



LA MAYOR CARGA

Cargar resentimiento es la mayor carga que puedes echarle encima.
—Anónimo

THE HEAVIEST LOAD

A chip on the shoulder is the heaviest load anyone can carry.
—Anonymous

Stations of the Cross
Fridays
6:00 pm
St. Josephs Church

After
Soup-Supper

Everyone is invited to join us after Stations of the Cross in the hall, for a simple soup-supper
Please, bring your OWN bowls, spoons cups ect.
We are trying conserve resources and trash.
If you would like to share your favorite Lenten soup
Please make sure NO meat or meat base.
(i. e. no chicken stock...)
And in the light of the Lenten season please NO sodas, deserts or sweets.
Check out the catholic websites for great recipes
And Lenten ideas



On Fridays, we refrain from eating meat since Jesus sacrificed his flesh for us on Good Friday.

WHY NO MEAT?

Why is fish permitted on Fridays?

Fish doesn't belong to the "flesh meats."
The Latin word for meat "caro," from which we get words like carnivore and carnivorous applies to flesh meat and does not include fish.

Traditionally, meat was more expensive and eaten only during times of feasting and rejoicing.



What is considered flesh meat?

Flesh meat includes any meat from poultry or mammals, such as beef, chicken and pork. Products that come from these animals can be consumed on Fridays, such as milk and eggs.



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