

# LENTEN LAMENTATIONS

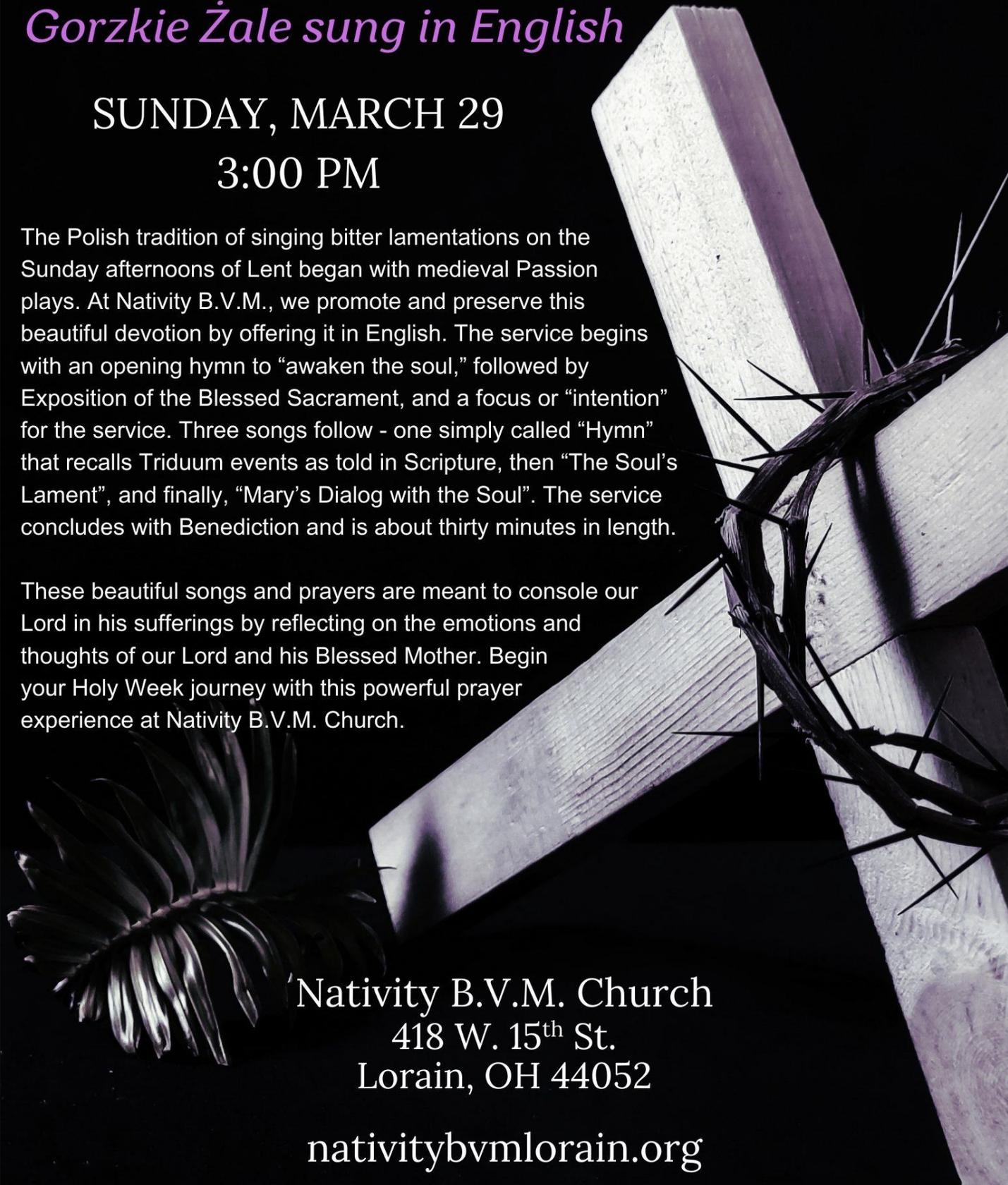
*Gorzkie Żale sung in English*

SUNDAY, MARCH 29

3:00 PM

The Polish tradition of singing bitter lamentations on the Sunday afternoons of Lent began with medieval Passion plays. At Nativity B.V.M., we promote and preserve this beautiful devotion by offering it in English. The service begins with an opening hymn to “awaken the soul,” followed by Exposition of the Blessed Sacrament, and a focus or “intention” for the service. Three songs follow - one simply called “Hymn” that recalls Triduum events as told in Scripture, then “The Soul’s Lament”, and finally, “Mary’s Dialog with the Soul”. The service concludes with Benediction and is about thirty minutes in length.

These beautiful songs and prayers are meant to console our Lord in his sufferings by reflecting on the emotions and thoughts of our Lord and his Blessed Mother. Begin your Holy Week journey with this powerful prayer experience at Nativity B.V.M. Church.



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