

FAST AND ABSTINENCE



Keeping  
a Holy Lent

All Catholics who have reached their fourteenth year are bound to abstain entirely from meat on Ash Wednesday and all the Fridays of Lent. All Catholics between the ages of eighteen and fifty-nine inclusive are also bound to observe the law of fast on Ash Wednesday and Good Friday. This means limiting oneself to a single full meal and avoiding food between meals. Two other light meals, which together do not equal a full meal, may be taken during the day.

Lent is a season of preparing for the great feast of Easter. During this forty day period we are asked to look deeply into our hearts and examine what keeps us from God's unconditional love. Come and experience God's Mercy.



**The Sacrament of Reconciliation (Confession) - 3/26 Diocesan Day of Reconciliation**

Our priests will be available to hear Confessions in church on Monday, 3/26 from 3:00 - 9:00 pm. Other opportunities for Confession this week, Tuesday & Wednesday following the 9:00 am Mass; Holy Thursday & Good Friday 4:30 - 5:30 pm; Holy Saturday 2:00 - 4:00 pm, or call the Rectory for an appointment.



**Prayer Service and Reflection on Jesus' last words spoken from the Cross**

Join our clergy on Tuesday, March 27, 7:30 pm, in the church.

Spend some time together praying and contemplating Jesus' last words

**Stations of the Cross: Good Friday 3/30 at 12:00 pm**

**Living Stations of the Cross by SROL 8th graders:**

**Wednesday, 3/28 at 1:00 pm. & Good Friday 3/30 at 7:30 pm.**



**HOLY WEEK AND  
THE EASTER TRIDUUM**

March 25th is Palm Sunday (Passion Sunday), the day the Church enters the mystery of her crucified, buried and risen Lord who, by His entrance into Jerusalem, gave a glimpse of His own majesty. The triumphant welcome of Jesus at the beginning of the week sharply clashes with His painful arrest and condemnation at the end.

On the evening of Holy Thursday, March 29, Lent comes to an end, and we enter into the "Three Days" that are the center of our year: **The Paschal Triduum.**

These three days are the heart of our liturgical year and celebrate the heart of our faith, The Paschal Mystery of Jesus Christ: His life, Passion, Death, and Resurrection.

During these Three Days, Christians renew their vows and new Christians are initiated. These are "High Holy Days" of Christianity.

**The Triduum is one long feast, and our presence is required. Join us!  
Plan to make these Three Days different from all the other days of the year.**

**Mass of the Lords Supper, Thursday 3/29, @7:30 pm;**

**The Lord's Passion, Friday 3/30, @ 3:00 pm;**

**The Easter Vigil, Saturday 3/31, @ 8:00pm**