

Lent.
A SEASON OF RENEWAL



CELEBRATE LENT 2023 WITH YOUR PARISH COMMUNITY

Ash Wednesday Mass February 22nd

9:30 a.m.

7:00 p.m. (Bishop Shlesinger presides)

Thursday, February 23rd

Lenten Reflection by Bishop Shlesinger during the 40-Hour Devotion, 6:00 p.m.

Penance Service, 6:30 p.m.

Friday, February 24th

Vespers Dinner 5:30 p.m. – 6:45 p.m.

Vespers 7:00 p.m.

Additional opportunities to pray and celebrate Reconciliation

Eucharistic Adoration

Fridays, 10:00 a.m. - 1:00 p.m.

Wednesdays, 6:30 p.m. - 7:30 p.m.

Reconciliation, (In addition to the regular Saturday hours)

Fridays, 10:00 a.m. - 11:00 a.m.

Wednesday, 6:30 p.m. - 7:00 p.m.

Lauds (Liturgy of the Hours) Every weekday, 8:45 a.m.

Rosary every weekday, 9:00 a.m.

Stations of the Cross Fridays, 6:00 p.m.

Social Events

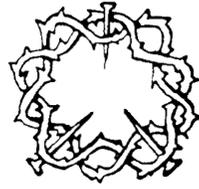
Lenten Dinners

Fridays, Immediately following Stations of the Cross.

Charitable Events

Donating toiletry items (or cash) through the Mary's Helping Hands weekly

Volunteering with Men's Group in community outreach projects



Lenten Regulations

DAYS OF FAST AND ABSTINENCE

ASH WEDNESDAY, FEBRUARY 22ND

GOOD FRIDAY, APRIL 7TH

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. Tri.

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.

This year St. Patrick's Day falls on Friday, March 17, 2023. This particular feast is celebrated in significant ways in many ways throughout the Archdiocese of Atlanta. A dispensation is hereby granted to all Catholics in the Archdiocese of Atlanta from the Discipline of Abstinence on March 17, 2023.

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.