

# The Season of Lent



**Ash Wednesday – Feb. 14**  
*A day of fast and abstinence.*

**Mass with Distribution of Ashes:**

8:30 AM (*Activity Center on the Faith Formation Campus*)

10 AM (*Church*)

7:30 PM (*Church*)

**Service with Distribution of Ashes:**

6:30 AM (*Church*)

12 PM (*Church*)

4:30 PM (*Church*)

8 PM—Spanish (*Activity Center on the Faith Formation Campus*)

**STATIONS OF THE CROSS:** Fridays in the Church at 7:30 p.m.

**KNIGHTS OF COLUMBUS FISH FRY:** Fridays at 6:00 p.m. (Family Life Center)

**COMMUNAL PENANCE SERVICE:** Thursday, March 8, 6:30 p.m. (St. Mary Magdalene in Humble)

**PARISH MISSION:** **Lenten Mission with Fr. Eugene Hensell - *Discovering the Human Face of God in the Gospel of Mark***

**What:** Discovering the Human Face of God in the Gospel of Mark

**When:** March 5-7, 7-8:00 PM

**Where:** Church

**Who:** Fr. Eugene Hensell, OSB (Ph.D.)

Did you know that the Sunday Gospel readings for this liturgical year are regularly selections from the Gospel of Saint Mark? Come hear about this fascinating Gospel by an internationally renowned scripture scholar, Fr. Eugene Hensell.

**Mission Schedule:**

March 3 & 4: Preaching at the following Masses

*Saturday 5:30 pm & Sunday 7 am, 9 am, 11 am and 5:30 pm*

March 5, 6 & 7: Mission talk starting at 7 pm in the Church

*Please note: The Tuesday, March 6 Mass will be moved to 6:15 pm*

**GUIDELINES FOR LENTEN OBSERVANCE:**

**Ash Wednesday and Good Friday** are days of **fast and abstinence**.

**Fridays of Lent** are days of **abstinence**.

**Fasting** binds all persons who have completed their 18th birthday through those who have completed their 59th year, unless prevented by poor health. On days of fast, one full meal is allowed. Two other meals sufficient to maintain strength may be taken according to one's own needs. Eating between meals is not allowed although fluids may be taken.

**Abstinence** binds all persons who have completed their 14th birthday, unless prevented by poor health. On days of abstinence during Lent, the consumption of meat of mammals or fowl is not allowed. The Church strongly encourages the observance of Friday abstinence throughout the year, but failure to do so is not regarded as sinful.

**Lent** is a penitential season and as such religious practice such as daily Mass, reception of the Sacrament of Penance, the devotion of the Stations of the Cross, works of charity and justice, and acts of self-denial are highly encouraged.