



## LENTEN REGULATIONS

Ash Wednesday is February 14th this year. You'll have to eat your Valentine chocolates the day before!

During Lent, Roman Catholics observe **abstinence** and **fasting**:

- 1) Abstinence** on all Fridays of Lent, as well as on Ash Wednesday and Good Friday.

No meat (except seafood) may be eaten on days of abstinence. This applies to Roman Catholics 14 years and older. Pregnant and nursing mothers are exempt, as are all who are ill.

- 2) Fasting** on Ash Wednesday and Good Friday.

Fasting means having only one full meal to maintain one's strength. Two smaller, meatless (except seafood) and penitential meals are permitted according to one's needs, but they should not together equal the one full meal. Eating solid foods between meals is not permitted. Liquids are allowed to be taken between meals.

Roman Catholics from age 18 through age 59 are bound to fast. Again, pregnant and nursing mothers are exempt, as are those who are ill and those engaged in heavy manual labor.

These are the communal minimal requirements that we are to observe. Catholics are free to abstain and fast on other days of Lent as individual expressions of penitence. Sundays, as days that mark the Resurrection of the Lord, are traditionally not days of fasting and abstinence, although individual Catholics are free to fast and abstain on Sundays if they so choose.

## Lent 2018 at St. Frances Cabrini

- Ash Wednesday, February 14    **6:30 – 7:05 AM “Workers’ Mass”**  
8:30 AM Mass  
10:30 AM Mass (with the school)  
12:05 PM Mass  
5 PM Mass  
6 PM Soup Night in Essig Hall  
**7 PM “Last Chance Ashes” service with no Communion.**
- Friday, February 16            6:45 PM Confessions  
7:00 PM Stations of the Cross  
Confessions continue through the Stations  
8:00 PM Assyrian Stations of the Cross
- Sunday, February 18            9:30 AM Mass: Rite of Sending of the RCIA/RCIC catechumens  
to the cathedral.
- Wednesday, February 21       6-8 PM Confessions  
6 PM Soup Night in Essig Hall
- Friday, February 23            6:45 PM Confessions  
7:00 PM Stations of the Cross  
Confessions continue through the Stations  
8:00 PM Assyrian Stations of the Cross
- Wednesday, February 28       6 PM Soup Night in Essig Hall.  
6-8 PM Confessions
- First Friday, March 2           8:30 AM Mass with Benediction  
9:00 AM – 5:40 PM Exposition of the Blessed Sacrament in the  
main church  
6:00 PM Mass with Benediction  
6:45 PM Confessions  
7:00 PM Stations of the Cross  
Confessions continue through the Stations
- First Saturday, March 3       8:00 AM First Saturday devotions  
8:30 AM Mass  
5:00 PM Mass: First Scrutiny of the RCIA/RCIC Elect and  
candidates.
- Wednesday, March 7           6-8 PM Confessions  
6 PM Soup Night in Essig Hall  
*Homeless shelter begins this evening at St. Frances Cabrini: pray  
for our guests and volunteers!*

*Remember to pray for our guests and shelter volunteers!*

Friday, March 9	6:45 PM Confessions 7:00 PM Stations of the Cross Confessions continue through the Stations 8:00 PM Assyrian Stations of the Cross
Sunday, March 11	9:30 AM Mass: Second Scrutiny of the RCIA/RCIC Elect and candidates
Wednesday, March 14	6 PM Soup Night in Essig Hall <b>7 PM Parish Lenten Reconciliation Service—multiple priests present to hear confessions</b>
Thursday, March 15	SFC Church Dedication Anniversary: Mass at 8:30 AM
Friday, March 16	6:45 PM Confessions 7:00 PM Stations of the Cross. Confessions continue through the Stations
Sunday, March 18	11:30 AM Mass: Third Scrutiny of the RCIA/RCIA Elect and candidates
<b>Monday, March 19</b>	<b>St. Joseph's Day: 8:30 AM and 7:00 PM Masses</b>
Wednesday, March 21	6-8 PM Confessions 6:00 PM Soup Night in Essig Hall <b>6:30 PM Monthly Speaker Series: topic—life of St. Joseph.</b>
Friday, March 23	6:45 PM Confessions 7:00 PM Stations of the Cross Confessions continue through the Stations 8:00 PM Assyrian Stations of the Cross
<b>Palm Sunday, March 25</b>	<b>Normal Mass schedule</b> <b>9:30 AM Mass: Solemn Procession with palms</b>

*Shelter continues through April 4: please pray for our guests and volunteers!*