



Lent Season

Lent begins a new opportunity to walk forward in our faith and prepare to renew our Baptismal promises.

The journey begins with Ash Wednesday, a day of fast and abstinence: All who have reached their 14th year are to abstain from eating meat on Ash Wednesday.

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Lent Season Lent brings a new opportunity to walk forward in our faith and prepare to renew our Baptismal promises. This Journey begins with Ash Wednesday, on March 6, a day of fast and abstinence: All who have reached their 14th year are to abstain from eating meat on Ash Wednesday, and ALL Fridays of Lent.

Fasting:

All those who are 18 or older, until the beginning of their 60th year, are to fast on Ash Wednesday and Good Friday. Only ONE full meal is allowed on days of fast. Two other meals, sufficient to maintain strength, may be taken according to one's needs; but, together, they should not equal another full meal. Eating between meals is not permitted, but liquids are allowed. The American Bishops have suggested that we also fast one day each week during Lent to help us get in touch with our deepest hungers - to hopefully discover ways to satisfy them during our Lenten Journey.

Rice Bowls

During Lent you are encouraged to participate in the Catholic Relief Services Rice Bowls program. The three spiritual pillars of Lent are prayer, fasting and almsgiving. We pray always for those in need, but one way you can actively participate in their relief is by fasting and putting the money you save in a Rice Bowl during Lent. Next Sunday we will have the Rice

Bowls in the pews for you to take. You can fill them and bring them back at the end of Lent, or better yet, to be a part of our gifts procession for the poor on Holy Thursday.