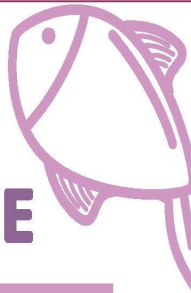




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LENTEN FASTING & ABSTINENCE



| Fasting | Abstinence |
|------------------------------|--------------------------|
| Ash Wednesday Good Friday | Every Friday during Lent |
| Ages 18-59 | Ages 14+ |

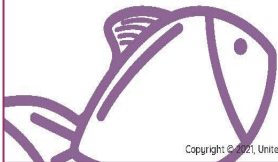
How do we fast?

When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal.

Am I excused from fasting and abstinence?

Those that are excused from fast and abstinence outside the age limits include the physically or mentally ill including individuals suffering from chronic illnesses such as diabetes. Also excluded are pregnant or nursing women.

For more information on fasting and abstinence, visit uscgb.org.



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LENTEN 2022 REGULATIONS

1. Everyone 14 years of age or over is bound to abstain from meat on **Ash Wednesday** and all the **Fridays of Lent**.
2. All from the age of 18 years up to the beginning of their 60th year are bound to **fast on Ash Wednesday and Good Friday**.
3. On these two days of fast and abstinence, only one full meatless meal is allowed. Two other meatless 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 on these two days, but liquids, including milk and fruit juices are allowed. When health or ability to work would be seriously affected, the law does not oblige.
4. To disregard completely the law of fast and abstinence is sinful.
5. Lent is the principal season of penance in the Church year. Therefore, all of the faithful are strongly urged to develop and follow a program of voluntary self-denial. All Catholics are encouraged to support generously the charitable works of the whole Church, pray and perform works of charity and mercy.
6. Those who are sick, pregnant, or nursing, or whose health would adversely be affected by fasting or abstinence, should not consider themselves bound by these norms.

PRAYER OPPORTUNITIES:

Weekday Mass: Monday, Wednesday, Thursday and Friday at 7:15am;
Communion Service: Tuesday at 7:15am

SACRAMENT of RECONCILIATION is available on Thursday from 7:30-8pm, Saturday from 3—3:45pm or by arrangement with Father.

EUCCHARISTIC ADORATION Thursday 6-8pm

LENTEN SOUP and BREAD SUPPERS Fridays in Lent at 6:30pm prior to 7pm Stations of the Cross. Volunteers appreciated.

STATIONS of the CROSS begin Friday, March 4.

Stations of the Cross will be prayed at 7pm in the church all Fridays of Lent.

LITTLE BLACK BOOKS containing daily 6-minute meditations on the parables of Jesus and the **WORD among us** daily meditations for Lent 2022 are available in both lobbies.

PARISH RE/FF PENANCE SERICE: Monday, April 4 at 6:30pm

ALMSGIVING OPPORTUNITIES

COLLECTION for the CHURCH in CENTRAL and EASTERN EUROPE: March 2
OPERATION RICE BOWL throughout Lent. Contact the RE Office for a bowl.

HELPING HANDS FOOD PANTRY / POB 508 / Peotone, IL 60468

CATHOLIC RELIEF SERVICES APPEAL: March 26—27

PONTIFICAL COLLECTION for the HOLY LAND: Good Friday, April 15

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