



OBSERVING THE SEASON OF LENT

- * Lent begins on Ash Wednesday, February 14th.
- * Ashes will be distributed during the 9 am and 4 pm Masses on Ash Wednesday.
- * Ash Wednesday and Good Friday are days of fast and abstinence.

- * Fast (ages 18-59 inclusive and in good health) one regular meal and two smaller meals. Eating between meals is not permitted.
- * Abstinence-(14 years of age and older) no meat or meat derivatives.
- * **All Fridays during Lent are days of abstinence.**
- * Stations of the Cross will follow the 9 am Mass on Fridays. Stations of the Cross will also be offered at 6 pm on Fridays.
- * All Wednesdays during Lent the 4 pm Mass will be followed by Feed Your Body Feed Your Soul.
- * Lent and Easter season booklets will be available in the Narthex. (one per family please.)

ABSTINENCE is a penitential practice consisting of refraining from the consumption of meat and is to be observed by all Catholics who are 14 years of age and older. Ash Wednesday, Good Friday and the Fridays of Lent are days of abstinence.

FAST & ABSTINENCE

In addition to abstinence, fasting is to be observed by all Catholics between the ages of 18 and 59 years (inclusive). On Ash Wednesday and Good Friday, one full meal is allowed. Two smaller meals, sufficient to maintain strength, may be taken according to one's needs, but together they should not equal another full meal. Eating between meals is not permitted, but liquids are allowed. Note: Those who are unable to observe the above regulations due to ill health or other serious reasons are urged to practice other forms of self-denial that are suitable to their condition.

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