

SEASON OF LENT



FASTING & ABSTINENCE

Begins: ASH WEDNESDAY: February 25

The distribution of ashes will be offered:

During Mass: 6:45 am and 6:00 pm

During a Liturgy of the Word Service: 12:15 pm

NOTE: Distribution of Ashes Liturgy of Word Service will also be offered 9:30 am at Wyndcrest.

For those who are confined to their home, please call the parish office to arrange a time for home visitation with distribution of ashes that day.

PRAYER OPPORTUNITIES:

The **Mass** schedule will remain:

5:30 pm Saturday

8:00 am & 10:30 am Sunday

8:00 am Mon-Wed-Fri.

6:45 am Tues.-Thursday

Liturgy of the Hours:

(Official prayer of the Church)

Morning Prayer:

8:30 am Monday through Friday

Evening Prayer:

6:30 pm Mondays

Stations of the Cross: 6:30 pm Thursdays

Lectio Divina: 8:00 am Saturdays

Rosary: 9:00 am Saturdays

Ash Wednesday and Fridays of Lent:

Those who are 14 years & older in age are to abstain from eating meat on these days.

Ash Wednesday and Good Friday:

Anyone 18 years through 59 years of age is to fast: Only one full meal is to be eaten these days, with the other two smaller meals not to equal a full meal. Eating between meals is prohibited, except in case of necessity for medication or strength for work.

ALMSGIVING

Added deeds of penance and charity are encouraged during the season of Lent.

OPERATION RICE BOWL is an opportunity to share money from our fasting with those who hunger and thirst, or those without clothing or shelter. The collection for the Lenten Operation Rice Bowl will be gathered formally during the Mass of the Lord's Last Supper on Holy Thursday.

**Knights of Columbus
St. Jude Council #9640**

**6 Lenten Fish Fry Fridays
Beginning Feb. 27
and continuing on March 6, 13, 20, 27
and April 3
5:00 to 7:30 p.m.**