

A CENTURY OF WITNESS – A FUTURE OF COMMITMENT

OUR LADY of LOURDES

CATHOLIC CHURCH

2019 Lenten Observances

1. Ash Wednesday, March 6th and Good Friday, April 19th 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.
- Pray for the Catechumens and Candidates who will be celebrating the Easter Sacraments this year.
- Pray for peace in our hearts and in the world.

Our Lady of Lourdes Catholic Church

25 Boulevard NE



Atlanta, GA 30312



Knights of Lourdes

LENTEN



FRIDAYS 6-9PM

CHURCH CAFETERIA

Come for the Stations of the Cross and Stay for a
Great Meal and Fellowship

Support the Lourdes children in
learning our
HERITAGE THROUGH HISTORY

Parenting Ministry Raffle Ticket Fundraiser

Enter for your chance to win

PRIZES

1st - 50" LG SMART 4K TV

2nd - Large Basket

3rd - Basket

Per

\$5

Ticket

The National Memorial Peace and Justice
Bus Trip

25112011

\$5

Per Ticket

RAFFLE
SALES AFTER
EACH MASS

LG UHD TV



50" 4K Smart - UHD TV with HDR

SAT./SUN.
MARCH
16 & 17

For tickets and more information, please contact the Lourdes Parenting Ministry or pj.lemuel@gmail.com 770.981.7226. Online ticket payments/donations to Our Lady of Lourdes "Give". Choose Parenting Ministry, note ticket number(s) in Comments.

The National Memorial for Peace and Justice and Justice Bus Trip Montgomery, Alabama

50
Seats
Only

\$35
Per Person



HERITAGE THROUGH HISTORY

"The National Memorial for Peace and Justice provides a sacred space for truth-telling and reflection about racial terrorism and its legacy. The museum and memorial are part of EJI's work to advance truth and reconciliation around race in America and to more honestly confront the legacy of slavery, lynching, and segregation". Equal Justice Initiative (EJI)

TRIP DATE:

Sat., April 6, 2019

BUS LEAVES FROM LOURDES:

6:00 AM

BUS RETURN TO LOURDES:

8:00 PM

**Tickets include transportation and Museum/Memorial Entry.
Trip/Parking details will be provided upon payment.**

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