ST. ANSELM PARISH
LENTEN SCHEDULE
2014

In the Roman Catholic Church, Ash Wednesday is the first day of Lent. It is the penitential season of the Church's year. It begins on Ash Wednesday and ends with the Mass of the Lord's Supper on Holy Thursday. Lent has six Sundays. The sixth is call Passion or Palm Sunday and marks the beginning of Holy Week. Ash Wednesday always falls 46 days before Easter.

While Ash Wednesday is not a Holy Day of Obligation, all Roman Catholics are encouraged to attend Mass on this day in order to mark the beginning of the Lenten season.

As Lent begins, we should set out specific spiritual goals we would like to reach before Easter and decide how we will pursue them—for instance, by going to daily Mass when we can and receiving the Sacrament of Confession more often.

The distribution of ashes reminds us of our own mortality and calls us to repentance. The ashes that we receive are a reminder of our own sinfulness, and many Catholics leave them on their foreheads all day as a sign of humility.

MASS SCHEDULE
Ash Wednesday, March 5th
Ashes will be distributed at all Masses
8:30 a.m. Mass
5:30 p.m. Mass
Fast & Abstinence
Wednesdays during Lent
8:30 a.m. Weekday Morning Mass
5:30 p.m. Weekday Lenten Mass
Fridays during Lent
7:00 p.m. Stations of the Cross with Benediction
Abstinence except Good Friday which is Fast & Abstinence
Reconciliation (Confessions)
Saturdays 3:30 p.m. to 4:20 p.m.
Penance Services during Holy Week

GUIDELINES

1. **Abstinence (no meat) on all the Fridays of Lent, Ash Wednesday and Good Friday** for Catholics 14 years and older. (Pregnant and nursing mothers and those who are sick are exempt.)

2. **Fast on Ash Wednesday and Good Friday** for Catholics 18 through 59.   (Pregnant and nursing mothers and those who are sick are exempt.) **Fasting means** having only one full meal. *(Two smaller, meatless meals are permitted according to one's needs, but they should not together equal the one full meal.)* Eating solid foods (snacks) between meals is not permitted.