

LENTEN PENANCE SERVICE

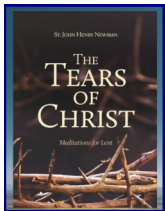
A Penance Service will be held on Wednesday, April 6th at 5 PM. As part of the service, there will be multiple priests available to hear confessions at that time.

Use [FORMED](#) to enhance your family's Lenten experience. All parishioners have free access to [FORMED](#).



Lenten daily Reflections with Dr. Tim Gray

Sign up at daily.formed.org. Each day you will receive in your inbox a short video which features Dr. Gray commenting on the daily Mass readings, explaining the scriptures, and providing you with concrete ideas on how to apply them to your Christian life.



Tears of Christ: Audio Meditations for Lent

For Kids:

"Brother Francis: Let's learn about Lent" is a four part series. Plus join Brother Francis in praying special Stations of the Cross for children.



FORGIVEN

Lenten Conference

"Forgiven" with Mr. Bill Lockhorn

March 5, March 19, & April 2, 2022
2:30-3:30 p.m. in Flynn Hall.

Forgiven: The Transforming Power of Confession explores the grace and healing offered in Confession and shows how this sacrament of mercy reveals the depth and bounty of God's love. By looking at God's revelation of his mercy in Scripture and making a step-by-step examination of the Rite itself, *Forgiven* communicates God's invitation to each one of us to come experience his indescribable love in the Sacrament of Reconciliation.

Lent IS A TIME TO
GROW
CLOSER TO JESUS

Regulations on Fasting and Abstinence

Ash Wednesday, March 2, and **Good Friday**, April 15, are days of fast and abstinence. All Fridays of Lent are also days of abstinence from meat.

Fasting is to be observed on Ash Wednesday and Good Friday by all Catholics between the ages of 18 years and 59 years (inclusive). On a fast day one full meal is allowed. Two smaller 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, but liquids are allowed.

Abstinence is observed by everyone 14 years of age and older. On days of abstinence no meat is allowed. Ash Wednesday, all the Fridays of Lent and Good Friday are all days of abstinence.

Note: *If a person is unable to observe the above regulations due to ill health or other serious reasons, they are urged to practice other forms of self-denial that are suitable to their condition.*

Fasting, abstinence, almsgiving and prayer are the four disciplines of Lent. The faithful and catechumens should undertake these practices seriously in a spirit of penance and of preparation for Baptism or of renewal of Baptism at Easter.