

Lent at the Cathedral

“Lent is a fitting time for self-denial; we would do well to ask ourselves what we can give up in order to help and enrich others by our own poverty. Let us not forget that real poverty hurts: no self-denial is real without this dimension of penance. I distrust a charity that costs nothing and does not hurt.”

~ Pope Francis

Eucharistic Adoration

Every Wednesday
7:30 AM - 6:00 PM

First Friday
7:30 - 8:30 AM

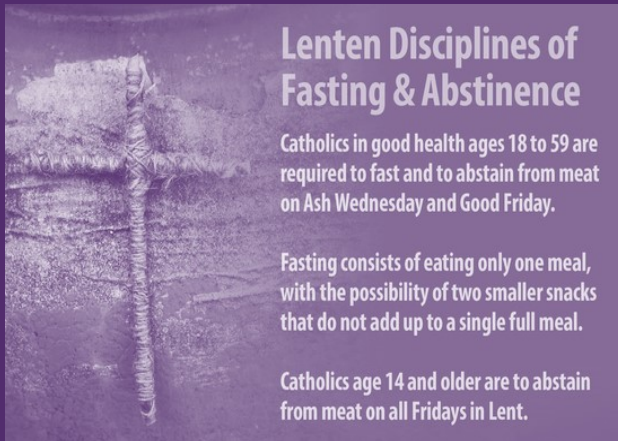
Every Saturday
8:30 - 9:30 AM

Lenten Disciplines of Fasting & Abstinence

Catholics in good health ages 18 to 59 are required to fast and to abstain from meat on Ash Wednesday and Good Friday.

Fasting consists of eating only one meal, with the possibility of two smaller snacks that do not add up to a single full meal.

Catholics age 14 and older are to abstain from meat on all Fridays in Lent.



Weekday Mass

Monday - Friday
7:00 AM

Tuesday & Thursday
5:30 PM

Saturday
8:00 AM

*5:30 PM Mass available
M, W, F @ St Hedwig

DON'T MISS THIS! THE SORROWFUL MYSTERIES

A Dramatic Presentation of the
Mystery Play Rosary Meditation

A Night of
Reflection and
Healing



Presented by
The
Franciscan
Mystery
Players
Of
St. Marie Church,
Manchester, NH

Friday, March 12, 2021
St Joseph Cathedral
145 Lowell St, Manchester, NH
7:30 PM

Confession

Monday - Saturday
7:30 - 8:00 AM

Saturday
2:30 - 3:30 PM

Sunday, February 28
9:30 - 10:00 AM &
11:30 - 12:00 PM

Sunday, March 14
9:30 - 10:00 AM &
11:30 - 12:00 PM

Lenten Retreats

Journey with Saint Joseph Presented by Saint John's Seminary
Wednesday, February 24 — 7:00 PM
www.sjs.edu/lentenretreat

Be Transformed! A Virtual Lenten Youth Retreat
Sunday, February 28 — 3:00 - 5:00 PM
www.lentenjuvenileeventbrite.com

Silent Strength: Louder Than Words
Learning from the quiet example of St. Joseph
Men's retreat Saturday, February 20 — 9:00 AM - 1:00 PM
Woman's retreat Saturday, February 27 — 9:00 AM - 1:00 PM
www.stmichaelparish.org/lentretreat

Rice Bowls are available at all entrances of the Cathedral. Please take home a Rice

Bowl and prayerfully consider how you can donate to *Catholic Relief Services* Rice Bowl during Lent.

www.crsricebowl.org



Stations of the Cross

Fridays

3:00 PM & 6:00 PM