

## Fasting and Abstinence

**ASH WEDNESDAY** and **GOOD FRIDAY** are days of fast and abstinence. **ALL FRIDAYS OF LENT** are also days of abstinence.

**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.

Fasting, almsgiving, and prayer are the three traditional disciplines of Lent. The faithful and catechumens should undertake these practices seriously in a spirit of penance and of preparation for baptism or of renewal of baptism at Easter.

## Reconciliation

Every Monday at St. Peter Claver from 6:00 pm ~ 7:00 pm

## Townwide Stations of the Cross

Please join us at **7:00 pm** for a prayerful and meditative Lenten practice.

March 8	St. Mark the Evangelist
March 15	St. Brigid
March 22	St. Thomas the Apostle
March 29	St. Timothy
April 5	St. Peter Claver
April 12	St. Thomas the Apostle
April 19*	St. Brigid (*12 Noon)

**All are welcome!**