

## **2014 Lenten Observances**

1. Ash Wednesday, March 5 and Good Friday, April 18 are days of abstinence from meat and fasting.
2. The Fridays of Lent are days of abstinence from meat (canon 1250 – 1253).
3. The observance of abstinence from meat applies to all Catholics 14 years of age and older (canon 1252).
4. The observance of fasting applies to all Catholics 18 years of age and older, but not yet 59 (canon 1252).
  - A Catholic tradition of fasting is one main meal per day, along with two small meals which do not equal the main meal.
5. Traditionally, Fridays of the year outside the Lenten season remain days of penance where each individual may substitute for the traditional abstinence from meat some other form of penance which might include acts of self-denial, temperance, acts of religion (e.g.: attending daily mass, praying the rosary), charity and/or Christian witness (canon 1250).

Those who are sick, pregnant (or nursing), or whose health would adversely be affected by fasting or abstinence should not consider themselves bound by these observances.

The following are some recommendations for voluntary self-denial or personal penance:

- Daily prayer (add some additional time).
- Prayers for vocations to the priesthood and the religious life.
- Personal service to the aged or the sick.
- Fasting at least once a week as a way of identifying with the poor and starving of the world.
- Prayer for the Catechumens and Candidates who will be celebrating the Easter Sacraments this year.
- Prayer for peace in our hearts and in the world.

**Join Us** for the Sacred Triduum, the most important days of the Catholic year:

**I. Holy Thursday, April 17<sup>th</sup>, 7:00PM**

Celebration of the Eucharist with the Washing of Feet and Offering for the Poor  
Procession to the Altar of Repose (stay to pray before the Blessed Sacrament)

**\*Leave in silence**

**\*Please bring:**

1. A bell to ring during the *Gloria*
2. A towel to use for the foot washing
3. Special offering for the Poor (perhaps your Lenten "Rice Bowl").

**II. Good Friday, April 18<sup>th</sup>, 7:00 PM**

Gather in silence for the Commemoration of the Death of the Lord  
Proclamation of the Passion of Jesus Christ

General Intercessions

Veneration of the Cross

Communion

**\*Leave in silence**

**\*Please bring:**

1. The nail you received on Palm Sunday
2. A flowering plant to decorate the altar for Easter (bring it to the cafeteria)

**III. Holy Saturday, April 19<sup>th</sup>, 8:30 PM**

Solemn Celebration of Easter – Lighting of the Easter Fire and Liturgy of the Word  
Festive Alleluia!

Liturgy of the Eucharist

**\*Please bring:**

1. A bell to ring during the *Alleluia* and *Gloria*
2. A dessert to share as we welcome our new Catholics

**IV. EASTER SUNDAY, April 20<sup>th</sup>, 8:30 AM and 11:00AM**

**Both Easter Sunday services TBD.**