

# Lent 2010

**ABSTINENCE:** All Catholics who are 14 years of age and older are to abstain from eating meat on Ash Wednesday, Good Friday, and all Fridays during Lent.

**FASTING:** All Catholics between the ages of 18-59 years (inclusive) are to fast on Ash Wednesday and Good Friday. Only one full meal is allowed on days of fast. Two other meals, sufficient to maintain strength, may be taken according to one's need; but together they should not equal another full meal. Eating between meals is not permitted, but liquids are allowed. The obligation does not apply to those whose health or ability to work would be seriously affected.

## Ash Wednesday, February 17, 2010

7:00 a.m. Mass with Distribution of Ashes  
9:00 a.m. Mass with Distribution of Ashes  
12:10 p.m. Service with Distribution of Ashes  
4:00 p.m. Service with Distribution of Ashes  
7:30 p.m. Mass with Distribution of Ashes



## Daily Mass

7:00 a.m. Monday through Friday  
5:15 p.m. Monday through Friday (wheelchair accessible)  
8:00 a.m. Saturday mornings



## Stations of the Cross

Fridays, immediately following the 5:15 p.m. Mass

## Opportunity for Confession

6:30 – 8:00 p.m. Wednesdays in Lent  
(February 24, March 3, 10, 17, 24 & 31)

3:00 – 3:45 p.m. Saturday afternoons  
Or by appointment