

# 2019 Lent Schedule

## St. Mary's Visitation, St. Stanislaus & Sacred Heart Catholic Churches

Masses	St. Mary's Visitation	St. Stanislaus	Sacred Heart
Saturday	5:00 pm	4:30 pm	
Sunday	9:00 & 11:00 am	10:30 am	9:00 am
Weekdays	M,T, Th, Fr - 8:00 am Wed - 9 :00 am	Tue - 5:30 am Wed - 10:30 am Th & Fr - 9:00 am	
Adoration	Thursdays 6 am to 11 pm 1st Fri 8:30-11:15 am	1st Thurs 10 am-8:00 pm	

Confessions	St. Mary's Visitation	St. Stanislaus	Sacred Heart
Saturday	4:00-4:50 pm	11:00-12:00 pm 3:30-4:20 pm	
Sunday	8:30-8:50 am 10:30-10:50 am		8:30 - 8:50 am

**Penance Service** April 8 - 6:30 pm April 9 - 6:30 pm

**Confessions after Stations of the Cross or other services when possible anytime by request**

<b>Ash Wednesday</b>	SMV	Mass with Distribution of Ashes 9:00 am (school) & 7:00 pm
<b>March 6</b>	SS	Mass with Distribution of Ashes 10:30 am (school)
	SH	Mass with Distribution of Ashes 6:30 pm
<b>Lenten Fridays</b>	SMV	Adoration 8:30 -10:00 am (with Office of Readings and Morning Prayer) (Adoration 8:30 -11:15 am on 1st Fridays)
Days of Abstinence		2:15 pm Stations of the Cross (when school is in session) 7:00 pm Stations of the Cross & Benediction
	SS	2:15 pm Stations of the Cross (when school is in session) 7:00 pm Stations of the Cross
	SH	Stations of the Cross on <i>Thursdays</i> at 6:30 pm

**Kerygma Retreat** SMV 9:00 am - 5:00 pm  
**Sunday, March 17**

**St. Joseph's Feast Day** SS Mass at 9:00 am  
**Tuesday, March 19** SMV Mass at 6:00 pm

**The Annunciation** SMV Mass at 9:00 am **40 Hour Devotion - April 7-9**  
**Monday, March 25** SMV Mass at 6:00 pm

**LENTEN REGULATIONS:** On **ASH WEDNESDAY**, March 6, and **GOOD FRIDAY**, April 19, abstinence and fast are to be observed (Canon 1251). **ALL FRIDAYS** of Lent are penitential days throughout the universal Church, in which abstinence from eating meat is to be observed (Canon 1250). **OBLIGATION OF ABSTINENCE AND FAST:** All persons 14 and over are bound by the law of abstinence. All those 18 and over are bound by the law of fast up to age 59, inclusive. Nevertheless, pastors and parents are to see to it that children who are not bound by law of fast and abstinence are educated in an authentic sense of penance (Canon 1251). In observing the precept of **FAST**, one small meal and two smaller meals (which do not equal another average full meal) may be taken. Eating solid food between meals is prohibited. Taking medicine of any type does not break one's fast. **NOTE:** When health or ability to work would be seriously affected, the law of fast and abstinence should still be implemented as much as possible in the particular situation. If in doubt concerning one's ability to fast or abstain, one should consult a parish priest or confessor. In observing the precept of **ABSTINENCE**, one does not eat flesh meat, which means the flesh of animals that live on land (e.g. beef, pork, poultry, etc.). **ALL WEEKDAYS of LENT** are also days of penance. All Catholics should choose some form of penitential sacrifice to offer each weekday. Voluntary fasting on all the weekdays of Lent is encouraged. **CONFESSION:** All Catholics are bound to confess all serious sins at least once a year or whenever necessary before receiving Holy Communion. If in doubt as to what constitutes serious sin, please consult a parish priest or confessor.