

# THE HOLY SEASON OF LENT

The Church in her wisdom helps her children to prepare their minds and hearts when anticipating the great mysteries of our salvation. The season of Lent allows us to take time to meditate on Our Lord coming among us as a man to save us, and to establish a new relationship between us and His Father.

The Holy season of Lent is penitential in nature. The forty days commencing with Ash Wednesday, on February 26th, offer all of us the opportunity to examine our lives. During this time we can find those things which keep us from being the true disciples of Jesus we are called to be at our Baptism.

As Catholics, we are marked with ashes on our foreheads to remind us our earthly life is short. We must acknowledge our sinfulness and return to the Father who loves us.

We observe the rules of fasting and abstinence during the Lenten season as follows:

Persons over the age of 14 are bound to abstain from meat on Ash Wednesday, and each Friday of Lent, including Good Friday. Adults 18-59 years of age, must fast on Ash Wednesday and Good Friday. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together do not equal one full meal. Eating between meals on these two days is not permitted. Catholics should not excuse themselves from these regulations lightly, rather embrace them as an act of penance for the salvation of their souls.

## Distribution of Ashes:

6:45 AM Mass

8:15 AM Mass

12:10 PM Service of the Word with Ashes

5:00 PM Service of the Word with Ashes

7:00 PM Mass

## Stations of the Cross:

Each Friday during Lent at 7:30 PM

## Confession Schedule

Saturdays from 11:00 AM—12:00 PM

*In addition to above times*

February 29th through Holy Week

Saturdays from 4:00 PM—4:45 PM