Lenten Regulations

Abstinence: The Church asks all Catholics age 14 and older to abstain from meat on Ash Wednesday (February 26) and all Fridays of Lent. (See also Penance.)

Fasting: All Catholics ages 18 to 59 are obligated to fast on Ash Wednesday (February 26) and Good Friday (April 10). Limit yourself to a single full meal and two smaller ones during the day, with no food between meals.

Easter Duty: All Catholics who have received their first Holy Eucharist are expected to receive Communion at least once a year, between the First Sunday of Lent (March 1) and Trinity Sunday (June 7).

Penance: All Fridays throughout the year and Lent are penitential days for prayerful remembrance of the Passion of Jesus Christ. While abstinence in a true spirit of penance is commended, individuals may substitute other practices of voluntary self-denial or personal penance, such as acts of temperance, prayer, or charity.

NOTE: During Lent, we ask everyone to please refrain from leaving flowers in the church and on the altar.

The calendar printed on the inside pages is for you to post in your home.

Days of abstinence (no meat) — Days of fasting and abstinence
# 2020 Lent Calendar

Sunday | Monday | Tuesday
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### March 1
- **1st SUNDAY OF LENT**
  - Masses: 8 am & 12:05 pm
  - Miraculous Medal Novena: after 8 am & 12:05 pm Masses
  - Rosary: 12:40 pm

### March 2
- Masses: 8 am & 12:05 pm
- Miraculous Medal Novena: after 8 am & 12:05 pm Masses
- Rosary: 12:40 pm

### March 3
- Masses: 8 am & 12:05 pm
- Miraculous Medal Novena: after 8 am & 12:05 pm Masses
- Rosary: 12:40 pm

### March 4
- Masses: 8 am & 12:05 pm
- St. Joseph’s Novena: at 12:05 pm Mass
- Rosary: 12:40 pm

### March 5
- Masses: 8 am & 12:05 pm
- Adoration of the Blessed Sacrament: 12:40 pm, followed by Rosary
- Benediction: 7:30 pm

### March 6
- Masses: 8 am & 12:05 pm
- St. Joseph’s Novena: at 12:05 pm Mass
- Rosary: 12:40 pm

### March 7
- Masses: 8 am & 12:05 pm
- St. Joseph’s Novena: at 12:05 pm Mass
- Rosary: 12:40 pm
- Vigil Mass: 5 pm

### March 8
- 2nd SUNDAY OF LENT
  - Masses: 8 am & 12:05 pm
  - Miraculous Medal Novena: after 8 am & 12:05 pm Masses
  - Rosary: 12:40 pm
  - Daylight Saving Time Begins

### March 9
- Masses: 8 am & 12:05 pm
- Miraculous Medal Novena: after 8 am & 12:05 pm Masses
- Rosary: 12:40 pm

### March 10
- Masses: 8 am & 12:05 pm
- Miraculous Medal Novena: after 8 am & 12:05 pm Masses
- Rosary: 12:40 pm

### March 11
- Masses: 8 am & 12:05 pm
- St. Joseph’s Novena Begins at 12:05 pm Mass
- St. Padre Pio Prayer Group: after 12:05 pm Mass
- Rosary: 12:40 pm

### March 12
- Masses: 8 am & 12:05 pm
- St. Joseph’s Novena: at the 12:05 pm Mass
- Adoration of the Blessed Sacrament: 12:40 pm, followed by Rosary
- Benediction: 7:30 pm

### March 13
- Masses: 8 am & 12:05 pm
- St. Joseph’s Novena: at the 12:05 pm Mass
- Rosary: 12:40 pm
- Stations of the Cross: 7:30 pm followed by Benediction

### March 14
- Masses: 8 am & 12:05 pm
- St. Joseph’s Novena: at the 12:05 pm Mass
- Rosary: 12:40 pm
- Vigil Mass: 5 pm

### March 15
- 3rd SUNDAY OF LENT
  - Masses: 8 am & 12:05 pm
  - Miraculous Medal Novena: after 8 am Mass
  - St. Joseph’s Novena: at the 11:15 am Mass

