

# 2021 Lent Schedule

## St. Mary's Visitation, St. Stanislaus & Sacred Heart Catholic Churches

Mass Schedule	St. Mary's Visitation	St. Stanislaus	Sacred Heart	Confession
Saturday	5:00 pm	4:30 pm		11:00 -12:00 pm/4:00-4:20—SS 4:00-4:50—SMV
Sunday	9 am Outdoor 11:00 am (Livestream)	10:30 am	9:00 am	8:30-8:50 am SH 10:30-10:50 am SMV
Tuesday	8:00 am	5:30 pm		5:00-7:00 pm—SMV
Wednesday	9:00 am	9:00 am		
Thursday	8:00 am (school only)	8:00 am		5:00-7:00 pm—SMV 6:30-7:30 pm SH—when priest available
Friday	8:00 am	9:00 am		
<b>Adoration Thursdays</b>	6:00 am to 11:00 pm	12:00 pm to 6:00 pm		

**Confessions after Stations of the Cross or other services when possible or anytime by request**

**Ash Wednesday** SMV Mass with Distribution of Ashes 9:00 am & 6:00 pm (Outdoor Mass)

**February 17** SS Mass with Distribution of Ashes 9:00 am

SH Mass with Distribution of Ashes 6:30 pm

**Lenten Fridays** SMV 7:00 pm Stations of the Cross & Benediction

Days of Abstinence SS 7:00 pm Stations of the Cross

SH Stations of the Cross on *Thursdays* at 6:30 pm

**St. Joseph's Feast Day** SS Mass at 9:00 am  
**Friday, March 19** SMV Mass at 8:00 am & 6:00 pm

**The Annunciation** SS Mass at 8:00 am  
**Thursday, March 25** SMV Mass at 7:00 pm

**SMV 40-Hour Silent  
Eucharistic Adoration** **April 11-13**

**LENTEN REGULATIONS:** On **ASH WEDNESDAY**, February 17, and **GOOD FRIDAY**, April 2, abstinence and fast are to be observed (Canon 1251). **ALL FRIDAYS** of Lent are penitential days throughout the universal Church, in which abstinence from eating meat is to be observed (Canon 1250). **OBLIGATION OF ABSTINENCE AND FAST:** All persons 14 and over are bound by the law of abstinence. All those 18 and over are bound by the law of fast up to age 59, inclusive. Nevertheless, pastors and parents are to see to it that children who are not bound by law of fast and abstinence are educated in an authentic sense of penance (Canon 1251). In observing the precept of **FAST**, one small meal and two smaller meals (which do not equal another average full meal) may be taken. Eating solid food between meals is prohibited. Taking medicine of any type does not break one's fast. **NOTE:** When health or ability to work would be seriously affected, the law of fast and abstinence should still be implemented as much as possible in the particular situation. If in doubt concerning one's ability to fast or abstain, one should consult a parish priest or confessor. In observing the precept of **ABSTINENCE**, one does not eat flesh meat, which means the flesh of animals that live on land (e.g. beef, pork, poultry, etc.). **ALL WEEKDAYS of LENT** are also days of penance. All Catholics should choose some form of penitential sacrifice to offer each weekday. Voluntary fasting on all the weekdays of Lent is encouraged. **CONFESSION:** All Catholics are bound to confess all serious sins at least once a year or whenever necessary before receiving Holy Communion. If in doubt as to what constitutes serious sin, please consult a parish priest or confessor.