



“Jesus was in the desert for forty days.”
(Luke)

***“He fasted for forty days
and forty nights.”***
(Matthew)

“He stayed for forty days.”
(Mark)

*We have forty days and nights to prepare
for the Mother of all Nights (the Easter Vigil on
Holy Saturday).*

*Honor daylight and morning with rising,
morning prayer and a real breakfast. Honor eve-
ning with dinner, evening prayer and preparation
for sleep. Don't omit the small rituals that signal
day into night and night into day.*

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Regulations for Fast and Abstinence

*Ash Wednesday (February 25) and Good Friday (April 10) are days of fast and abstinence.
All other Fridays of Lent are days of abstinence only.*

The Law of Abstinence forbids the eating of meat. All persons older than 14 are bound by this law.

*The Law of Fasting allows only one full meal and two lighter meals in the course of the day and
prohibits eating between meals. Adults are bound by the Law of Fasting up to age 60. Pregnant women
and people who are sick are not obliged to fast. Others who feel they are unable to observe the laws of fast
and abstinence should consult a priest.*

Reading Materials

*Beginning on Ash Wednesday, you are invited to browse through and take home with you, those
materials from our Lenten table in the Gathering Area that are of interest to you. From calendars to
booklets of reflections, there is something for everyone ~ children, teens and adults. “Minute Meditations”
for Stations of the Cross may be especially helpful and enlightening.*

Operation Rice Bowl

*... is Catholic Relief Services' Lenten journey of faith and justice, inviting us to pray together,
fast through making sacrifices, learn more about our brothers and sisters in the developing world, and
give concrete assistance to those most in need. Your family is encouraged to take home a money box for
donations.*

Stations of the Cross

... Fridays (February 27-April 3 during Lent at 7:00 p.m. and Good Friday (April 10) at 3:00 p.m.

Evening Prayer with Adoration of the Blessed Sacrament and Benediction

... Sundays (March 1- April 5) at 5:30 p.m. in the Church

Weekly Parish Suppers

*... simple meals on Wednesdays (March 4-April 8) from 6:30 until 7:30 p.m., followed by
30-minute Lenten presentations in the meeting hall for adults (by Deacon Jay Dallas) and the conference
room for children (by Mrs. Sylvia Szpak). A nursery will be provided for children under 5 years of age.*

All parishioners are invited . . .

Shrove Tuesday Supper

Tuesday, February 24 at 6:00 p.m. in the Parish Activity Center

*Free for all ~ please bring a dessert to share
and a canned good for Neighbors in Need.*

*Menu includes all-you-care-to-eat pasta, salad and rolls
(and pizza for the children).*

Mardi Gras is associated with the famous carnivals held in New Orleans and Rio de Janeiro, but it has a religious significance, as well. Known also as Shrove Tuesday, the name comes from the tradition of shriving ~ confessing sins and receiving absolution. Mardi Gras (Fat Tuesday) meant a day to eat up all the food that would not be used for the next 40 days, what with Lent's fasting and abstaining. It is a day to leave behind things not needed in Lent.

What do we find in our life that is not needed and can be left behind for Lent? Pride? Selfishness? An unhealthy habit? Use Shrove Tuesday to write in your journal about what you're leaving behind to have a more fruitful Lent. Then say a hearty farewell to past transgressions and be ready for ashes on Wednesday.

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DJ Rod will lead the merriment with activities for all ages.

*So let's get together for a great time,
with good friends and good food,
before we settle into the solemn season of Lent.*