

# 2010 Lenten Schedule

## **Ash Wednesday February 17**

Masses with distribution of ashes will be held at:

7:00 AM, 8:30 AM, 6:00 PM, 6:45 PM (in the CSSR Hall for Faith Formation);

7:30 PM (in Spanish).

## **Daily Masses during Lent:**

Monday - Friday 7:00 AM, 8:30 AM and 6:00 PM

Saturday at 8:00 AM

## **Stations of the Cross - Fridays at 5:30 PM**

Friday Soup Supper (free-will offering) at 6:30 PM, following Mass

## **Lenten Regulations**

The Christian Faithful are to do penance through prayers, fasting, abstinence and by exercising works of piety and charity. All Fridays through the year, and especially during Lent, are penitential days.

## **Abstinence:**

All who have reached their 14<sup>th</sup> birthday are to abstain from eating meat on Ash Wednesday and on all Fridays during Lent.

## **Fasting:**

- All those who are 18 or older, until their 59<sup>th</sup> birthday, are to fast on Ash Wednesday and Good Friday.
- Only one full meal is allowed on days of fast.
- Two other meals, sufficient to maintain strength, may be taken according to one's needs– but together they should not equal another full meal.
- Eating between meals is not permitted, but liquids are allowed.