

LENTEN OPPORTUNITIES FOR SPIRITUAL GROWTH

LENT:

Fasting and Abstinence

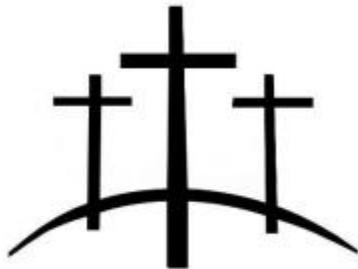
Abstinence means that a person abstains from meat (does not eat it).

All Fridays of Lent are days of Abstinence (no meat). This discipline applies to all persons who have completed their 14th year of age, but it is highly recommended that children from 7 - 14 also observe this discipline as a matter of training rather than obligation.

Fasting means eating only 1 full meal a day with the allowance of taking food at 2 other meal times in lesser quantities - these 2 together not exceeding the quantity of food eaten at the full meal. The drinking of ordinary liquids does not break one's fast.

Ash Wednesday and Good Friday are days of Fasting and of Abstinence (no meat and only 1 full meal). This discipline applies to all those who have completed their 18th year and continues until they have completed their 59th year.

(A person may judge in conscience that he/she is excused from observing the law of Fast and/or Abstinence if their health or the proper performance of their work would suffer proportionately. Also, a priest may dispense a person from these obligations.)



“When you fast, do not look gloomy...when you fast, anoint your head and wash your face so that you may not appear to be fasting, except to your Father who is hidden. And your Father who sees what is hidden will repay you.”

Matthew 6:16-18

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The continued pandemic requires that all gatherings will require masks and social distancing. The church and facility will be prepared and sanitized. We greatly appreciate you following our protocols, and look forward to your presence and participation during this Lenten journey.

⊕ Ash Wednesday Masses: **February 17th, 7:00 am, 9:00 am and 7:00 pm.**



⊕ Daily reflections for Lent: Available at the entrances of the Church. Take them home! (One per family, please.)

⊕ Prayer Group: **Mondays, 7:00 pm** in the Church reconciliation room.

⊕ Daily Mass: **Tuesday through Friday, 9:00 am.**

⊕ No Greater Love Lenten Study: **ALL ARE INVITED Tuesdays, 9:45 am** (2/23-3/23, 4/13) **or Wednesdays, 6:45 pm** (2/24-3/24, 4/14) **in the Parish Center.** Filmed on-location in the Holy Land, Edward Sri guides us through the last hours of Christ's life. Contact Mary in the church office 406-656-5800, ext 303, by 2/10 if you would like the book and study guide for this program.



⊕ Lectio Divina: **Wednesdays, 9:45 am, St. Benedict Room in Parish Center**

⊕ Adoration & Benediction: **Wednesdays, February 24th – March 24th, 6:00 – 6:30 pm.** A powerful experience before the Blessed Sacrament – make the effort to come!



⊕ Prayer Yoga: **Thursdays, 9:45 am, St. Monica Classroom 4.**

⊕ Stations of the Cross: **Fridays of Lent, February 19th – March 26th, 6:00 pm.** Follow the way of the crucifixion with our Lord.



⊕ Sacrament of Reconciliation: Individual reconciliation **Saturdays, 3:30 pm** in the Church reconciliation room or by appointment.

⊕ Weekend Mass Schedule: **Saturdays, 5:00 pm, Sundays, 8:30 am and 10:30 am**

⊕ The Pascal Triduum: **April 1st - 4th**

- ❖ **Holy Thursday: 7:00 pm** Evening Mass of the Lord's Supper
- ❖ **Good Friday: 7:00 pm** Liturgy of the Passion
- ❖ **Easter Vigil: 8:00 pm** Easter Vigil in the Holy Night
- ❖ **Easter Sunday: 8:30 am & 10:30 am** Easter Sunday Mass