

Prayer, Fasting, Almsgiving

THE HOLY SEASON OF LENT

"May Lent be for every Christian a renewed experience of God's love given to us in Christ, a love that each day we, in turn, must "regive" to our neighbor, especially to the one who suffers most and is in need. Only in this way will we be able to participate fully in the joy of Easter."

Pope Benedict XVI

Guidelines for Lenten practices of FASTING, PRAYER and ALMSGIVING:

- 1) Abstinence refers to avoiding meat or meat products. Catholics in the United States are obliged to abstain from eating meat on Ash Wednesday and on all Fridays during Lent. The law of abstinence binds all persons who are fourteen years or older.*
- 2) Fasting is defined pastorally as taking a single full meal a day with 2 small snacks in the morning and evening if needed, and no eating in between. Fasting is required for Catholics on Ash Wednesday and Good Friday. We are encouraged to extend the Good Friday fast through Holy Saturday until the celebration of the Easter Vigil. The law of fasting binds all those between the ages of eighteen and sixty.*
- 3) Catholics in the United States are encouraged to observe the season of Lent with the practice of voluntary self-denial and penance, including acts of prayer and devotion, charity and service to the poor, as well as other forms of Christian witness. The Sundays of Lent are not included as "days of sacrifice" but your Lenten practice may still be observed.
- 4) Lent ends on Holy Thursday.

**For the sick and women who are pregnant, the above regulations do not apply.*

Opportunities for Catholic Lenten devotion:

DAILY MASS –

MWF-12:10 pm & T TH-8:30 am (Rosary at 8:00am on T, TH)

LENTEN PENANCE:

Confessions are heard at **7:45am, 10:30 am** and **4:15pm** on Sundays.

Also by appointment.

STATIONS OF THE CROSS: Every Friday during Lent at 5:15pm with Benediction.

+Knights of Columbus Fish Fry every Friday during Lent (beginning at 5:30pm)+