



UNIVERSITY OF SANTO TOMAS  
OFFICE OF THE SECRETARY-GENERAL

UST:SO06-00-CI62  
A.Y. 2022-2023

TO : THE THOMASIAN COMMUNITY  
FROM : OFFICE OF THE SECRETARY-GENERAL  
RE : LENTEN AND EASTER ACTIVITIES 2023  
DATE : 15 FEBRUARY 2023

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Lent is a forty-day penitential season, beginning on Ash Wednesday, which serves as a preparation for the great celebration of the Passion, Death and Resurrection of Our Lord Jesus Christ. In observance of the Lenten Season, the University—through the Office of the Vice-Rector for Religious Affairs and the Center for Campus Ministry—and the Santísimo Rosario Parish-UST prepared and organized the following:

**1. ASH WEDNESDAY (22 February 2023)**

- **Masses with Imposition of Ashes** | UST Chapel  
*Morning:* 6:15 am; 7:30 am; 9:00 am; 10:00 am; 11:00 am  
*Afternoon:* 12:00 nn; 2:00 pm; 4:00 pm; 7:00 pm
- *Kumpisalang Bayan* | 3:00 pm | Benavides Park
- **University Mass** | 5:00 pm | UST Plaza Mayor (in front of the UST Main Building)

**2. FRIDAYS OF LENT (February 24, March 3, 10, 17, 24, 31, 2023)**

- **Stations of the Cross** | 4:00 pm | Benavides Park

**3. UNIVERSITY-WIDE LENTEN RECOLLECTION (30 March 2023, Thursday)**

- 3:00 pm | UST Chapel

**4. HOLY WEEK and EASTER TRIDUUM**

(see attached poster)

**5. SACRAMENT OF RECONCILIATION**

- 6:00 am and 5:30 pm | Weekdays | UST Chapel

**6. FASTING, ABSTINENCE AND ACTS OF CHARITY**

- On all Fridays of Lent, the faithful are to abstain from meat and/or do some exercise of piety or act of charity.<sup>1</sup>

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<sup>1</sup> cf. González, Javier OP, “CBCP Norms and Authentic Interpretations” in *Boletín Eclesiástico de Filipinas*, Vol. LXXIII, no. 802, September-October 1997, pp. 543-584; *Code of Canon Law* (CIC), canon 1253.





# UNIVERSITY OF SANTO TOMAS

## OFFICE OF THE SECRETARY-GENERAL

- Abstinence from meat is binding upon Catholics aged 14 and onwards while Fasting is binding upon Catholics aged 18 to 59.<sup>2</sup>
- Persons who are excused from fasting and abstinence are those outside the age limits, the physically or mentally ill, the frail, pregnant or nursing women, and manual laborers among others.
- Let us not grow tired of doing good in active charity towards our neighbors, and may we practice almsgiving by giving joyfully (cf. 2 Cor 9:7).
- For questions and clarifications, kindly send an e-mail to [campus.ministry@ust.edu.ph](mailto:campus.ministry@ust.edu.ph)

### 7. PRAYER AND SILENCE

- The Thomasian community is encouraged to observe moments of intense prayer and silence on Ash Wednesday and throughout the season of Lent.

### 8. LIGHTING OF THE CAMPUS

- UST landmarks shall be lighted in violet, symbolizing penance, repentance and reconciliation on the following dates from 6:00 PM to 9:00 PM:
  - o February 22, 23, and 24, 2023
  - o March 3, 10, 17, 24, 31, 2023

May we trustingly prepare ourselves with confidence to follow the Lenten journey, that begins on Ash Wednesday, as an opportunity for conversion and interior renewal in listening to the Word of God, in prayer, and in the daily exercise of charity towards one's neighbor.

"If today you hear His voice, harden not your hearts" (cf. Ps 95:8).

  
**FR. LOUIE R. CORONEL, O.P., EHL**  
Secretary-General

<sup>2</sup> cf. *Code of Canon Law* (CIC), canon 1252.





# LENTEN ACTIVITIES 2023



UST CENTER FOR CAMPUS MINISTRY ✚ SANTISIMO ROSARIO PARISH

## **ASH WEDNESDAY** FEBRUARY 22, 2023

**Begins the Season of Lent**

**UNIVERSITY MASS:** 5:00 pm UST Plaza Mayor

**KUMPISALANG BAYAN:** 3:00 pm Benavides Park

**Masses with the Imposition of Ashes at the Santisimo Rosario Parish (UST Chapel)**

Morning: 6:15 am•7:30 am•9:00am•10:00 am•11:00 am

Afternoon: 12:00 pm•2:00 pm•4:00 pm•7:00 pm

### FRIDAYS OF LENT

#### STATIONS OF THE CROSS

4:00 pm Benavides Park

### CONFESSION SCHEDULE

6:30 am•5:30 pm

UST Chapel

## UNIVERSITY-WIDE LENTEN RECOLLECTION

March 30, 2023 • 3:00 pm • UST Chapel

## HOLY WEEK

### APRIL 2, 2023 PALM SUNDAY OF THE LORD'S PASSION

**MASSES** Morning: 6:15 am•7:30 am•9:00 am•10:00 am

Afternoon: 4:00 pm•5:30 pm•7:00 pm

*Anticipated Masses (April 1, 2023)-5:00 pm and 6:30 pm*

### APRIL 3-5, 2023 HOLY MONDAY, HOLY TUESDAY & HOLY WEDNESDAY

**MASSES** Morning: 6:15 am•7:30 am

Afternoon: 5:15 pm

## EASTER TRIDUUM

### APRIL 6, 2023 MAUNDY THURSDAY

5:00 pm (UST Plaza Mayor) **Evening Mass of the Last Supper**

7:00 pm (until midnight) **Vigil Before the Blessed Sacrament**

**CONFESSION** Morning: 7:00 am-12:00 pm **Afternoon:** 1:30-4:30 pm  
Evening: 7:00-11:00 pm

### APRIL 7, 2023 GOOD FRIDAY

3:30 pm (UST Chapel)

5:30 pm

**Celebration of the Lord's Passion  
Santo Entierro Procession**

### APRIL 8, 2023 BLACK SATURDAY

10:00 pm (UST Chapel) **Easter Vigil** (please bring candles)

**Salubong Procession** right after the Mass

### APRIL 9, 2023 EASTER SUNDAY

**MASSES** Morning: 6:15 am•7:30 am•9:00 am•10:00 am

Afternoon: 4:00 pm•5:30 pm•7:00 pm

### WHAT IS LENT?

Lent is a 40-day penitential season, beginning on Ash Wednesday, which serves as a preparation for the great celebration of the Passion, Death and Resurrection of Our Lord Jesus Christ.

### FASTING AND ABSTINENCE

Fasting and abstinence, along with prayer and almsgiving, are the recommended practices of the Church for the season of Lent. Ash Wednesday and Good Friday are days of obligatory fasting and abstinence. All Fridays of Lent are days of fasting and abstinence too, but fasting can be commuted with works of mercy.

**Abstinence:** 14 years old and above

**Fasting:** 18-59 years old

**ACT JUSTLY. LOVE MORE. WALK HUMBLY WITH GOD.  
MICAH 6:8**