

Ash Wednesday Masses

Febr. 14, 2018



LENT
Prepare



6:30 AM,
7:30 AM

8:40 AM **

12:00 NOON
5:00 PM

School Mass will be at 8:40 AM instead of 8:10 AM



ASH WEDNESDAY THE BEGINNING OF LENT
Wednesday, February 14th

Days we must fast are Ash Wednesday and Good Friday.

Fasting means eating a lesser amount of food.

ie only 1 full meal a day; 2 other small meals are allowed with the total amount of food not exceeding a full meal; no food may be eaten between meals;

Catholics who are 18 and not yet 60 years old must fast

Days of obligatory abstinence are Ash Wednesday and all Fridays of Lent

Days of Abstinence are days on which we do not eat any meat at all.

Fish, seafood and vegetarian dishes are allowed;

Catholics over the age of 14 must abstain;

**Ash Wednesday and Good Friday both laws of fasting and abstinence apply
no meat may be taken at any meal.**

Fast

Get ready!

Pray