



GUIDELINES FOR FASING AND ABSTINENCE DURING LENT

According to the U.S Conference of Catholic Bishops (USCCB), the guidelines for fasting and abstinence during Lent are as follows:

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence.

For members of the Latin Catholic Church, the norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards.

If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus, and to prepare ourselves to share more fully and to celebrate more readily his Resurrection.

THE HOLY SEASON OF LENT 2023

Ash Wednesday, February 22, 2023

Sacred Heart Church

Sacrament of Penance 7:30am 8:30am- Mass and distribution of ashes
12Noon- Liturgy of the Word Service with ashes Sacrament of Penance 12:30-1:30pm

St. Charles Borromeo Church

4:00pm.- Liturgy of the Word Service with ashes Sacrament of Penance 4:30-5:30pm
Sacrament of Penance 6:30pm 7:00pm.- Mass and distribution of ashes

Daily Masses

Sacred Heart Church

8:30A.M. Monday, Tuesday, Wednesday

St. Charles Borromeo Church

8:30A.M. Thursday, Friday, and Saturday

Stations of the Cross at St. Charles Borromeo Church

7:00P.M. – Friday, February 24th, March 3rd, 10th

12Noon – Good Friday, April 7th

Stations of the Cross at Sacred Heart Church

7:00P.M. – Friday, March 17th, 24th 31st.

7:00P.M. – Good Friday, April 7th

The Celebration of the Sacrament of Penance (Confessions)

3:00-3:45P.M. – Saturday before the Vigil Mass at Sacred Heart Church

4:30-5:15P.M. – Saturday before the Vigil Mass at St. Charles Borromeo Church

HOLY WEEK CONFESSIONS 2023

Monday, April 3rd

1:00-2:00P.M. at Sacred Heart Church

7:00-8:00P.M. at Sacred Heart Church

Tuesday, April 4th

1:00-2:00P.M. at St. Charles Borromeo Church

7:00-8:00P.M. at St. Charles Borromeo Church

Good Friday, April 7th

11: 00A.M.-12:00P.M. Confessions at St. Charles Borromeo Church

Holy Saturday, April 8th

11:00-12Noon Confessions at Sacred Heart Church

3:00-4:00P.M. Confessions at St. Charles Borromeo Church

Masses During Holy Week

April 3, 2023 – Monday of Holy Week: 8:30 A.M. Morning Mass Sacred Heart Church

April 4, 2023 – Tuesday of Holy Week: 8:30 A.M. Morning Mass Sacred Heart Church

April 5, 2023 - Wednesday of Holy Week: 8:30 A.M. Morning Mass Sacred Heart Church Sacred Heart