



A Time for Prayer, Fasting & Almsgiving

LENT BEGINS ON ASH WEDNESDAY, FEBRUARY 18TH

NIGHT PRAYER WITH THE BURIAL OF THE ALLELUIA | FEBRUARY 17

- Join us at 6 P.M. in the church as we bury the alleluia before Lent begins

ASH WEDNESDAY | FEBRUARY 18

- Masses at 8 A.M. and 7 P.M. with distribution of ashes
- Distribution of ashes in the narthex from 12 - 1 P.M.
- Distribution of ashes in the narthex from 5 - 6:30 P.M.

EUCCHARISTIC ADORATION | BEGINNING ON FEBRUARY 19

- Lent Holy Hours at 6 P.M. on Thursdays, February 19, 26, March 5, 12, 19, and 26
- First Friday Holy Hour on March 6 following 8 A.M. Daily Mass

FRIDAY STATIONS OF THE CROSS | BEGINNING ON FEBRUARY 20

- Stations led by our school students at 2 P.M. on February 20, (no 27); March 6, 13, 20, and 27
- Stations at 6 P.M. on February 20, 27; March 6, 13, 20, and 27

SACRAMENT OF RECONCILIATION | SATURDAYS & SUNDAYS

- Saturdays, 3 - 3:45 P.M. on February 21, 28; March 7, 14, and 21 (no 28)
- Sundays, 10 - 10:45 A.M. on February 22; March 1, 8, 15, and 22 (no 29)
- 8 A.M.-8 P.M. on Friday, March 20 at Divine Mercy, Lombard & Friday, March 27 at St. Mark, Wheaton

FASTING AND ABSTINENCE DURING LENT

1. Everyone 14 years of age or over is bound to abstain from meat on Ash Wednesday and all Fridays of Lent.
2. Everyone 18 years of age and under 59 years of age is bound to fast on Ash Wednesday and Good Friday.
3. On these two days of fast and abstinence, only one full meatless meal is allowed. Two other meatless meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted on these two days, but liquids, including milk and fruit juices are allowed.
4. To disregard completely the law of fast and abstinence is seriously sinful.
5. Lent is the principal season of penance in the Christian year. All of the faithful are strongly urged to develop and follow a program of voluntary self-denial (in addition to following the Lenten regulations), serious prayer and works of charity and mercy.
6. As always, the obligation for fasting and abstinence from meat does not apply to those medically dispensed, for example for the pregnant, diabetic, or elderly.