

Fasting and Abstinence

Obligatory for Catholics on
Ash Wednesday and Good Friday
(depending on age and health).

Fridays during Lent are obligatory days of
abstinence.



SCHEDULE

Holy Thursday, April 13th, 7 PM

Good Friday, April 14th

**3 PM Veneration of the Cross and
7 PM Stations of the Cross**

Holy Saturday, April 15th

**12 PM Blessing of the food
and 7:30 PM Vigil Mass**

Easter Sunday, April 16th

7 AM, 9 AM, 11 AM

HE IS RISEN
alleluia

MASS TIMES

Daily

Monday – Friday 8 AM

Saturday Vigil

4:30 PM (winter)

5:30 PM (rest of the year)

Sunday

9 AM (Family Mass) & 11 AM

Holy Days

8 AM, 12 PM, & 5:30 PM

CONFESSION

3:30–4 PM (winter)

4:30–5 PM (rest of the year)

or by appointment

We are all sinners. But
God heals us with an
abundance of grace,
mercy and tenderness.

Pope Francis

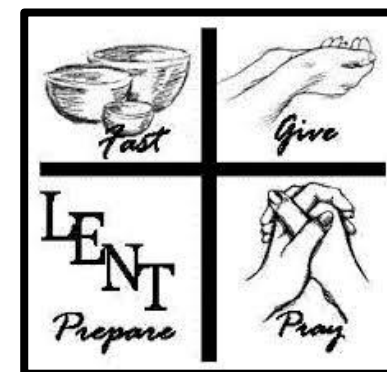
Contact Us

Our Lady Star of the Sea R.C. Church
1200 Shippan Avenue
Stamford, CT 06902
(203) 324-4634

ourladystaroftheseastamford.org

LENT HAPPENINGS!

Our Lady Star of the Sea



**WELCOME - OLSS PARISHIONERS,
VISITORS AND THOSE
COMING HOME!**

**WE ALL NEED EACH OTHER
TO LIVE FULLY AS THE
BODY OF CHRIST!
WE ALL BELONG!**

Lent Reflections

Bishop Barron
lentreflections.com

Matthew Kelly
dynamiccatholic.com/bestlentever



A S H
W E D N E S D A Y

March 1st

**8 AM, 12 PM, & 5:30 PM
Come get your Ashes!**

March 2nd, Thursdays
7-8:30 PM (6 weeks)
Scriptural Roots of the Sacraments

With Fr. Joseph Gill, Trinity High School
Just show up.

March 3rd & April 7th
Fridays, 8:30 AM – 12 PM
**Adoration of the
Blessed Sacrament**

Come Adore Our Lord & Be Loved!

starts March 3rd,
Fridays during Lent, 7PM
Stations of the Cross with
Live Stations of the Cross
on April 14th

starts March 4th
Saturdays after Vigil Mass
Saint Movies

March 4th - Monsieur Vincent

March 11th - The Letters

March 18th - St. John of the Cross

March 25th - Saint Barbara

April 1st – Polycarp

April 8th - Edith Stein

March 5th, Sunday
during 9 AM & 11 AM Masses
Fr. Herald Brock, CFR
Lenten Reflection

"Freedom & Transformation in Christ"

March/April
New Book Club
Author & Title TBA in Bulletin
Dialogue & Delectables, Saturday
April 22nd at 7 PM

March 8th, Wednesday
Senior Luncheon 12 PM
Taste of Poland

RSVP jconnolly34@optonline.net
or call (203) 324-0290

March 17th, Friday
6 PM – 8 PM
Challenge: For Young Ladies
5th – 12th grades
OLSS gym

March 24th, Friday
6 PM – 8:30 PM
All boys welcome.
All dads welcome.
Conquest
Grades 1-4 attend w/dads.
SPORTS, PRAYER, PIZZA

March 25th & 26th
Ministry Fair
after each Mass

*Where can you share
your talents & gifts?*

April 1st & 2nd
Saturday, Sunday
Make a Change for Lent

Share your spare change to provide clean
water through Catholic Relief Services.

*"I was thirsty and you gave me to drink."
Mt 25:35*

April 7th, Friday
Additional Confession
available after the
7 PM Stations of the Cross

April 8th, Saturday
9 AM – 1:30 PM
Matthew Kelly
Passion and Purpose

St. Paul R.C. Church
84 Sherwood Ave.
Greenwich, CT 06831

Purchase Tickets at
[https://cart.dynamiccatholic.com/
Passion-and-Purpose-Greenwich-CT-
p/pl040817.htm](https://cart.dynamiccatholic.com/Passion-and-Purpose-Greenwich-CT-p/pl040817.htm)

**CONFESSION TIMES AND HOLY WEEK/EASTER SCHEDULE LISTED ON THE BACK OF THISPAGE.
ADDITIONAL CONFESSION TIME AVAILABLE 4/7 AFTER THE 7 PM STATIONS OF THE CROSS.**