

# **L E N T 2023**

**ASH WEDNESDAY**      **February 22nd**  
**Masses:**              **9:00 AM—St. Mary Church**  
                                 **5:30 PM—St. Joseph Church**

**Collection:**              **Aid to Churches in Central & Eastern Europe & Churches in Africa.**  
                                 **Donations may be placed in the offertory basket.**

This is a U.S. Conference of Catholic Bishops' collection which nurtures religious education and scholarships and provides training for seminarians, assistance to the elderly without pensions and food for children.

**DAILY MASSES**              **Monday / Thursday / Friday / Saturday 9:00 AM—St. Mary Church**  
                                 **Wednesday 5:00 PM—St. Joseph Church**

**CONFESSIONS**              **Friday 9:30 - 10:30 AM—St. Mary Church**  
                                 **Saturday from 3:00 - 3:45 PM—St. Mary Church**  
                                 (except on Holy Saturday - April 8th)

**FASTING** ... is to be observed by all 18 years of age and older, who have not yet celebrated their 59th birthday. On a fast day, one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted, but liquids, including milk and juices, are allowed.

**ABSTINENCE** ... is observed by all 14 years of age and older. On days of abstinence, no meat is allowed. Note that when health or ability to work would be seriously affected, the law does not oblige. When in doubt concerning fast and abstinence, the pastor should be consulted.

**DAYS OF FAST & ABSTINENCE**      **Ash Wednesday (February 22nd)**  
                                 **Good Friday (April 7th)**

**DAYS OF ABSTINENCE**              **All Fridays of Lent**

**STATIONS OF THE CROSS**              **15-minute Stations following every weekday Mass**

**EASTER DUTY**...this is the obligation to receive Holy Communion between the 1st Sunday of Lent ( February 26th) and Holy Trinity Sunday (June 4th). Those who are conscious of serious sin (check Examination of Conscience) are also required to receive the Sacrament of Reconciliation before Holy Communion.

**PRAYER & ALMS GIVING** ... in conjunction with fast and abstinence and linked with a greater intensity in prayer opens our awareness to the needs of others for whom fasting and abstinence are a way of life by virtue of their socio-economic status. For those of us who have the privilege of being able to fast and abstain, we do so in solidarity with our less fortunate sisters and brothers throughout the world, and unite our sacrifice with theirs in interceding to the Lord for peace in our time.

**"OPERATION RICE BOWL"**... a Catholic Relief Services' Lenten Program that calls all participants to PRAY with their families and faith communities, FAST in solidarity with those who are hungry, LEARN about our global community and the work of Catholic Relief Services overseas, GIVE sacrificial contributions to those in need around the world and in our diocese. RICE Bowls are available at all the Church entrances.