



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 (Feb. 26 – Apr. 12, 2020) 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 2021

Ash Wednesday, February 17, 2021

Sacred Heart Church

8:30A.M – Mass and distribution of ashes

12Noon – Liturgy of the Word Service with ashes

St. Charles Borromeo Church

4:00P.M. – Liturgy of the Word Service with ashes

7:00P.M. – Mass and distribution of ashes

Daily Masses for Lent

Sacred Heart Church

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

St. Charles Borromeo Church

Thursdays, Fridays, and Saturdays – **8:30A.M.**

Stations of the Cross

7:00P.M. – Friday, February 19th, February 26th, and March 5th

At **St. Charles Borromeo Church** with Confessions during Stations

7:00P.M. – Friday, March 12th, March 26th and April 2nd (Good Friday)

At **Sacred Heart Church** with Confessions during Stations

The Year of Saint Joseph Devotions & Confessions

at St. Charles Borromeo Church

7:00-8:00P.M. Wednesdays:

February 24th, March 3rd,

March 10th, 17th, 24th