

CATHOLIC REGULATIONS FOR LENT

Ash Wednesday (February 14th) and Good Friday (March 30th) are days of **fasting and abstinence**.
ALL Fridays of Lent are days of **abstinence**.

Abstinence—requires all Catholics who have reached their 14th birthday to abstain from eating meat on Ash Wednesday, Good Friday and on all Fridays during Lent (Code of Canon Law §1252). Meat is considered to be the flesh and organs of mammals and fowl. Salt, freshwater and shell fish are permitted; products derived from animals such as dairy products and eggs are permitted as well.

Fasting—requires that a Catholic from the 18th birthday to the beginning of their 60th birthday reduce the amount of food normally consumed. The Church defines this as one meatless meal a day and two smaller meatless meals which if added together would not exceed the main meal in quantity. Eating between meals is not permitted only liquids, including milk and fruit juices are allowed.

Dispensations—Besides those outside the age limits, it is given to those of unsound mind, sick, frail, pregnant or nursing women according to the need for meat or nourishment; manual laborers according to need, guests at a meal who cannot excuse themselves without giving great offense or causing enmity and other situations of moral or physical impossibility to observe the penitential discipline.

LENT IS COMING

Lent is a season of prayer and penance set apart by the Church to prepare us for Easter and to recall Our Lord's fast in the desert (cf. Matthew 4:1-11, Luke 4:1-13). This season of preparation and sanctification can be fittingly accomplished through voluntary amendment of life, acts of penance, and works of charity. Lent is a time to learn to love our souls more than our bodies. Thus, every Christian should make a special effort to practice mortification and strive for holiness during the forty days of Lent.

DO NOT LET THIS TIME TO GROW IN HOLINESS PASS YOU BY!

Consider the following categories on what you should do for Lent.

VOLUNTARY AMENDMENT OF LIFE: Give up those things that you need to give up sooner or later, namely bad habits. Your goal here is to break a bad habit for ever and Lent is a good time to do it. Love your soul more than your body!

Examples: Gossiping, surfing the web without a real need, watching television, overeating between meals, eating and drinking junk foods, bad drinking habits, complaining, saying vulgar words, not getting up on time, wasting time playing video games, listening to inappropriate music, useless chattering on Facebook, blogs and the like, etc....

In this category I am going to do _____

ACTS OF PENANCE: Perform some kind of penance. Your goal here is to train yourself to say "no" in little things so that you can say "NO" to big temptations later. You may resume doing the things you have given up here once Lent is over. Love your soul more than your body!

Examples: Avoid eating or drinking something that you enjoy, such as desserts. Give up eating out, taking hot showers, drinking alcoholic beverages, etc.

In this category I am going to do _____

WORKS OF CHARITY: Perform some good and holy action(s). Your goal here is to strengthen your relationship with Christ and His Beloved Church. Ideally what you start here would continue in some way even after Lent is over. Love God more than yourself!

Example: Attend daily Mass as much as possible, read the Sacred Scripture _____ minutes a day, spend _____ additional time every day with my family, read a life of a saint or saints, increase spiritual reading, make a daily visit to the Most Blessed Sacrament, Pray the Rosary every day.

In this category I am going to do _____

I plan on making a good confession by this day during Lent _____



Ash Wednesday Mass Schedule

February 14, 2024

Mass at St Ann's Parish

9:AM And 6:PM

Ash on their foreheads on Ash Wednesday. This tradition has its roots in the Old Testament, where wearing ashes was a common sign of repentance for sins, and a sign of one's humility before God. Since Lent is a season of penitential renewal through prayer, fasting, and almsgiving, it's appropriate that this ancient sign marks the beginning of the season.

The ashes themselves are usually made by burning the palm fronds from the previous year's Palm Sunday. This symbolically connects the beginning of Lent with its end, connecting our change of heart with Christ's passion, death, and resurrection.

As people approach the priest or other minister, he sprinkles ashes on top of the head or traces a cross on the forehead reminding us of our mortality, our need for God, return to the Lord by repentance, rejection of sin and change ones life to reflect a life in Christ.



LENT

The Holy Season of Lent, where the Church proclaims a new Christ's call to penance and conversion of life. "If anyone wishes to come after me, let him deny himself and take up his cross and follow me" (Matthew 16:24). The entire season of Lent from Ash Wednesday (February 14th) to Holy Thursday (March 28th), is a penitential season; a time for self-denial, prayer and Christian charity. During this season, we are strongly encouraged to participate in daily Mass and receive Holy Communion, receive the Sacrament of Penance, attend Lenten devotions and the Stations of the Cross; read the Scriptures prayerfully, perform acts of self-denial and works of mercy.



Join Us for
 Stations of the
 Cross

every Friday of
 Lent at St Ann's
 Parish 5:PM