

Saint Charles Borromeo Catholic Church

Catholic Diocese of Richmond

Rev. J. Michael Breslin, Pastor

Rev. Mr. Donald T. Donovan, Deacon



545 Randolph Avenue, Cape Charles, VA 23310

Office 757-331-2040 Rectory 757 -331-1724

E-mail: officemanager@stcharlesbcc.org

Website: www.stcharlesbcc.org

OUR MISSION STATEMENT

Saint Charles Borromeo Parish is a Catholic Community of Faith which is dedicated to prayerful worship of our Lord and Savior, providing a welcoming place to others, Christian service to all our neighbors and grateful stewardship of our earthly home.

Mass Schedule (subject to change)

Saturday Evening Vigil Mass

5:00 PM

Sunday Masses

9:00 AM English

4:00 PM Spanish

Daily

9:30 AM (Wednesday – Friday)

Holy Days

Please call for schedule

Welcome to Our Parish

We are happy to welcome you with great joy to our Faith Community! New Parishioners are requested to register. Please fill out a Parish registration form so we have a record of you and your family. We also welcome you to become an active member of the Parish. Please obtain a registration form from the rear of the Church or the Parish Office. Also, if you are moving, please notify the Parish Office.

**March 30, 2025
4th Sunday of Lent**

Saint Charles Parish Staff

Marta Rose, *Office Manager*

Michael Flanagan, *Music Director*

Alicia Brady, *Organist*

Marge Surran, *Archivist*

Gail McCormick, *Bulletin Editor*

E-mail: bulletinscc@stcharlesbcc.org

Saint Charles Parish Ministries

Kevin Fallon, *Parish Council Chairperson*

David Scott, *Parish Council Vice Chairperson*

Karen Leffel, *Parish Council Secretary*

Bob Panek, *Finance Council Chairperson*

OPEN, *Social Ministry*

OPEN, *Ecumenical Ministry*

Tara Ashworth, *Fundraising Ministry*

Judy Chuisano, *Homebound Ministry*

Karey Fallon, *Migrant Ministry*

Joan Natali, *Helping Hands Social Ministry*

Jeanette Orzo and David Scott, *Parish Life Ministry*

Kevin Fallon, *Liturgical Ministry*

Jose Palacio, Adela Montalvo-Palacio & Leticia Palacio,
Hispanic Ministry

Karey and Kevin Fallon, *Religious Education Ministry*

Rob Harris, *Facilities Management*

Adoration – First Friday after the 9:30 a.m. Mass

Marriage – By Appointment:

At least 6 months prior to the marriage

Baptism – By Appointment

R.C.I.A. – Deacon Don Donovan,

Home: (757) 678-9019, Cell: (757) 999-1172

Reconciliation – By Request and

Before First Fridays on

Wednesday 5:30 p.m. to 6:00 p.m. and

Thursday after 9:30 a.m. Mass

Religious Education – September through May

Parish Council – 3rd Tuesday at 6:30 p.m.

Parish Office Hours – Tuesday–Thursday 10:00 am-3:30 pm

Saint Charles Church is open for prayer Wednesday through Sunday during the hours of 9:00am and 5:00pm

**“Hispanic Ministry Holy Hour”
Every Monday from 7:00 p.m. to 8:00 p.m.**

**“Men’s Holy Hour”
The 2nd and 4th Saturday of the month at 6:00 a.m.**



- MARCH 29th SATURDAY 5:00 P.M.:**
 • The Living and Deceased of Our Parish Family
- MARCH 30th SUNDAY 9:00 A.M.:**
 • Lloyd Kellam
- APRIL 2nd WEDNESDAY 9:30 A.M.:**
 • Katie H. Wilson
 • The Breslin and Siewers Family
- APRIL 3rd THURSDAY 9:30 A.M.:**
 • The Breslin and Muench Family
- APRIL 4th FRIDAY 9:30 A.M.:**
 • Mary, Angie & Frank Gallagher
- APRIL 5th SATURDAY 5:00 P.M.:**
 • The Living and Deceased of Our Parish Family
 • David Grouse
- APRIL 6th SUNDAY 9:00 A.M.:**
 • Joe Witek and his sister, Irene

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MINISTRY SCHEDULE FOR NEXT WEEK:

