



“This holy season guides us to the ascent to the holy Mountain of joy of Easter. Through the twofold themes of repentance and baptism, the season of Lent disposes the faithful to celebrate the paschal mystery.”

Fasting is to be observed on Ash Wednesday, February 17, 2021 and Good Friday, April 2, 2021. All Catholics from the ages of 18 to 59 years of age are included in this requirement. Anyone older than this are of course invited to join in this tradition of fasting if they are physically able. A fast day includes one full meal, and 2 other smaller meals. These smaller meals together should not equal another full meal. No eating between meals, however, liquids are allowed.

Abstinence is observed by all ages 14 years and older. On days of abstinence no meat is allowed. Please note when health or ability to work is seriously affected, the requirement is not obligated. Ash Wednesday, all Fridays of Lent, and Good Friday are days of Abstinence.

Almsgiving The foundational call of Christians to charity is a frequent theme of the Gospels. During Lent, we are asked to focus more intently on "almsgiving," which means donating money or goods to the poor and performing other acts of charity. As one of the three pillars of Lenten practice, almsgiving is "a witness to fraternal charity" and "a work of justice pleasing to God." (Catechism of the Catholic Church, no. 2462).

During Lent all faithful are urged to make a greater effort to share in the celebration of the sacrament of reconciliation. Please remember Confession is available at scheduled times in each parish, and by appointment.