

# Lent & Holy Week Schedule

Our Lady of the Mountains † A.D. 2017

ASH WEDNESDAY, MARCH 1ST

Mass, 9:30 a.m. & 6:00 p.m.

FRIDAYS DURING LENT (EXCLUDING GOOD FRIDAY)

Stations of the Cross, 6:00 p.m. followed by a Lenten Supper in Fr. Denis Hall

SUNDAY, MARCH 5TH

Blessing of the High Cross before the 11 a.m. Mass

SATURDAY & SUNDAY, MARCH 25TH & 26TH

Bethlehem Christian Families here selling hand-carved wooden items

WEDNESDAY, MARCH 29TH

Penance Service, 7:00 p.m. (preceded by Mass at 6:00 p.m.)

## The Triduum

HOLY THURSDAY, APRIL 13TH

*(No 9:30 a.m. Mass)*

Mass of the Lord's Supper, 6:00 p.m. followed by an hour of adoration

GOOD FRIDAY, APRIL 14TH

*(No 9:30 a.m. Mass)*

Stations of the Cross, 3:00 p.m.

Liturgy of the Passion, 6:00 p.m., with veneration of the Cross

HOLY SATURDAY, APRIL 15TH

*(No Confessions; no 4:00 p.m. or 6:00 p.m. Mass)*

Easter Vigil Mass, 8:30 p.m.

EASTER SUNDAY, APRIL 16TH

Mass, 8:30 & 11:00 a.m.

The Parish Office will be closed Holy Thursday, April 13th, through Easter Monday, April 17th.

We will have no daily Mass Monday, April 17th through Friday, April 21st.



# Lenten Regulations

## DAYS OF FAST AND ABSTINENCE

ASH WEDNESDAY, MARCH 1ST

GOOD FRIDAY, APRIL 14TH

## DAYS OF ABSTINENCE

ALL FRIDAYS OF LENT

### RULES OF FASTING

Fasting is to be observed by all 18 years of age and older who have not yet celebrated their 59th birthday. On a day of fasting, 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.

Note that when health or ability to work would be seriously affected, the law does not oblige. When in doubt concerning fast and abstinence, please consult Fr. Byrd.

### RULES OF ABSTINENCE

Abstinence is to be observed by all 14 years of age until death. Abstinence requires one to abstain from eating meat. Meat is considered to be the flesh and organs of mammals and fowl. Moral theologians have traditionally considered this also to forbid soups or gravies made from them. Salt and freshwater species of fish, amphibians, reptiles and shellfish are permitted, as are animal-derived products such as margarine and gelatin which do not have any meat taste.

## RECOMMENDATIONS FOR OBSERVING LENT

Lent should be a time of self-denial and penance, preparing the way for baptism or for the renewal of baptism at Easter. Besides doing what the Church requires, each person should voluntarily perform other acts of penance. Herewith, some suggestions:

- Daily participation in the Mass
- Daily recitation of the Rosary
- Participation in the Stations of the Cross
- Fasting at least once a week
- Personal service to the aged or the sick