- Saturday, April 5th 5:00 PM Mass:**
Greeters: Audrey Brinkley, Karen Leffel
Ushers: David Partin, Dick Surran
Lector: Pat Hill
Altar Server: Jeffrey Rathz
Eucharistic Ministers: Judy Chuisano, Karey Fallon,
 Kevin Fallon
- Sunday, April 6th 9:00 AM Mass:**
Greeters: Maureen Donovan, Andrea Scott
Ushers: Pat James, Lori McDonald
Lector: Luisa Gazzolo
Altar Server: Bob Wells
Eucharistic Ministers: Dennis Corbitt, Eve Mlodynia,
- Domingo, 6 de abril a las 4:00 de la tarde:**
Lectores: To be announced
Monaguillos: To be announced
Ministro de eucaristía: To be announced

March 22 & 23: \$ 6,084.00
Total Offertory for March: = \$ 19,268.00
March Preservation Fund: = \$ 2,469.00

Saint Charles Church depends on your weekly support for operating expenses. Average weekly collection needed for 2024-25 budget is \$4,230.00.

All checks (unless otherwise noted) should be made out to "Saint Charles Church".

You can visit giving.parishsoft.com/app/giving/stcharlescapecharles and enroll securely online or text "Give" to 757-432-2040

Mass attendance March 22 & 23: 81, 112, 85

2025 UPCOMING SECOND COLLECTIONS:
March 29-30 Catholic Relief Services
April 5-6 Preservation Fund

PENANCE THIS COMING WEEK:

- Wednesday, April 2nd after 9:30 a.m. Mass and 5:00-6:00 p.m. (English)
- Thursday, April 3rd after the 9:30 a.m. Mass
- Saturday, April 5th 4:00-4:45 p.m.
- miércoles 2 de abril, después de la misa de 9:30 a. m. y de 5:00 p. m. a 6:00 p. m. (en inglés)
- jueves 3 de abril, después de la misa de 9:30 a. m.
- sábado 5 de abril, de 4:00 p. m. a 4:45 p. m.

REMINDER: ANOINTING OF THE SICK

Next weekend Saturday, April 5 during 5:00 p.m. Mass and Sunday, April 6 during 9:00 a.m. Mass

EASTER FLOWER ENVELOPES

We are requesting \$15.00 per plant. Plants may be giving in Memory or Honor of a loved one or for a "Special Intention". Please place your envelopes in the collection basket. Additional envelopes are available on the counter.

SOBRE DE FLORES DE PASCUA

Solicitamos \$15.00 por planta. Las plantas se pueden regalar en Memoria u Honor de un ser querido o por una "Intención Especial". Por favor coloque sus sobres en la canasta de recolección. Hay sobres adicionales disponibles en el mostrador.

There will be NO 9:30 a.m. weekday Mass on April 9, 10 or 11.

**Pray for Peace and Protection
of Members of Our Uniformed Services**

Lord, bless the men and women of our military as they answer the call to serve our nation and defend our freedom. Protect them, particularly those in harm's way. Most of all let them know your love: that you are with them, and that you will never forsake or abandon them. We ask this in the precious name of Jesus, our Lord and Savior. **Amen.**

Petty Officer Garrett Hedspeth, USCG, Stationed in Destin, Florida. Nephew of Tammy Hedspeth.

1st Lieutenant Thomas Leffel – stationed at Fort Carson, Colorado. Son of Bob and Karen Leffel.

Admiral Erik Eslich – Son-in-law of Sherry and Ron Wrucke.

SPC Patrick P. Podlaski – Nephew of John Woolaver is stationed at Fort Campbell, Kentucky.

Master Sergeant E7 Samuel David Fallon – Son of Kevin and Karey Fallon.

1st Lieutenant PA Jason Hill – Son of Grover and Pat Hill.

Staff Sergeant Maribel Surran – now stationed at Fort Carson, Colorado. Daughter-in-law of Dick and Marge Surran.

SPC Marisol Surran – now stationed at Fort Bliss, Texas. Granddaughter of Dick and Marge Surran.

Captain Samuel Davis McQuitty – Grandson-in-law of Peggy and Rip Phillips. Stationed at Fort Cavazos, Texas.

Lieutenant Colonel Tracy Martin – Son-in-law of Bob and Sue Panek.

Captain Katherine Lee – Daughter of Patricia and Robert James.

Staff Sergeant Dustin Goard, SERE Specialist – Son-in-law of Mike and Deirdre Purcell.

