

– *Lenten Schedule* –

Ash Wednesday, February 14

Day of Fast and Abstinence (one full meal, two small meals, no meat)
Ashes distributed during all Masses (after the homily)

Morning

6:30 AM

9:00 AM

10:45 AM (Aquinas School)

Evening

5:30 PM (Spanish)

7:00 PM

8:30 PM (Spanish)

Fast Days and Abstinence Days of Lent

- All the Fridays of Lent are days of abstinence, that is the sacrifice of no meat.
- Both Ash Wednesday and Good Friday, days of abstinence and fast.
- The rules of fasting state that only **one** full meal a day can be taken. Two small meals “**sufficient to maintain strength**”, are allowed, but together they should not equal another full meal. Eating between meals breaks the fast, but drinking liquids does not. The rule of fasting obliges Catholics from age 18 to 59, taking into account health concerns.
- The rule of abstinence (no meat) binds **ALL** Catholics 14 years old and older. (Please note that abstinence continues beyond age 59. Therefore people 70, 80 or even 90 years of age have the obligation to abstain from meat on given days if the condition of health permits.)

Weekday Masses and Confessions during Lent

In addition to our usual weekday Mass Schedule, we will be adding a 7:30 PM Mass in Spanish on Mondays.

We will have usual confessions on Monday and Friday at 6:30 PM and Tuesday and Thursday at 8:30 AM. We will be adding confessions at 6:00 AM on Tuesday and Thursday and 6:30 PM on Wednesday, except for Ash Wednesday.

Stations of the Cross – Fridays

6:30 PM – English

7:45 PM – Spanish

Friday Night Soup Kitchen

On all the Friday evenings from February 16th until March 23rd we host a meatless meal in the Parish Hall at 5:30 PM.

