

## **Lenten Regulations:**

1. Ash Wednesday (Mar. 9) and Good Friday (April 22) 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:**

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**Ash Wednesday**

**Wednesday, March 9, 2011**

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

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**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:**

√ Mar. 11	Altar Society
√ Mar. 18	Finance Council and Stewardship Committee
√ Mar. 25	Pastoral Council and Social Ministry Committee
√ Apr. 1	JOY
√ Mar. 8	Knights of Columbus
√ Mar. 15	Youth and Catechists