Captain Kevin Rech – Son of Kevin and Judy Rech.

Major Clay Lewin – Son of Kurt and Sally Lewin and Grandson of Maureen and Don Donovan.

Captain Sean Mitcham – Son of Denise Mitcham.

Please let us know the name of your loved one serving in the Armed Forces. E-mail to: bulletinscc@gmail.com

The Belles of St. Charles will be participating in the town-wide yard sale on Saturday, April 5. They will be renting out space and tables in the parking lot for \$10.00. If you are interested in joining us, please sign up on the sheet at the back of the church.

Healing Prayer

LORD, You invite all who are burdened to come to You. Allow Your healing hand to heal me. Touch my soul with Your compassion for others. Touch my heart with Your courage and infinite love for all. Touch my mind with Your wisdom, that my mouth may always proclaim Your praise. Teach me to reach out to You in my need and help me to lead others to You by my example. Most loving Heart of Jesus, bring me health in body and spirit that I may serve You with all my strength. Touch gently this life which You have created, now and forever. **Amen.**

Megan Thurston, Grace Buczny, Judy Adams, Matthias Ronning, Eleanor Tross, Denise Kladis, Jon Antal, Val Evans, Jeanette Scott, Andrew Porche, Sara Colanthia Carignan, Angelo Collins, Jr., Liam Scott, Theresa Brady, Al Orlick, Kristin Huggins, Dorothea Rose and Elizabeth Grace Hubbard, Diane Cioffi, Sarah Stansberry, Marjorie Briden, Roberta Romeo, Jennifer Eder, Hunt Addison, Patricia Keane, Louise Weber, Roger Smith, Guy Doughty, Mike Strub, Bev Stetar, Billy Powell, Sherry Lawson, Michael Gazzolo, Eve Mlodynia, Marge Surran, Rita Loomis, Karen Webb, George Coates, Joan Natali, Chica Golibart, Marta Rose, Charles Dumouchelle, Wilhelmina Holman, Mike & Kathleen Kurgan, Judy Rech, Mary Beth Briggs, Marion Simonsen, Bernard Barrett, Terry Strub, Dick Surran, Sue Panek, Karen Foley, Evelyn Pinili, Jackie Smith, Rip Phillips, Walter Roll



This coming **Friday, April 4th** is the **First Friday of the Month**. Please join us for recitation of the Rosary before the 9:30 a.m. Mass, followed by Adoration and Benediction of the Blessed Sacrament after Mass.

++Penance for First Friday++

Wednesday, April 2 after 9:30 a.m. Mass and 5-6:00 p.m.

Thursday, April 3 after 9:30 a.m. Mass

Next Sunday, April 6th, is "DONUT SUNDAY". Please join us in the Parish Hall after the 9:00 a.m. Mass. All parishioners and visitors are invited to attend.

FISH FRY Friday, April 11, 2024 5:00 p.m. to 6:30 p.m.

Please stop in the Parish Hall from 5pm to 6:30pm. You can Eat-In or Take-Out! Dinner includes baked flounder, fries, coleslaw, apple sauce, and a roll. Cost is \$15. Kids menu mac and cheese, fries, and apple sauce available for \$5. Space is limited. Please sign up on the sheet in the back of the Church. Presented by the Belles of St. Charles.

SAINT CHARLES BORROMEIO CATHOLIC CHURCH
2025 PALM SUNDAY/HOLY WEEK/EASTER INFORMATION AND SCHEDULE

PALM SUNDAY:

- Saturday, April 12th 5:00 p.m. Vigil Mass with Simple blessing of palm in church with distribution
- Sunday, April 13th 9:00 a.m. (English) Solemn Blessing of Palm and Procession at 8:30 a.m. with Emmanuel Episcopal Church
- Sunday, April 13th 3:00 p.m. prayer (Spanish) 3:30 p.m. Palm Procession, 4:00 p.m. Mass (Spanish)

WEEKDAY MASS: Wednesday, April 16th 9:30 a.m.

THE SACRED PASCHAL TRIDUUM

HOLY THURSDAY, APRIL 17TH

(NO morning liturgy)

THURSDAY OF THE LORD'S SUPPER

7:00 p.m. at the Evening Mass

The Liturgy of the Word; The Washing of Feet; The Transfer of the Most Blessed Sacrament

Everyone is asked to bring canned, boxed or a monetary donation to the altar in the offertory procession.

