

# MESSAGE FROM THE LAPTOP

## **PRAISED BE JESUS CHRIST!**

*Sunday Greetings Parish Families of HNOJ & HC:*

We have just joined in the liturgy for the Sixth Sunday in Ordinary Time. This will be a short week of Ordinary Time as we shall come out once again on Wednesday of this week and gather to begin the great season of Lent with the imposition of ashes upon our foreheads to begin our great penitential journey toward Holy Week and Easter. What kind of shape will our Lenten journey and Holy Week take this year? Time, and the COVID-19, will determine that. But, for now, we should take the time to just embrace Ash Wednesday and enter into the Lenten season along personal junctures. Set aside time for prayer, spiritual reading, viewing of special programming via **FORMED, AUGUSTINE INSTITUTE, EWTN TELEVISION – RADIO – ONLINE SERVICES**, and more. Last year, we were caught off guard and fumbled though a Lenten season suspended. Let's put that behind us and make this start to LENT extra special.

I would like to highlight the **ASH WEDNESDAY** schedule for liturgies that shall take place both at HOLY CROSS and at HOLY NAME OF JESUS:

### **ASH WEDNESDAY @ HOLY CROSS – SOUTH CENTERVILLE, NY**

**MASS WITH THE DISTRIBUTION OF ASHES @ 9:00am**

**LITURGY OF THE WORD WITH DISTRIBUTION OF ASHES @ 6:45am, 4:30pm & 7:00pm**

### **ASH WEDNESDAY @ HOLY NAME OF JESUS – OTISVILLE, NY**

**MASS WITH THE DISTRIBUTION OF ASHES @ 12:00noon & 7:00 pm**

**LITURGY OF THE WORD WITH DISTRIBUTION OF ASHES @ 4:30pm**

Let's just take an additional moment to review the **LENTEN REGULATIONS FOR FAST AND ABSTINENCE**: **Ash Wednesday** and **Good Friday** are days of **fast and abstinence**. This is a serious matter within Church law. Fasting means that only one full meal a day may be taken. Two smaller meals can be eaten to maintain physical strength but together should not equal another full meal in quantity. Snacking between meals is not permitted. **Catholics ages 18 – 59 are obliged to fast on Ash Wednesday and Good Friday**. Those who are not specifically obliged to fast are encouraged to join in the discipline of fasting to the extent that they are able. **Abstinence forbids the eating of meat or poultry. Those who have reached the age of 14 or older are obliged to abstain on Ash Wednesday and all Fridays of Lent**. Those who are not specifically obliged to abstain from eating meat are urged to join in the discipline of abstaining to the extent that they are able. **All Fridays of the year are designated as days of penance during which we are encouraged to practice self-denial out of gratitude for the suffering and death Jesus accepted for us.** The time for fulfilling the Easter Duty extends from the First Sunday of lent (February 21) to Holy Trinity Sunday (May 30)

That is all for now. **GO FORTH AND ANNOUNCE THE GOSPEL OF THE LORD. MANY BLESSINGS FOR THE WEEK!!!!**

*Fr. Mike*