



ASH WEDNESDAY: Wednesday, February 26, is Ash Wednesday and marks the beginning of Lent. **AGAIN THIS YEAR:** There will be a Service of the Word at 7:00AM at which ashes will be distributed.

Masses with the distribution of ashes will be at 12:10PM and 7:00PM.

PRAYER, FASTING AND ALMSGIVING: and other forms of self-denial are encouraged during Lent. Daily Mass is particularly encouraged.

ASH WEDNESDAY, ALL FRIDAYS IN LENT, AND GOOD FRIDAY: are days of abstinence from meat for those 14 years of age and older.

ASH WEDNESDAY AND GOOD FRIDAY: are **DAYS OF FASTING** for those **18 to 58 inclusive**. (Those bound by the law of fasting may take one full meal. Two smaller meals, sufficient to maintain strength according to one's needs, are also permitted. Eating between meals is not permitted, but liquids including milk and fruit juices are permitted. When health or work is seriously affected, the law does not oblige.)

ALL FRIDAYS THROUGHOUT THE YEAR: outside of Lent remain days of penance. Each Friday is an opportunity for us to reflect on the sacrifice of Christ on the Cross made on Good Friday. As part of our gratitude for what God has done for us some act of penance should accompany each Friday of the year. The traditional practice of abstinence from meat, together with fasting, for the cause of peace in the world is highly recommended. However, some other practice of voluntary self-denial or personal penance may be substituted.

SOUP AND STATIONS OF THE CROSS: During the Lenten Season we will celebrate the Stations of the Cross on Wednesday Evenings beginning at 6:00PM - soup and bread will follow in the Choir Room.

HOLY WEEK SCHEDULE:

PALM SUNDAY MASSES: Saturday 5:15PM, Sunday 8:30 & 11:00AM

HOLY THURSDAY: 5:30PM Dinner
7:00PM MASS OF THE LORD'S SUPPER
8:00—10:00PM Adoration in the Chapel

GOOD FRIDAY: CHURCH OPEN FOR PRIVATE PRAYER
3:00PM GOOD FRIDAY SERVICE

HOLY SATURDAY: NOON - Blessing of Easter Food
8:30PM - EASTER VIGIL

EASTER SUNDAY MASSES: 8:30 & 11:00AM

Lent 2020