Adoration of the Blessed Sacrament will follow in the church until 9:00 p.m.

GOOD FRIDAY, APRIL 18TH

(NO morning liturgy)

Today, the church will be open for your private devotions from 10:00 a.m. to 2:00 p.m.

STATIONS OF THE CROSS IN CAPE CHARLES CENTRAL PARK:

at 2:30 p.m.

If there is inclement weather, Stations of the Cross will take place at St. Charles Church.

FRIDAY OF THE PASSION OF THE LORD:

at 7:00 p.m.

Liturgy of the Word/Reading of the Passion; Solemn Intersessions; Adoration of the Cross; Holy Communion

Our collection on Good Friday is for the Pontifical Good Friday Collection, which helps Christians in the Holy Land.

EASTER VIGIL IN THE HOLY NIGHT, SATURDAY, APRIL 19TH

at 7:30 p.m.

Blessing of the new fire and preparation of the new candle; Liturgy of the Word;

Celebration of Baptism; Celebration of Confirmation; Liturgy of the Eucharist

EASTER SUNDAY ~ FESTIVAL EUCHARIST, APRIL 20TH

9:00 A.M. (English) and 4:00 P.M. (Spanish)

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LENTEN GUIDELINES

ASH WEDNESDAY AND GOOD FRIDAY Days of FAST and ABSTINENCE

The Faithful are asked not to eat meat on these special days. Those from ages 18-59 are asked to fast from food,

limiting themselves to one full meal on those days.

DAYS OF ABSTINENCE ARE ALL FRIDAYS OF LENT

All that have reached their 14th year are bound to abstain from meat.

EASTER DUTY

Holy Communion is to be received during the Easter Season which is from the First Sunday of Lent to Trinity Sunday.

IGLESIA CATÓLICA SAN CARLOS BORROMEIO

2025 DOMINGO DE RAMOS/SEMANA SANTA/SEMANA SANTA INFORMACIÓN Y HORARIO

DOMINGO DE PALMA:

- Sábado 12 de abril 5:00 p.m. Misa de Vigilia con Bendición Simple de palma en iglesia con distribución
- Domingo 13 de abril 9:00 a.m. (inglés) Bendición Solemne de Palma y Procesión a las 8:30 a.m. con la Iglesia Episcopal Emmanuel
- Domingo 13 de abril 15:00 horas. oración (español) 3:30 p.m. Procesión de Palmas, 16:00 horas. Misa

MISA SEMANAL: Miércoles 16 de abril a las 9:30 a.m.

EL SAGRADO TRIDUO PASCUAL

JUEVES SANTO, 17 de abril

(NO hay liturgia de la mañana)

JUEVES DE LA CENA DEL SEÑOR

7:00 pm. en la misa de la tarde

La Liturgia de la Palabra; El Lavatorio de los Pies; La transferencia del Santísimo Sacramento

Se pide a todos que traigan una donación enlatada, en caja o monetaria al altar en la procesión del ofertorio.

Seguirá la Adoración del Santísimo Sacramento en la iglesia hasta las 21:00 horas.

BUEN VIERNES, 18 de abril

(NO hay liturgia de la mañana)

Hoy, la iglesia estará abierta para sus devociones privadas de 10:00 a. m. a 2:00 p. m.

ESTACIONES DE LA CRUZ EN EL PARQUE CENTRAL DEL CABO CARLOS:

a las 14:30 h

Si hay inclemencias del tiempo, el Vía Crucis se llevará a cabo en la Iglesia de San Carlos.

VIERNES DE LA PASIÓN DEL SEÑOR:

a las 19:00 horas

Liturgia de la Palabra/Lectura de la Pasión; Intersesiones Solemnes; Adoración de la Cruz; Sagrada comunión

Nuestra colecta del Viernes Santo es para la Colecta Pontificia del Viernes Santo, que ayuda a los cristianos en Tierra Santa.

VIGILIA PASCUAL EN LA NOCHE SANTA, 19 de abril

a las 19:30 horas

Bendición del fuego y preparación de la vela; Liturgia de la Palabra;

Celebración del Bautismo; Celebración de la Confirmación; Liturgia de la Eucaristía

DOMINGO DE PASCUA ~ EUCHARISTÍA FESTIVAL, 20 de abril

9:00 a. m. (inglés) y 4:00 p. m. (español)

* * *

DIRECTRICES PARA LA CUARESMA

MIÉRCOLES DE CENIZA Y VIERNES SANTO Días de AYUNO y ABSTINENCIA

Se pide a los fieles que no coman carne en estos días especiales. A las personas entre 18 y 59 años se les pide ayunar, limitándose a una comida completa en esos días.

