

LENTEN PRACTICES



LENT is the forty day liturgical season beginning with Ash Wednesday leading up to Easter. It is an imitation of Christ's fasting and praying for forty days in the desert before beginning his public ministry.



PRAY - During Lent there will be **Daily Mass Monday to Friday at 8:15 AM and 7:00PM** in the Chapel. This evening Mass may be convenient to Catholics who cannot make a morning Mass. We unite our Lenten sacrifices with the sacrifice of Christ especially during the holy sacrifice of the Mass. On the table in the back of the Church and the Chapel there are Lenten reflection books and other spiritual reading. Frequent reciting of the Rosary and reading from the Bible are excellent Lenten practices.



STATIONS OF THE CROSS - Every Friday during Lent, Stations of the Cross will immediately follow the 7 PM Mass.



FASTING - All Catholics between the ages of 18 and 59, who are able, must *fast* on Ash Wednesday and Good Friday. The key words are "who are able." A fast means having one full meal and two smaller meals, the total of which should not exceed the larger meal.

Further, all Catholics between the ages of 14 and 59 are to *abstain* from meat on Ash Wednesday, Good Friday and all the Fridays in Lent. This includes meat and anything made from meat (ex. broth, sauce, etc.). The reason we do this is to offer up a small sacrifice to God, and unite that sacrifice with the sacrifice of Christ.



ALMSGIVING - This is an opportunity for Catholic families to share resources with people around the world so that they might rise above poverty and provide for their families and communities through CRS (Catholic Relief Services). Please take home a box, fill it with cash and return it at the end of Lent. Thank you.



CONFESSIONS - will be heard during Lent **Monday evening from 7:00 to 8:30PM** in the Church and on **Saturdays from 4:00 to 4:45PM** in the Church. There will be a written examination of conscience to help you prepare to receive the Sacrament worthily.