

LENTEN NOTICES

Wednesday, March 1, is Ash Wednesday. It is the beginning of the Holy Season of Lent. Ashes will be imposed during the **7 am & 5:30 pm Masses.**

Ash Wednesday and **Good Friday** are days of fast and abstinence. On these days, we may NOT EAT MEAT and we should have ONLY ONE FULL MEAL.

The Fridays of Lent are days of Abstinence, therefore, we should NOT EAT MEAT on those days.

During the season of Lent, **daily Masses** will be held:

Monday through Friday, including Thursdays – **7 a.m.**
Mondays, Wednesdays, and Fridays – **5:30 p.m.**

Please note the time is 5:30 p.m. for the evening Masses.

Stations of the Cross will be held on the Fridays of Lent at **5:30 p.m.**, followed immediately by Mass.

Confessions will be held on Tuesday nights from 5:30-6:00 p.m. beginning March 7 and on Saturdays at 3:00 p.m.

Abstinence from meat is to be observed on **Ash Wednesday, Good Friday, and all the Fridays of Lent** by all Catholics fourteen (14) years of age and older

Fasting is to be observed on **Ash Wednesday and Good Friday** by all Catholics who are eighteen (18) years of age through age fifty-nine (59) years of age.

Those who are bound to fast may take only one full meal. Two smaller meals are permitted if necessary to maintain strength according to one's needs, but eating solid foods between meals is not permitted. Catholics should not lightly excuse themselves from these prescribed Lenten penitential practices.