



ST ANTHONY CATHOLIC PARISH IN FORT LAUDERDALE, FL
LENT: A TIME OF GRACE AND RECONCILIATION
LENT AND HOLY WEEK LITURGICAL EVENTS



DATE	DAY	EVENT	TIME/S	PLACE
02/18/2026	Wednesday	ASH WEDNESDAY	0630AM 0815AM 1210PM 0630PM	Church
02/20/2026	Friday	The Way of the Cross (<i>The Stations of Cross</i>)	0700PM	Church
02/22/2026	Sunday	FIRST SUNDAY OF LENT	Regular Sunday Masses Schedule	Church
02/24/2026	Tuesday	Parish Lenten Mission / Day 1	0700PM	Church
02/25/2026	Wednesday	Parish Lenten Mission / Day 2	0700PM	Church
02/26/2026	Thursday	Parish Lenten Mission / Day 3 Rite of Penance with Individual Confessions	0700PM	Church
02/27/2026	Friday	The Way of the Cross (<i>The Stations of Cross</i>)	0700PM	Church
03/01/2026	Sunday	SECOND SUNDAY OF LENT	Regular Sunday Masses Schedule	Church
03/06/2026	Friday	Exposition of the Blessed Sacrament with The Way of the Cross (<i>The Stations of Cross</i>)	0700PM	Church
03/08/2026	Sunday	THIRD SUNDAY OF LENT	Regular Sunday Masses Schedule	Church
03/13/2025	Friday	The Way of the Cross (<i>The Stations of Cross</i>)	0700PM	Church
03/15/2026	Sunday	FOURTH SUNDAY OF LENT	Regular Sunday Masses Schedule	Church
03/19/2026	Thursday	ST JOSEPH SPOUSE OF THE BLESSED VIRGIN MARY	0630AM 0815AM	Church
03/20/2026	Friday	The Way of the Cross (<i>The Stations of Cross</i>)	0700PM	Church
03/22/2026	Sunday	FIFTH SUNDAY OF LENT	Regular Sunday Masses Schedule	Church
03/25/2026	Wednesday	THE ANNUNCIATION OF THE LORD	0630AM 0815AM	Church
03/27/2026	Friday	The Way of the Cross (<i>The Stations of Cross</i>)	0700PM	Church
03/29/2026	Sunday	PALM SUNDAY OF THE PASSION OF THE LORD	Regular Sunday Masses Schedule	Church
04/01/2026	Wednesday	<i>TENEBRAE</i> Service	0800PM	Church
04/02/2026	Thursday	HOLY THURSDAY OF THE LORD'S SUPPER ---No 0630AM or 0815AM Masses	0630PM	Church
04/03/2026	Friday	FRIDAY OF THE PASSION OF THE LORD ---No 0630AM or 0815AM Masses	<i>Times Below</i>	<i>Place Below</i>
04/03/2026	Friday	The Way of the Cross (<i>The Stations of Cross</i>)	12NOON	Church
04/03/2026	Friday	The Way of the Cross (<i>The Stations of Cross</i>)	0300PM	Church
04/03/2026	Friday	THE PASSION OF THE LORD ---No Exposition of the Blessed Sacrament	0630PM	Church
04/04/2026	Saturday	---THE EASTER VIGIL IN THE HOLY NIGHT ---Celebration of the Sacraments of Initiation ---No 0630AM or 0815AM Masses	0800PM	Church
04/05/2026	Sunday	EASTER SUNDAY OF THE RESURRECTION OF THE LORD ---No Evening Masses	0630AM 0730AM 0900AM 1030AM 12NOON	Church



ST. ANTHONY CATHOLIC PARISH
FORT LAUDERDALE, FL

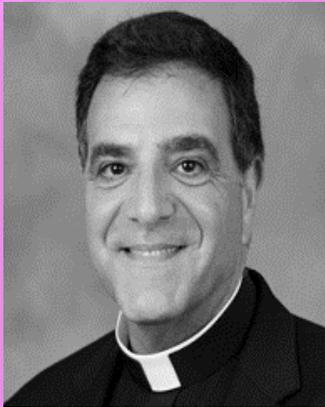
PARISH LENTEN MISSION 2026

TUESDAY FEBRUARY 24TH / WEDNESDAY FEBRUARY 25TH
7PM IN THE CHURCH

THURSDAY FEBRUARY 26TH
RITE OF PENANCE WITH INDIVIDUAL CONFESSIONS
7PM IN THE CHURCH

St. Anthony Catholic Parish is proud to announce
that an alumnus will be the Mission's Director:

REVEREND MONSIGNOR MICHAEL A. SOUCKAR, J.C.D.



A native of Fort Lauderdale and the youngest of three children, Monsignor Michael A. Souckar attended Saint Anthony School (Class of 1976) and Saint Thomas Aquinas High School (Class of 1980).

