

# Ash

## WEDNESDAY

FEBRUARY 26, 2020

**St. Clement Parish**  
**Boonville**

Communion Service with distribution of ashes at 6:30 a.m.; Mass at 6:30 p.m.

**St. Clement Parish**  
**St. Rupert Church, Red Brush**  
Vigil Mass at 6:30 p.m. on Feb. 25

**St. John the Evangelist**  
**Daylight**  
Mass at 7 a.m. and 6 p.m.

**St. Benedict Cathedral**  
**Evansville**  
Mass at 6 a.m., 9 a.m. school Mass, 12:10 p.m. and 5:30 p.m.

**All Saints Parish**  
**St. Anthony of Padua Church, Evansville**  
Mass at 7:00am, 5:30 p.m.

**All Saints Parish**  
**St. Joseph Church, Evansville**  
Mass at 12:10 p.m.

**Annunciation Parish**  
**Christ the King Church, Evansville**  
Mass at 6:30 p.m. after Adore & Restore (Adoration 5:30-6:30 p.m.)

**Good Shepherd Parish**  
**Evansville**  
Mass at 7:40 a.m., 5:30 p.m.

**Holy Redeemer Parish**  
**Evansville**  
Mass at 8 a.m.; Communion Service with distribution of ashes at 12:10 p.m.; Mass at 6:30 p.m.

**Holy Rosary Parish**  
**Evansville**  
Mass at 7 a.m., 8 a.m., 12 p.m. and Spanish Mass at 6 p.m.

**Resurrection Parish**  
**Evansville**  
Communion Service with distribution of ashes 6:15 a.m.; Mass at 7:30 a.m., 6:00 p.m.

**St. Boniface Parish**  
**Sacred Heart Church, Evansville**  
Mass at 8 a.m.

**St. Boniface Parish**  
**St. Agnes Church, Evansville**  
Mass at 10 a.m.

**St. Boniface Parish**  
**Evansville**  
Mass at 12:10 p.m. and 6 p.m.

**Sts. Mary & John Parish**  
**St. Mary Church, Evansville**  
Mass at 12:05 p.m., 5:30pm

**St. John the Baptist Parish**  
**Newburgh**  
Mass at 7 a.m., 8:30 a.m. and 7 p.m.; Ashes only at 12:15 p.m. and 4:30 p.m.

## FASTING AND ABSTINENCE Q & A

**Q. I understand that Catholics ages 18 to 59 should fast on Ash Wednesday and on Good Friday, but what exactly are the rules for these fasts?**

Fasting on these days means we can have only one full, meatless meal. Some food can be taken at the other regular meal times if necessary, **but combined they should be less than one full meal.** Liquids are allowed at any time, but no solid food should be consumed between meals.

**Q. Are there exemptions other than for age from the requirement to fast on Ash Wednesday and Good Friday?**

Those that are excused from fast and abstinence outside the age limits include the physically or mentally ill including illnesses such as diabetes. Also excluded are pregnant or nursing women. In all cases, common sense should prevail, and ill persons should not further jeopardize their health by fasting.

(From the United States Conference of Catholic Bishops website: [www.usccb.org](http://www.usccb.org))



# Lent

## 40 DAYS OF RENEWAL

**L**ent is a time of penance and turning back to the Lord. It

is a time that we prepare to celebrate the central mysteries of our faith in Holy Week and Easter. We traditionally think about it as time to *give up* something. The Church doesn't call us to "give up" something officially though, but instead to *take up* some new things. These are the practices of **PRAYER**, **FASTING**, and **ALMSGIVING**.

"The key to fruitful observance of these practices is to recognize their link to baptismal renewal. We are called not just to abstain from sin during Lent, but to true conversion of our hearts and minds as followers of Christ. We recall those waters in which we were baptized into Christ's death, died to sin and evil, and began new life in Christ."

- from the United States Conference of Catholic Bishops website, [www.usccb.org](http://www.usccb.org).



Visit the parish website for a lengthier list that includes links to apps and websites:  
[www.holyredeemerchurch.org](http://www.holyredeemerchurch.org)



### prayer

- Visit the Adoration Chapel
- Go to Daily Mass
- Participate in the Sacrament of Reconciliation during Lent
- Read the daily Scriptures
- Participate in Stations of the Cross
- Daily examination of conscience
- Learn the Divine Mercy Chaplet
- Learn to Pray Liturgy of the Hours
- Pray the Rosary
- Learn the Angelus prayer
- Make a list of daily prayer intentions
- Grab a prayer app for your smartphone like Laudate, Catholic Mega App, Pray Catholic Novenas or Relevant Radio



### fasting

- Fast from an hour of TV & use the time to learn more about your faith
- Fast from a meal weekly & give the money to charity
- Fast from constant secular news to look at daily Church news
- Fast from the radio in the car to create silence for conversation with God
- Fast from judging others, using put-downs & start affirming the good in others
- Fast from holding resentments and start practicing forgiveness



### almsgiving

- Downsize your wardrobe & donate items to St. Vincent de Paul
- Visit a parishioner or family member in the nursing home
- Donate a dessert for United Caring Shelter (bring desserts to the parish office on the Tuesday before the 4th Wednesday of each month)
- Give a gift card to someone in need
- Make a meal for a homebound neighbor