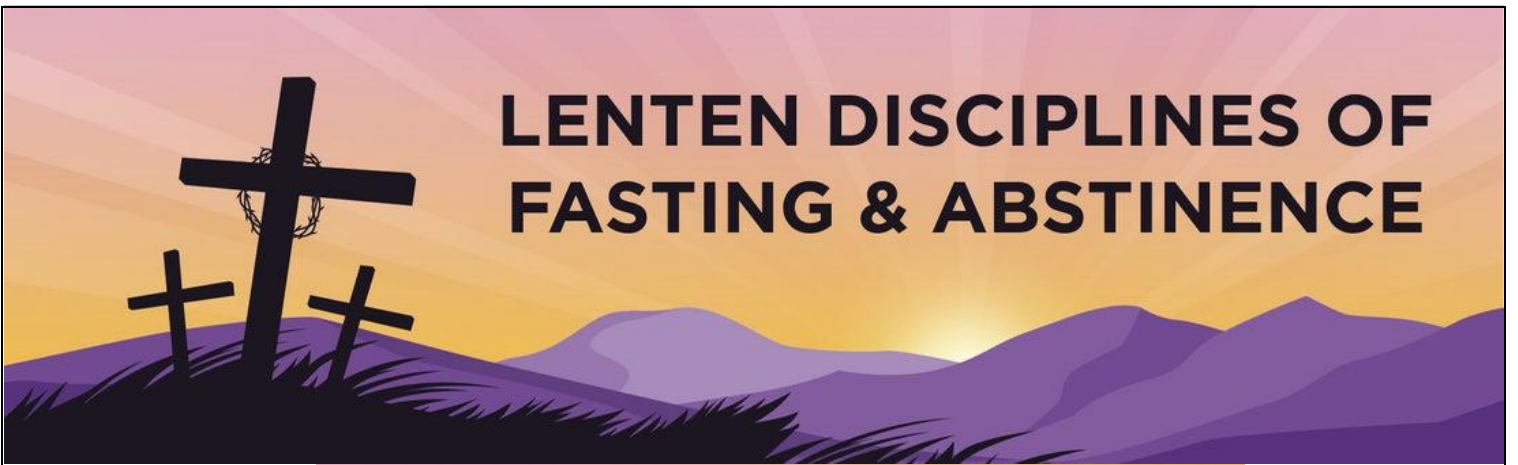


LENTEN DISCIPLINES OF FASTING & ABSTINENCE



Catholics in good health ages 18 to 59 are required to fast and to abstain from meat on Ash Wednesday and Good Friday.

Fasting consists of eating only one meal, with the possibility of two smaller snacks that do not add up to a single full meal.

Catholics age 14 and older are to abstain from meat on all Fridays in Lent.



ASH WEDNESDAY

Mass & Distribution of Ashes: **Wednesday, February 14th**
St. Joseph's at 9:00 a.m.
and All Saints 5:30 p.m.

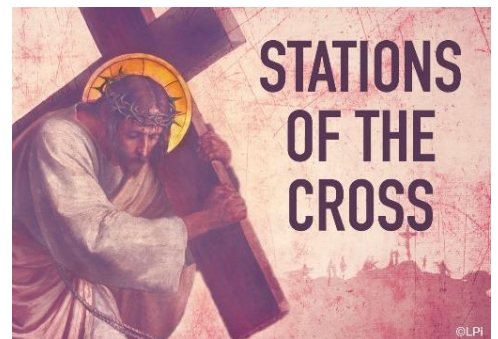
Stations of the Cross

All Fridays throughout Lent:

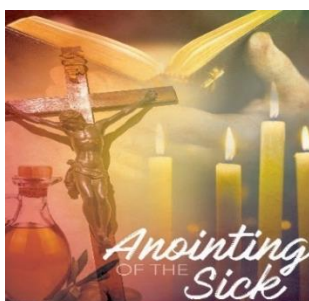
8:30 a.m. at St. Joseph's with Mass to follow

Stations and Soup Supper:

5:30 p.m. at All Saints



HEALING MASS



Mass with celebrants
Fr. Jeff Wilson & Fr. John Fitzgerald
Wednesday, March 6th
All Saints at 5:30 p.m.