His education and formation for the priesthood began at Saint John Vianney College Seminary where he earned a Bachelor of Arts in Philosophy in 1984. He then attended Saint Vincent de Paul Regional Seminary and earned a Master of Arts in Theology and a Master of Divinity in 1988.

He was ordained a priest for the Archdiocese of Miami by Archbishop Edward McCarthy on May 21, 1988.

Following several parish assignments, Monsignor Souckar was assigned to graduate studies and earned a Licentiate in Canon Law from The Catholic University of America in Washington in 1994 and a Doctorate in Canon Law from the Pontifical Gregorian University in Rome in 2012.

A member of the Canon Law Society of America since 1992; has served on several committees and was elected as President in 2014. He has published several articles on canon law.

Monsignor Souckar served for twelve years as the priest-secretary to the Archbishop of Miami and for seven years as Chancellor of the Archdiocese of Miami.

In 2001, Pope Saint John Paul II named him Chaplain to His Holiness with the title of Monsignor; and in 2007, Pope Benedict XVI named him Prelate of Honor.

In 2002, he was granted the title of Archimandrite by the Most Reverend John Elya, Eparch of the Melkite Catholic Eparchy of Newton.

Since 2013, he has been Pastor of Saint Andrew Parish in Coral Springs, as well as Adjutant Judicial Vicar and Judge at the Metropolitan Tribunal of the Archdiocese of Miami.

— Join us as we prepare for the Mystery of the Passion, Death and Resurrection

LENT

RETURN TO ME WITH
YOUR WHOLE HEART

PREPARING FOR/DURING LENT AND EASTER

- UNITED STATES CONFERENCE OF CATHOLIC BISHOPS LENTEN RESOURCES
<https://www.usccb.org/prayer-worship/liturgical-year/lent>
- PRAY
 - Resources to help with daily prayers and the daily reading for Mass:
 - Magnificat: <https://us.magnificat.net/>
 - Give Us This Day: <https://giveusthisday.org/>
 - The Liturgy of the Hours for the laity, from Word on Fire: <https://www.wordonfire.org/pray/>
 - Pray with the Pope
 - Pray with the Pope is a global initiative of the Pope's Worldwide Prayer Network where the Holy Father shares his monthly prayer intention, an invitation to pray and mobilize for the challenges facing humanity and the mission of the Church, through The Pope Video and The Pope Audio. Simple and accessible, it helps anyone, anywhere, take a moment to pray with the Pope and stay connected to the Church's mission.
 - <https://www.popesprayer.va/praywiththepope/>
- FAST & ABSTINENCE
 - Choose something that is Specific, Achievable, and Realistic.
 - Fasting is for Ash Wednesday and Good Friday (Ages 18-59). Abstinence Every Friday during Lent (Ages 14 +). When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. Those that are excused from fast and abstinence outside the age limits include the physically or those with mental health issues including individuals suffering from chronic illnesses. Also excluded are pregnant or nursing women. **THESE GUIDELINES ARE NOT ABSOLUTES, USE PRUDENCE AND RIGHT JUDGEMENT IN MAKING YOUR DECISION.** There are other ways to fast or abstain. **LOOK AT THE LITANY BELOW.**
- ALMSGIVING
 - 73 Million People around the world go hungry every day.
 - Consider donating to Catholic Relief Services. More info at: www.crs.org
 - You may also donate to St Anthony Homeless Ministry by contacting the church office.
- SACRAMENT OF RECONCILIATION (*CONFESSION*)
 - The Importance of receiving God's Gift of Forgiveness
 - Checkout: <https://www.usccb.org/resources/gods-gift-forgiveness>
 - Parish Reconciliation Times: Saturdays 04:30-05:00PM / Sundays 11:30AM-12NOON.
 - Anytime by appointment by calling the church office.
 - During the Rite of Penance on Thursday February 26th at 7PM in the Church.
- RECOMMENDED SPIRITUAL READING FOR LENT:
 - The Return of the Prodigal Son. A Story of Homecoming. *By Fr. Henri J. M. Nouwen*
- THE PARISH HAS A SUBSCRIPTION WITH: FORMED. ONLINE RESOURCES FREE OF CHARGE TO PARISHIONERS

