

Lenten Regulations:

1. Ash Wednesday (Feb. 17) and Good Friday (April 2) are days of both fast and abstinence.
2. **ALL** Fridays of Lent are days of abstinence.

The Church Fast calls those between the ages of 18-59 to eat no more than one full meal and two smaller meals. Liquids, including milk and fruit juices, are permitted any time during the day. The Church Abstinence pertains to **ALL** Catholics from the age of 14 onwards. This means refraining from eating of meat and meat products, including poultry and pork. If there is a good reason (i.e. health reason) why one cannot fast or abstain, then one may substitute a work of mercy or some act of self-denial.

For your calendar:

Ash Wednesday

Wednesday, February 17, 2010

Mass and Distribution of Ashes at 8:30 a.m. and 6:15 p.m.

Stations of the Cross:

Stations of the Cross are prayed each Friday night during Lent.

6:30 p.m. Stations in English
7:00 p.m. Lenten meal in Parish Hall

Groups in charge of the Lenten Meals:

√ **Feb. 19** **Altar Society**
√ **Feb. 26** **Finance Council and Stewardship Committee**
√ **Mar. 5** **Pastoral Council and Social Ministry Committee**
√ **Mar. 12** **Parish Activities Committee and JOY**
√ **Mar. 19** **Knights of Columbus**
√ **Mar. 26** **Youth and Catechists**