LOS DÍAS DE ABSTINENCIA SON TODOS LOS VIERNES DE CUARESMA

Todos los que hayan cumplido 14 años están obligados a abstenerse de comer carne.

DEBER DE PASCUA

La Sagrada Comunión debe recibirse durante el Tiempo Pascual, que va desde el Primer Domingo de Cuaresma hasta el Domingo de la Trinidad.

APRIL 2025

Birthdays and Anniversaries

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Anniversary: Richard & Marge Surran Birthday: Madison Ruiz Vera Eugenio Sanchez		Birthday: Elian Morales	Birthday: Robert Harris	Birthday: Daniel Suarez
6	7	8	9	10	11	12
		Anniversary: John & Gail McCormick Birthday: Christopher Roll Scarlett Stevens		Anniversary: Rodolfo & Maiela Hossain Clarke Birthday: Lori McDonald Eden Panuco		Birthday: Anne-Michele Monaco
13	14	15	16	17	18	19
Anniversary: Robert & Karen Leffel Birthday: Cheryl DeVol-Glowinski Chica Golibart	Anniversary: James & JoAnn Clark Richard & Karen Webb	Birthday: Myra Corbitt	Birthday: William Ashworth Patricia Harris Aaron Siegrist Adelina Torres		Birthday: Robert Toner	
20	21	22	23	24	25	25
Anniversary: Michael & Cynthia Caison Birthday: Jennifer Siegrist		Birthday: Donna Campbell Rylee Coates	Birthday: John Foley	Anniversary: Grover & Pat Hill	Anniversary: Daniel Suarez & Irasema Muniz Birthday: Maria Leticia Rodriguez	Birthday: Joseph Stevens
27	28	29	30			
Birthday: James Conley Fernando Palacio Panuco	Birthday: Thomas Hoover		Birthday: Sherry O'Brien Beverly Stetar Theodore Tinkelman Robert Wells			

ANNUAL LENTEN MISSION 2025

ST. GREGORY THE GREAT CHURCH, VIRGINIA BEACH

Trifecta Of Divine Mercy DIRECTED BY FR. BILL GARROTT, O.P.

April 7th to the 9th, at 7:00 PM in Church

Monday, April 7: Trifecta One: The Father Blesses

The evening concludes with veneration of a firstclass relic of St. John Paul II taken from his blood-soaked sash on the day he was shot in St. Peter's Square

Tuesday, April 8: Trifecta Two: The Son Heals

The evening concludes with an invitation to receive a special blessing with the Oil of St. Joseph from the Oratory of St. Joseph in Montreal

April 9: Trifecta Three: The Spirit Strengthens

The evening concludes with a prayer of renewal followed by the Apostolic Blessing to obtaining a Plenary' Indulgence

Fr. Bill will lead the Rosary each evening starting at 6:30 PM and hear confessions after the presentation each night. Please mark your calendar.

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VIRGINIA BEACH AREA LENTEN RECONCILIATION SERVICES (7:00 P.M.)

April 2: Ascension

April 9: Holy Spirit

April 10: St John's

Dear Padre

March 30, 2025

Is it OK if I receive holy Communion more than once a day? Part of my routine is to go to early morning Mass in my parish, even on days I know I'm going to another Mass, like a wedding or funeral, or sometimes another Mass for that day.

The Catechism of the Catholic Church teaches that by the very nature of what the Eucharist intends and celebrates, those who participate in the great mystery of our faith should "receive the Lord's Body" (1388). In other words, reception of holy Communion is strongly recommended and is understood as the ordinary practice for all who participate in the Mass. Proper preparation and disposition are presumed as both necessary and important.

In response to a specific "dubium" or question about this practice and expectation, in 1984 the Pontifical Commission on the Code of Canon Law issued an authentic interpretation of the Church's understanding of this practice. It mandated that "the faithful may receive the Holy Eucharist only a second time on the same day" (CCC, 1388, footnote 222). This directive is intended to establish the general norm and practice for the reception of holy Communion. Your practice, as a result of this norm, is directly representative of the understanding of the Church. ●

Fr. Thomas M. Santa, CSSR / DearPadre.org

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Good News!

