LENTEN REGULATIONS

Ash Wednesday and Good
Friday are days of **fast** and **abstinence**. The Fridays of
Lent are days of **abstinence**. The obligation to abstain
(refraining from eating meat) begins at the age of 14.
Fasting (limiting oneself to one full meal and two
lighter ones) obliges all between the ages of 18-59.
Those for whom fasting is harmful are not obliged to
fast, but should perform some other act of penance or
charity. Minors, though not bound by fast and abstinence, are to be educated in an authentic sense of
penance and encouraged to do acts of penance
to their age. All are encouraged to do acts of penance
and charity during Lent beyond legal prescriptions.

ASH WEDNESDAY MASS, February 26

7 a.m. at ST
8 a.m. at SJB
8:30 a.m. at OLF
12:10 p.m. at SFC
4 p.m. at ST
5:30 p.m. at SJB
6:30 p.m at SFC
7 p.m. at OLF

WEDNESDAYS of LENT (6:30 – 7:30 p.m.) & one Thursday!

HOLY HOUR (Vespers, Reflection on next Sunday's Gospel by **Seminarian David Schmidt**, Adoration and Benediction.

THURSDAY, February 27, at St. Frances Cabrini*
*NOTE DIFFERENT DAY for this week only

Wed., Mar. 4 at SFC
Wed., Mar. 11 at OLF
Wed., Mar. 18 at OLF
Wed., Mar. 25 at ST
Wed., Apr. 1at ST
Wed., Apr. 8 at SJB
Wed., Apr. 15 at SJB

[Easter Week]

WEEKLY CONFESSION TIMES

Saturdays: 9 - 9:45 a.m.at **ST**

11 a.m. - 12 n. at OLF and SFC

12:15 – 1 p.m. at **SJB**

After 6:30 p.m. Mass at **OLF** (**Mon.**), at **SFC** (**Tue.**) and at **SJB** (**Wed.**) and after 12 n. Mass at **ST** on **Fridays**

Saturday, April 4 – no confessions at OLF and SFC due

to confessions at SJB (see below)

Holy Saturday, April 11 – NO CONFESSIONS ANYWHERE

SPECIAL CONFESSION TIMES

+Monday, March 30, 6:30 p.m. – **SFC (Penance Service)** Wednesday, April 1, *The Light Is On!* 6 – 7 p.m. at **SJB** 7:30 – 8:30 p.m. at **ST**

+Thursday, April 2, 6:30 p.m. – **OLF** (**Penance Service**)

Friday, April 3, 12:45 p.m. – **ST** Saturday, April 4, 12 n. – **SJB**

+PLEASE ARRIVE at 6:30 p.m. for Scripture reading, homily and communal Act of Contrition

STATIONS of the CROSS

Thursdays, 9 a.m. at SJB

Fridays, 9 a.m. at SFC and OLF

Fridays, 1:30 p.m. at **OLF** (school) and 4 p.m. at **ST**

Fridays, 7 p.m. Feb. 28, Mar. 6, Mar. 13 at **OLF** and **SFC**

Mar. 20, Mar. 27 Apr. 3 at SJB and OLF

PALM SUNDAY of the LORD'S PASSION

Saturday, April 4: 4 p.m. Vigil Mass at OLF

4:30 p.m. Vigil Mass at SFC

Sunday, April 5: 8 a.m. & 10:30 a.m. Mass at **SJB**

8:30 a.m. & 11 a.m. Mass at **OLF** 8:45 a.m. & 11:30 a.m. Mass at **SFC**

10 a.m. Mass at ST

7 p.m. **Tenebrae** at **OLF** (combined OLF/SFC Choir)

HOLY THURSDAY, April 9

Mass of the Lord's Supper: 7 p.m. at SJB and ST with Adoration until 11 p.m. at ST and Midnight at SJB

GOOD FRIDAY, April 10

Liturgy of the Lord's Passion with Holy Communion:

12:30 p.m. SJB

2 p.m. **SFC** (with service for children in Hall)

4 p.m. ST 7 p.m. OLF

Stations of the Cross: 7 p.m. at ST (young adults):

HOLY SATURDAY, April 11

Blessing of Easter Food Baskets: 11 a.m. at SJB and ST

12 n. at OLF and SFC

Easter Vigil: 8:30 p.m. at **SFC** (four candidates)

(music by combined OLF/SFC Choir)

8:30 p.m. at **OLF** (two candidates)

(music by ST Choir)

RESURRECTION of the LORD

Sunday, April 12: 8 a.m. & 10:30 a.m. Mass at **SJB**

8:30 a.m. & 11 a.m. Mass at **OLF** 9 a.m. & 11:30 a.m. Mass at **SFC**

10 a.m. Mass at ST

