

# HOLY COMFORTER PARISH

## LENTEN RESOURCES



**“As the sun surpasses all the stars in lustre,  
so the sorrows of Mary surpass all the tortures of the martyrs.”**

**~ Saint Basil**

Dear Holy Comforter Parish Family,

This Lenten Season, Our Lady of Sorrows keeps coming to mind. The intense suffering she must have experienced as she watched her Son being tortured and then suffer an excruciating death on the cross, is something I cannot even fathom. She truly had to be full of God’s grace to survive such terrible sufferings. Yet, through her suffering, we can know God’s grace is available to us in our own times of suffering. *To know Our Lady of Sorrows is to know Our Lady in the most intimate way, since she held this pain so close to her Immaculate Heart, a Heart pierced by swords of sorrow. To know Our Lady of Sorrows is to know more deeply her Son, Jesus Christ and the sacrifice He paid for our sins. The Rosary of Seven Sorrows is a devotion to the Virgin Mary that commemorates seven events in her life, it offers us an opportunity to see Lent through Mary’s heart and it is a weapon of grace which transforms.* Her capacity for love is an example that we can all aspire to, especially as we experience our own suffering in our daily life during Lent. Her suffering was not in vain, and she promises blessings to all who honor *Our Lady of Sorrows* which she gave to Saint Bridget of Sweden.

Through the example of Mary and her suffering, we can receive great hope and the grace to endure in faith. Below I have included some links and suggestions to be of help to you during Lent. May this be a time of uniting our suffering to His and knowing we can receive the grace we need because of Mary's example. Through Mary's fiat and suffering, she became the Mother of all. I'm Praying your Lenten Season will be one of daily reminders of Christ's passionate love for you which is always abundantly available. I place each of you in His Sacred Heart through the Immaculate Heart of Our Blessed Mother Mary.

*Melinda Wells*

Director of Religious Education

## The seven blessings promised by Mary to those who honor her sorrows

1) "I will grant peace to their families."

2) "They will be enlightened about the divine Mysteries."

3) "I will console them in their pains, and I will accompany them in their work."

4) "I will give them as much as they ask for as long as it does not oppose the adorable will of my divine Son or the sanctification of their souls."

5) "I will defend them in their spiritual battles with the infernal enemy and I will protect them at every instant of their lives."

6) "I will visibly help them at the moment of their death—they will see the face of their mother."

7) "I have obtained this grace from my divine Son, that those who propagate this devotion to my tears and dolors (sorrows) will be taken directly from this earthly life to eternal happiness, since all their sins will be forgiven and my Son will be their eternal consolation and joy."

To learn how to pray the Seven Sorrows Rosary: <https://www.holyrosarytoday.com/seven-sorrows-rosary/>

**Prayer: Set aside** a time of prayer for yourself. For those with families, make a space in your busy day to pray together.

- ❖ Eucharistic Adoration: Holy Comforter Mondays & Fridays: 1-3pm, Wednesdays 6-9pm and Thursdays following 6 pm Mass.
- ❖ Angelus: Mon and Fri 12pm before Mass
- ❖ Holy Comforter's Stations of the Cross Schedule - Fridays throughout Lent at 5:45pm followed by Soup Supper. March 7, 14, April 4 & 11 Potluck Soup Supper March 21 & 28 Knight of Columbus Soup Supper (*Family Stations of the Cross, April 4*)
- ❖ John-Paul & Annie, Pray More Lenten Retreat: <https://p.praymorenovenas.com/pray-lenten-retreat>
- ❖ Ascension Press - Best Catholic Prayers for 2025: <https://ascensionpress.com/blogs/articles/best-catholic-prayers-for-lent-2025>
- ❖ My Catholic Life - Daily Reflection: <https://mycatholic.life/lent-prayers-reflections/>

## Obedience: Attending Mass; Holy Comforter's Mass Schedule

- ❖ Daily Mass: Monday and Friday 12pm, Tuesday & Wednesday 8am
- ❖ Thursday 6pm and Saturday 8am
- ❖ Mass: Saturday Vigil 5pm, Sunday 8:30am, 11am and 2PM

## Repentance: Confession - Holy Comforter's Schedule

- ❖ Monday, Wednesdays, and Fridays 6:30pm-7:30pm, Thursdays following Mass, and Sundays 1:30pm
- ❖ Day of Recollection - Thursday, April 10 - Penance Service 5pm - Confession 6pm - 7:30pm Mass

## Sacrifice through Fasting and Almsgiving: Consider these ways to both “give up” and “give to”.

- ❖ Holy Comforter's Works of Mercy Ministry: Consider giving your time. There are many lonely men and women in Charlottesville's nursing homes. One way you can help is to join the Works of Mercy in making cards for nursing home residents. All supplies will be provided and there is no charge to participate. [mercy@holycomforterparish.org](mailto:mercy@holycomforterparish.org)
- ❖ Giving to the Poor (Poor Box located at doors of church) and Helping a neighbor in need.
- ❖ Fill a Walking with Moms baby bottle with your donation.
- ❖ Donating to Holy Comforter's Outreach Ministry or Volunteer your time in Outreach.
- ❖ Add a new Spiritual Discipline to your life: Learn a new prayer or devotion. Start reading Scripture daily—perhaps 20 minutes a day.
- ❖ Dietary Fasting

