaculee, Mark Wahlberg, Jonathan Roumie, Bishop Barron, Harrison Butker of the Kansas City Chiefs, and many more.

**To register, please visit [hallow.com/holyday](https://hallow.com/holyday) and search for St. Mary's Park City in the drop-down.**



**REGISTER AT [HALLOW.COM/HOLYDAY](https://hallow.com/holyday)**

## RETIRO DE CUARESMA EN ESPAÑOL

### EL AMOR DE DIOS, FE Y CONVERSIÓN

**EL 7 - 9 DE MARZO DE 6 PM A 8 PM | SALÓN SOCIAL,**



Por favor acompañenos al retiro de cuaresma "El Amor de Dios, Fe y Conversión", en Sta. María, del jueves 7 de marzo al sábado 9 de marzo de 6 PM a 8 PM en el salón social, con el Presentador el Dr. Antonio Ramírez.

**Favor de llamar a la oficina para registrarse (435-649-9676).**

**VISITE**  
**[STMARYSPARKCITY.COM/ESPAÑOL](https://stmarysparkcity.com/español)**

# REGULACIONES PARA LA CUARESMA

## AYUNO Y ABSTINENCIA

1. Todos los católicos de 14 años o más deben abstenerse de comer carne el Miércoles de Ceniza y todos los viernes de Cuaresma, a menos que coincida con una solemnidad.
2. Todos los católicos que están entre las edades de 18-59 años están llamados al ayuno el Miércoles de Ceniza y el Viernes Santo. (Canon #1252)
3. En un ayuno se permite una comida completa y dos más ligeras, que combinadas no se harán más grande que otra comida completa; no se permite comer entre comidas.
4. Un espíritu de ayuno es recomendado durante toda la Cuaresma como anticipación a la gran fiesta de la Pascua. En esta forma los cristianos expresan su hambre de Dios, su responsabilidad hacia los pobres y su reconocimiento del Reino de Dios, como respuesta para todo tipo de hambre humana.
5. “Párrocos y padres/madres deben orientar a los menores de edad a quienes no repercute la ley del ayuno y abstinencia, educándolos en un auténtico espíritu de penitencia.” (Canon #1252)

## PRIVILEGIOS PARA LA GENTE QUE VIAJA

Trabajadores de aeropuertos y viajeros, mientras dure su viaje y otros que se encuentren a bordo de barcos, buses y aviones están dispensados de las leyes de ayuno y abstinencia, (excepto Viernes Santo); sin embargo, se espera que aquellos que están dispensados hagan algún acto piadoso en compensación.

## OBLIGACION EN PASCUA

Todos los católicos deben recibir la Santa Comunión por lo menos una vez dentro del primer domingo de la Cuaresma, el 18 de febrero de 2024, y el domingo de la Santísima Trinidad, el 26 de mayo de 2024, a no ser que por causa justa se cumpla en otro tiempo durante el año. (Canon #920).