March 30, 2025

Fourth Sunday of Lent (C)

Joshua 5:9a, 10-12 / 2 Corinthians 5:17-21 /
Luke 15:1-3, 11-32

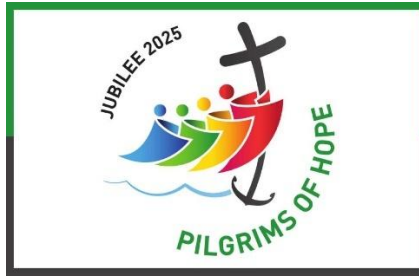
FR. JOSEPH JUKNIALIS

Life is not fair. Even though we know this, we expect God to be fair, which may be what irks so many about the Parable of the Lost Son. There is a part of our skewed human nature that agrees with the older son in the story. It certainly seems that the younger son was able to have his cake and eat it too, while the older son could only sit by and watch, missing out on the devil-may-care part of life. It didn't seem fair, and the older son said so.

The point of the story does seem to be that God is both just and merciful, but if ever one of those virtues seems to give way to the other, then, from God's perspective, divine mercy always trumps worldly justice. We, however, think that's not fair. We grow suspect of deathbed conversions, worried that the person is trying to have life both ways. But do we give thought to the suffering such a life without God might entail? The humiliation and near starvation of the younger son as he lived his self-indulgent life?

We think we want God to be fair, but do we really? In C.S. Lewis' novel, *Till We Have Faces*, one character asks another if the gods are just, to which is replied, "Oh, child, pray that they are not!" Do we really want to be treated with justice, getting exactly what we deserve and no more? Or do we want to let God be God and be treated with mercy? ●

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**Pope Francis has designated the 2025 Holy Year
(December 24, 2024 Opening of the Holy Door St. Peter's Basilica, Rome to
December 28, 2025 Closing of the Holy Doors Around the World
Jan 6, 2026 - Closing of the Holy Door of Saint Peter's Basilica, Rome)
as a time to renew ourselves as "Pilgrims of Hope."**

"Hope Does Not Disappoint." – Pope Francis

JUBILEE PILGRIMAGE SITES WITHIN THE DIOCESE OF RICHMOND

Bishop Barry C. Knestout has designated four pilgrimage sites in the Diocese of Richmond for the Jubilee Year of 2025: Cathedral of the Sacred Heart, Richmond Basilica of Saint Mary of the Immaculate Conception, Norfolk Basilica of Saint Andrew, Roanoke National Shrine of Our Lady of Walsingham, Williamsburg. To obtain the indulgence, a pilgrimage can be made individually, or as a group, to any of the designated Jubilee sites, both within the diocese and outside of it. Once at the Jubilee site, the pilgrim would participate in one of the following options: Mass Liturgy of the Word Eucharistic adoration (to conclude with an Our Father, Profession of Faith, and Invocation to Mary) Penitential celebration ending in individual confession Liturgy of the Hours Stations of the Cross Praying the rosary Recitation of the Akathist Hymn

LUGARES DE PEREGRINACIÓN JUBILARES EN LA DIÓCESIS DE RICHMOND

El obispo Barry C. Knestout ha designado cuatro lugares de peregrinación en la Diócesis de Richmond para el Año Jubilar de 2025: ▪ Catedral del Sagrado Corazón en Richmond ▪ Basílica de Santa María de la Inmaculada Concepción en Norfolk ▪ Basílica de San Andrés en Roanoke ▪ Santuario Nacional de Nuestra Señora de Walsingham en Williamsburg. Para obtener la indulgencia, se puede realizar una peregrinación de forma individual o en grupo a cualquiera de los lugares jubilares designados, tanto dentro de la diócesis como fuera de ella. Una vez en el lugar del Jubileo, el peregrino participaría en una de las siguientes opciones: ▪ Misa ▪ Liturgia de la Palabra ▪ Adoración eucarística (que concluirá con un Padrenuestro, Profesión de Fe e Invocación a María) ▪ Celebración penitencial que finalizará con la confesión individual ▪ Liturgia de las Horas ▪ Vía Crucis ▪ Rezo del rosario ▪ Rezo del himno Akáthistos

