

HISPANIC MINISTRY
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Lewiston Off.: 16 St. Croix St. Lewiston, ME 04240
Portland Off.: 80 Sherman St. Portland, ME 04101
(Sacred Heart Church)



Healing Service

Friday, March 28, 6:30 pm
 Holy Family Church, **Lewiston**

Eucharistic Adoration

Second Saturday of the month, 6:00 pm
 Sacred Heart Chapel, **Portland**

Spanish Masses

Augusta

Suspended until further notice
 St. Monica Chapel - 5 Kendall St.

Brewer

3rd Sunday of the month, 1:00 pm.
 St. Teresa Church - 425 South Main St.

Cherryfield

1st Sunday of the month, 1:00 pm.
 St. Michael Church - 51 Elm St

Lewiston

Every Saturday, 6:00 pm. – (Live- Stream)
 Holy Family Church
 607 Sabattus Street

Pittsfield

1st and 3rd Friday of the month, 12:00 m.
 St. Agnes Church - 238 Detroit Street

Portland

Every Sunday, 1:00 pm.
 Sacred Heart Church - 65 Mellen Street

Sanford

3rd Wednesday of the month 6:30 pm
 Holy Family Church - 66 North Ave.

Skowhegan

Saturdays, 12:00 m (to notify)
 Conference Room Kyes Motel
 137 W Front Street



HISPANIC MINISTRY

DIOCESE OF PORTLAND, MAINE

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March 2025

LENT

A time of prayer
 fasting and
 almsgiving





Ash Wednesday March 5

Ash Wednesday is a day of special relevance for Catholics, as it marks the beginning of

Lent, a 40-day period of reflection, penance and spiritual preparation for Holy Week. During this day, fasting and abstinence are practiced, and the imposition of ashes is performed, an act of humility and spiritual renewal. This season invites the faithful to draw near to God with repentance and spiritual growth.



*Saturday,
February
8th , a Day
of
Reflection,
led by our
Bishop
James
Ruggieri, at
Sacred Heart,
Portland.*



The Annunciation of the Lord March 25

It is called "Annunciation" to the visit of the Archangel Gabriel, sent by God to the Virgin Mary, to ask her to be the Mother of the Word, by the grace of the Holy Spirit.

She, conscious of her dignity and at the same time of her smallness, consented, giving herself unreservedly to the will of God. The "Yes" of Mary Most Holy opens the way to the Incarnation that occurs at that moment. At that moment the Word became flesh. Eternal God came to dwell in it assuming human nature.



Saint Joseph March 19



In God's reconciling Plan, Saint Joseph had an essential role: God entrusted him with the great responsibility and privilege of being the adoptive father of the Child Jesus and of being Virgin Mary's husband. Saint Joseph, the Holy Custodian of the Holy Family, is the closest saint to Jesus and the most

Holy of the Virgin Mary.

He was probably born in Bethlehem, the city of David from which he was descended. At the beginning of the story of the Gospels (shortly before the Annunciation), St. Joseph lived in Nazareth.

According to Matthew 13:55 and Mark 6:3, St. Joseph was a tekton. The word means in particular that he was a carpenter or mason.

Our Lord Jesus was called "Son of Joseph", "the carpenter" (Jn 1:45; 6:42; Lk 4:22).

As we know, he was not the natural father of Jesus, who was begotten in the virginal womb of the Virgin Mary by the power of the Holy Spirit and is the Son of God, but Joseph lovingly adopted him and Jesus submitted to him as a good son before his father.

Lent is the liturgical time of conversion, which marks the church to prepare for the great feast of Passover. It is time to repent of our sins and to change something of us to be better and to live closer to Christ.

Lent lasts 40 days; It begins on Ash Wednesday and ends before the mass of the Lord's Supper of Holy Thursday. Throughout this time, especially in the liturgy of Sunday, we make an effort to regain the rhythm and style of true believers that we must live as children of God.



The liturgical color of this time is the abode that means mourning and penance. It is a time of reflection, of penance, of spiritual conversion; Preparation time for the Paschal mystery.

In Lent, Christ invites us to change our lives. The church invites us to live lent as a path to Jesus Christ, listening to the word of God, praying, sharing with others and doing good deeds. It invites us to live a series of Christian attitudes that help us to look more like Jesus Christ, because by action of our sin, we move away more from God.

For this reason, lent is the time of forgiveness and fraternal reconciliation. Every day, throughout our lives, we must throw from our hearts the hatred, the rancor, the envy, the jealousy that opposes our love for God and the brothers. In Lent, we learn to know and appreciate the Cross of Jesus. With this we also learn to take our cross with joy to reach the glory of the resurrection.

40 days

The duration of Lent is based on the symbol of the number forty in the Bible. In this one, one speaks of the forty days of the flood, of the Forty years of the march of the Jewish people through the desert, of the forty Days of Moses and of Elijah in the mountain, of the forty days that Jesus spent in the desert before beginning his public life , of the 400 years that lasted the stay of the Jews in Egypt.

En la Biblia, el número cuatro simboliza el universo material, seguido de ceros significa el tiempo de nuestra vida en la tierra, seguido de pruebas y dificultades.

The practice of Lent dates from the fourth century, when the tendency is to constitute it in time of penance and renewal for the whole church, with the practice of fasting and abstinence. Conserved quite vigorously, at least initially, in the churches of the Orient, the penitential practice of Lent has been increasingly lightened in the west, but a penitential and conversion spirit must be observed.

Fuente: <https://www.aciprensa.com/recurso/2773/cuaresma-que-es-la-cuaresma>