### March 16
- Masses: 8 am & 12:05 pm
- Miraculous Medal Novena: after 8 am Mass
- St. Joseph’s Novena: at the 12:05 pm Mass
- Rosary: 12:40 pm

### March 17
- **St. Patrick’s Day**
  - Masses: 8 am & 12:05 pm
  - St. Joseph’s Novena: at the 12:05 pm Mass
  - Rosary: 12:40 pm

### March 18
- **St. Joseph’s Day**
  - Masses: 8 am & 12:05 pm
  - St. Joseph’s Novena Concludes at 12:05 pm Mass
  - Adoration of the Blessed Sacrament: 12:40 pm, followed by Rosary
  - Benediction: 7:30 pm

### March 19
- Masses: 8 am & 12:05 pm
- Rosary: 12:40 pm
- Stations of the Cross: 7:30 pm followed by Benediction

### March 20
- Masses: 8 am & 12:05 pm
- Rosary: 12:40 pm
- First Reconciliation: 10 am & 2 pm
- Vigil Mass: 5 pm

### March 21
- Masses: 8 am & 12:05 pm
- Rosary: 12:40 pm
- Vigil Mass: 5 pm
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<td>4th SUNDAY OF LENT</td>
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<td>BLESSED PALMS DISTRIBUTED AT EACH MASS</td>
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<th>Holy Thursday</th>
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<td>NO CONFESSIONS Church opens at 6pm</td>
<td>SOLEMN MASS OF THE LORD’S SUPPER: 7:30pm</td>
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<td>WASHING OF THE FEET: 7:30pm</td>
<td>SEVEN LAST WORDS OF CHRIST: 7:30pm</td>
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<td>RELIGIOUS ED STATIONS OF THE CROSS: 7pm</td>
<td>EXPOSITION &amp; ADORATION OF THE BLESSED SACRAMENT until 10:30pm</td>
<td>SOLEMN EASTERN VIGIL 7:30pm</td>
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Our Lady Queen of Martyrs
110-06 Queens Boulevard Forest Hills, New York 11375
phone 718-268-6251; fax 718-793-2584
Emergencies (Last Rites): 718-810-9788 (after office hours)
email: rectoryolqm@aol.com website: www.ourladyqueenofmartyrs.org
2020 Holy Week in Our Parish

April 5
Palm Sunday
Masses at 9:00, 11:15 a.m. and 1:00 p.m.
Blessed Palms distributed at each Mass
Vigil Mass at 5 p.m. on Saturday, April 4
Solemn Blessing and Procession with Palms starts at 4:45 p.m.

Confessions
Reconciliation Monday, April 6: All Parishioners—11:30 a.m.,
3:30–5 p.m. and 7:30–8:30 p.m.
Tuesday, April 7: School Confessions—8:45 a.m.
All Parishioners—11:30 a.m.
Wednesday, April 8: 11:30 a.m.
Holy Thursday, April 9: No Confessions
Good Friday, April 10: after the 7:30 p.m. Liturgy
Holy Saturday, April 11: No Confessions

April 9
Holy Thursday
NO Confessions. Church opens at 6 p.m.
Solemn Mass of the Lord’s Supper at 7:30 p.m.
Mandatum (Washing of the Feet)
(There are no other Masses on Holy Thursday)
Exposition and Adoration of the Blessed Sacrament until 10:30 p.m.

April 10
Good Friday
Church opens at noon
Stations of the Cross at 1 p.m.
Solemn Liturgy of Good Friday at 3 p.m.
Veneration of the Cross; Communion Service
Solemn Liturgy of Good Friday at 7:30 p.m.
Communion Service; Seven Last Words of Christ (organ, choir, and soloists); Veneration of the Cross
Confessions begin after the 7:30 p.m. service

April 11
Holy Saturday
NO Confessions. Church opens at 6 p.m.
Solemn Easter Vigil and Mass of Resurrection at 7:30 p.m.
(There are no other Masses on Holy Saturday)

April 12
Easter Sunday
Masses at 9:00, 11:15 a.m. and 1:00 p.m.