

LENT 2012

Ash Wednesday

February 22, 2012

**Distribution of Ashes during ALL Masses
7:00 AM, 8:00 AM, 9:00 AM, 12:15 PM & 7:30 PM**

There will also be one **PRAYER SERVICE** during which ashes will be distributed:
4:00 PM

All Masses and the 4:00 PM Service will take place in the Upper Church.

Lenten Weekday Morning Mass

Monday through Friday: 7:00 AM, 8:00 AM, 9:00 AM

Saturday: 8:00 AM

Weekday Masses are in the Lower Church

Stations of the Cross (Via Crucis)

Every Friday during Lent: - immediately after the 9 AM Mass in the Lower Church

- at 7:30 PM in the Upper Church

(Feb 24, Mar 2, 9, 16, 23, and 30)

Lenten Regulations

Weekdays of Lent: Lent is a time of penance. We are called by the Church to voluntary acts of fasting and self denial; to increased acts of prayer and devotion, and to almsgiving and acts of charity. It is up to each person how they will fulfill this call to penance, no special acts are obligatory on these weekdays, but they are recommended.

Days of Fasting: There are two days when Catholics between the ages of 18 and 59 inclusive are obliged to fast. Fasting means that you may only eat one full meal. The other two meals should be light, really more like a snack. You may not eat at all between meals. Fast Days are **Ash Wednesday and Good Friday**. Pregnant women and those with severe diabetes are excused from this obligation.

Days of Abstinence: On these days, every Catholic over the age of 14 are bound to abstain totally from meat. This means you may not eat soups or dishes made with meat or poultry. You may eat dairy products, eggs, soy, pasta, fish or shellfish. These days are **Ash Wednesday and every Friday during Lent**.

Easter Duty

Once they have received their First Holy Communion, all Catholics are obliged to receive Holy Communion at least once a year during the period of time between the **First Sunday of Lent** and the Sunday after Pentecost (**Trinity Sunday**). Catholics are also obliged to confess serious (mortal) sins at least once a year. This is not limited to the Lenten/Easter season. In fact, if one knows oneself to be guilty of serious sin, one should make every effort to get to confession as soon as possible. Lent is an ideal time to go to confession for all Catholics. Confessions are heard every Saturday from 4:00 PM to 4:45 PM. In addition there will be multiple opportunities during Holy Week, which we will publish as we get closer to Holy Week.