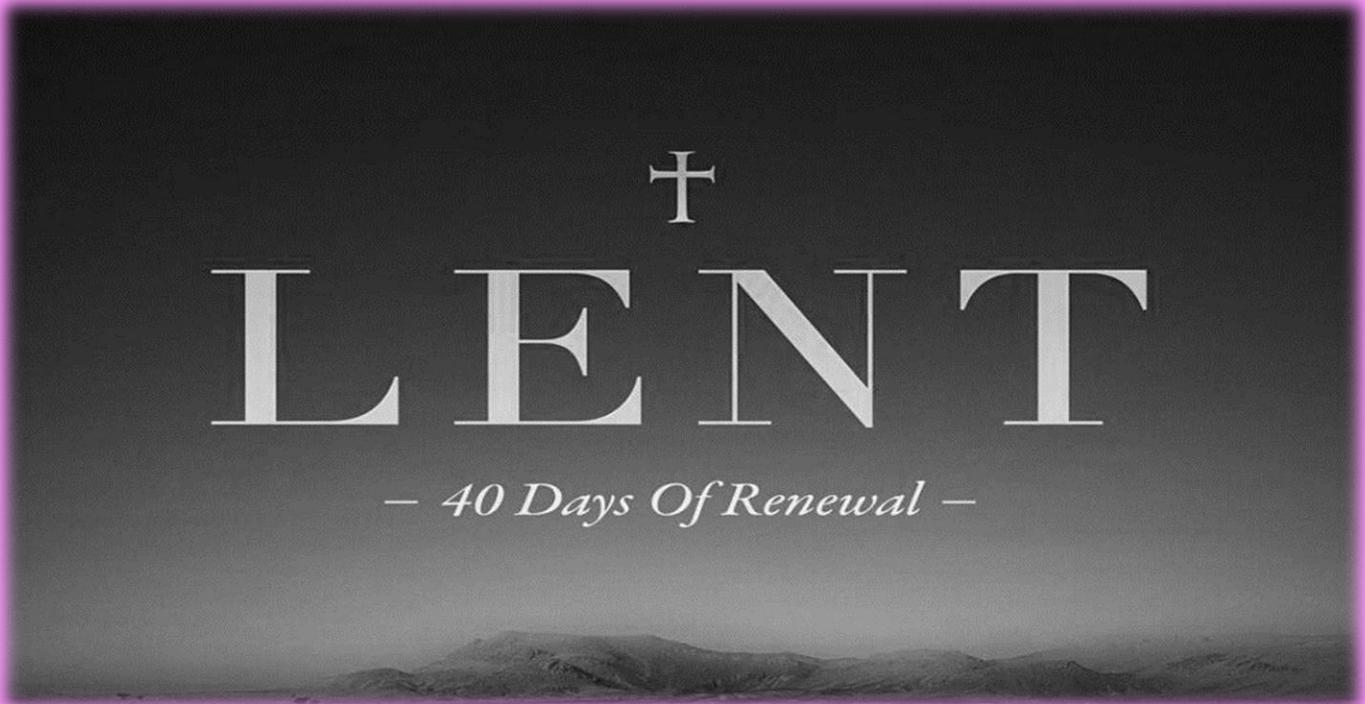
www.Formed.org

1. Please choose Find Your Parish Subscription.
2. Click on "Continue to Sign up/Login.
3. You will be prompted to Sign In with your email. Please enter your email and click "Next".
4. You will then either be prompted to Enter Code from Email - please check your email, but leave this tab/page open! OR you will be asked to enter your password (if you've previously set one up).
5. Enter the one time code sent to your email (please make sure to check your junk or spam) OR enter your password.
6. Select your parish by entering the parish zip code, then click "Submit".
7. If you haven't previously set up a password, you may be prompted to do so.
8. Create your password using a minimum of 7 characters which must include one number and one special character.
9. You should then be taken to the main Formed site, and should be automatically signed in and be able to access all the content.
10. Questions, and to help you make the most of your Formed subscription.
Email: parishcare@formed.org / Phone: 1 (800) 777-7502
11. Once on the website search for: LENT OR HOW TO LENT

LENTEN LITANY ON FASTING AND FEASTING

Fast from judging others;	Feast on the Christ indwelling them.
Fast from emphasis on differences;	Feast on the unity of all life.
Fast from apparent darkness;	Feast on the reality of light.
Fast from thoughts of illness;	Feast on the healing power of God.
Fast from words that pollute;	Feast on phrases that purify.
Fast from discontent;	Feast on gratitude.
Fast from anger;	Feast on patience.
Fast from pessimism;	Feast on optimism.
Fast from worry;	Feast on divine order.
Fast from complaining;	Feast on appreciation.
Fast from negatives;	Feast on affirmatives.
Fast from unrelenting pressures;	Feast on unceasing prayer.
Fast from hostility;	Feast on non-resistance.
Fast from bitterness;	Feast on forgiveness.
Fast from self-concern;	Feast on compassion for others.
Fast from personal anxiety;	Feast on eternal Truth.
Fast from discouragement;	Feast on hope.
Fast from facts that depress;	Feast on truths that uplift.
Fast from lethargy;	Feast on enthusiasm.
Fast from suspicion;	Feast on truth.
Fast from thoughts that weaken;	Feast on promises that inspire.
Fast from shadows of sorrow;	Feast on the sunlight of serenity.
Fast from idle gossip;	Feast on purposeful silence.
Fast from problems that overwhelm;	Feast on prayer that undergirds.

--- *William Arthur Ward (American author, teacher and pastor, 1921-1994)*



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LENT
— 40 Days Of Renewal —