



GUIDELINES FOR LENT

Days of FAST & ABSTINENCE: Ash Wednesday & Good Friday

Days of ABSTINENCE: All Fridays of Lent

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

LENTEN SCHEDULE

FRIDAYS	4:30 PM	FAMILY STATIONS OF THE CROSS (CHURCH)
	7 PM	STATIONS OF THE CROSS (CHURCH- ENGLISH) (CHAPEL- SPANISH)
PALM SUN		REGULAR MASS SCHEDULE
HOLY THU	7 PM	MASS (CHURCH) FOLLOWED BY ADORATION UNTIL 12 AM (HELENA HALL)
GOOD FRI	9 AM	SUNG MORNING PRAYER (CHAPEL)
	NOON	LIVE STATIONS OF THE CROSS PERFORMED BY YOUTH MINISTRY (CHURCH) FOLLOWED BY LENTEN SOUPS (HELENA HALL)
	3 PM	PASSION/VENERATION OF THE CROSS/COMMUNION (CHURCH)
	7 PM	PASSION/VENERATION OF THE CROSS/COMMUNION (CHURCH)