



REGULATIONS FOR FASTING AND ABSTINENCE

The following may be reproduced in parish bulletins for the purpose of reminding the faithful of the regulations for fast and abstinence: Fasting is to be observed by all 18 years of age and older, who have not yet celebrated their 59th birthday. On a fast day one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted, but liquids, including milk and juices, are allowed.

Abstinence is observed by all 14 years of age and older. On days of abstinence no meat is allowed. Note that when health or ability to work would be seriously affected, the law does not oblige. When in doubt concerning fast and abstinence, the parish Priest should be consulted. Regulations for Fasting and Abstinence (cont.) Ash Wednesday and Good Friday are days of fast and abstinence. All the Fridays of Lent are days of abstinence. Fasting, almsgiving, and prayer are the three traditional disciplines of Lent. The faithful and catechumens should undertake these practices seriously in a spirit of penance and of preparation for baptism or of renewal of baptism at Easter.

Regulations for Fasting and Abstinence (cont.) Ash Wednesday and Good Friday are days of fast and abstinence. All the Fridays of Lent are days of abstinence. Fasting, almsgiving, and prayer are the three traditional disciplines of Lent. The faithful and catechumens should undertake these practices seriously in a spirit of penance and of preparation for baptism or of renewal of baptism at Easter.



Ash Wednesday

Distribution of Ashes at all Mass/Prayer Services

- 6:30am English Mass
- 8:30am Parish Mass
- 12:00pm English Mass
- 5:00pm Prayer Service
- 7:00 pm Spanish Mass

Adoration

Wednesday, March 3 and 17
6:00-7:00pm

Knights of Columbus Fish Fry Fridays

Curb side pick-up only
5:00pm to 7:00pm - Cost \$8.00
February 19, 26
March 5, 12, 19, 26
To order, click [here](#).



Stations of the Cross

Every Friday at 7pm during Lent.
Stations will be streamed and available to attend in-person.



Sacrament of Reconciliation

Saturdays 2:00-4:00pm
Wednesday, March 3, 6-7:00pm
and by appointment with Father Jim

PALM SUNDAY - MARCH 28

DISTRIBUTION OF PALMS

PALMS WILL BE DISTRIBUTED AT YOUR CAR FOLLOWING SUNDAY

MORNING MASSES



Holy Week Worship

Holy Thursday, April 1
7:00pm Mass
Good Friday, April 2
7:00pm Mass
Holy Saturday April 3
8:00pm Mass
Easter Sunday, April 4
Masses at 8:15am and 10:00am.