

Lent Schedule 2022

Following the Stations of the Cross each week (we will be serving simple Suppers) The suggested donation is \$5 per person



- Wed., March 2** **Ash Wednesday**
Mass times: 7:00 am, & 6:00 pm
- Fri., March 4** **Stations of the Cross**
6:00 pm, Led by Deacon Richard and RCIA
- Fri., March 11** **Stations of the Cross**
6:00 pm, Led by Deacon Vince and Gabriel Project
- Fri., March 18** **Stations of the Cross (No Simple Supper this Night)**
6:00 pm, Led by Fr. Chris and Youth Group
- Sun. March 20** **Individual Reconciliation**
1:00 to 2:00 pm, at **St. John the Evangelist**
- Fri. March 25** **Stations of the Cross**
6:00 pm, Led by Knights of Columbus
- Fri., April 1** **Stations of the Cross**
6:00 pm, Led by Parish Council
- Sun., April 3,4, 5,& 6** **Parish Mission Reconciliation**
(3 priests available)
6:00 pm to end of Mission at **St. John the Evangelist**
- Fri., April 8** **Stations of the Cross**
6:00 pm, Led by St. Anne Altar Society
- Mon., April 11** **Individual Reconciliation**
6:00 pm, until all confessions heard at **St. John the Evangelist**
- Wed., April 13** **Individual Reconciliation**
7:00 pm, until all confessions heard at **St. John the Evangelist**
- Wednesdays** **Adoration & Benediction 5:00 pm**
Adoration & Benediction will continue on Wednesdays during Lent. Reconciliation will still be available at 5:15 pm, and Mass at 6:00 pm.

QUESTIONS AND ANSWERS ABOUT LENT AND LENTEN PRACTICES

- Q. Why do we say that there are forty days of Lent? When you count all the days from Ash Wednesday through Holy Saturday, there are 46.**
- A. It might be more accurate to say that there is the "forty day fast within Lent." Historically, Lent has varied from a week to three weeks to the present configuration of 46 days. The forty day fast, however, has been more stable. The Sundays of Lent are certainly part of the Time of Lent, but they are not prescribed days of fast and abstinence.
- Q. So does that mean that when we give something up for Lent, such as candy, we can have it on Sundays?**
- A. Apart from the prescribed days of fast and abstinence on Ash Wednesday and Good Friday, and the days of abstinence every Friday of Lent, Catholics have traditionally chosen additional penitential practices for the whole Time of Lent. These practices are disciplinary in nature and often more effective if they are continuous, i.e., kept on Sundays as well. That being said, such practices are not regulated by the Church, but by individual conscience.
- Q. I understand that all the Fridays of Lent are days of abstinence from meat, but I'm not sure what is classified as meat. Does meat include chicken and dairy products?**
- A. Abstinence laws consider that meat comes only from animals such as chickens, cows, sheep or pigs - all of which live on land. Birds are also considered meat. Abstinence does not include meat juices and liquid foods made from meat. Thus, such foods as chicken broth, consommé, soups cooked or flavored with meat, meat gravies or sauces, as well as seasonings or condiments made from animal fat are technically not forbidden. However, moral theologians have traditionally taught that we should abstain from all animal-derived products (except foods such as gelatin, butter, cheese and eggs, which do not have any meat taste). Fish are a different category of animal. Salt and freshwater species of fish, amphibians, reptiles, (cold-blooded animals) and shellfish are permitted.
- Q. I've noticed that restaurants and grocery stores advertise specials on expensive types of fish and seafood on Fridays during Lent. Some of my Catholic friends take advantage of these deals, but somehow I don't feel right treating myself to the lobster special on Fridays during Lent.**
- A. While fish, lobster and other shellfish are not considered meat and can be consumed on days of abstinence, indulging in the lavish buffet at your favorite seafood place sort of misses the point. Abstaining from meat and other indulgences during Lent is a penitential practice. On the Fridays of Lent, we remember the sacrifice of Christ on Good Friday and unite ourselves with that sacrifice through abstinence and prayer.
- 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?**
- A. 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 a 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?**
- A. Those that are excused from fast and abstinence outside the age limits include the physically or mentally ill including individuals suffering from chronic 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.

<http://www.usccb.org/prayer-and-worship/liturgical-year/lent/catholic-information-on-lenten-fast-and-abstinence.cfm>

FAST & ABSTINENCE

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence.

For members of the Latin Catholic Church, the norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal. Two smaller meals may also be taken, but not to equal a full meal. The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards.

Members of the Eastern Catholic Churches are to observe the particular law of their own *sui iuris* Church.

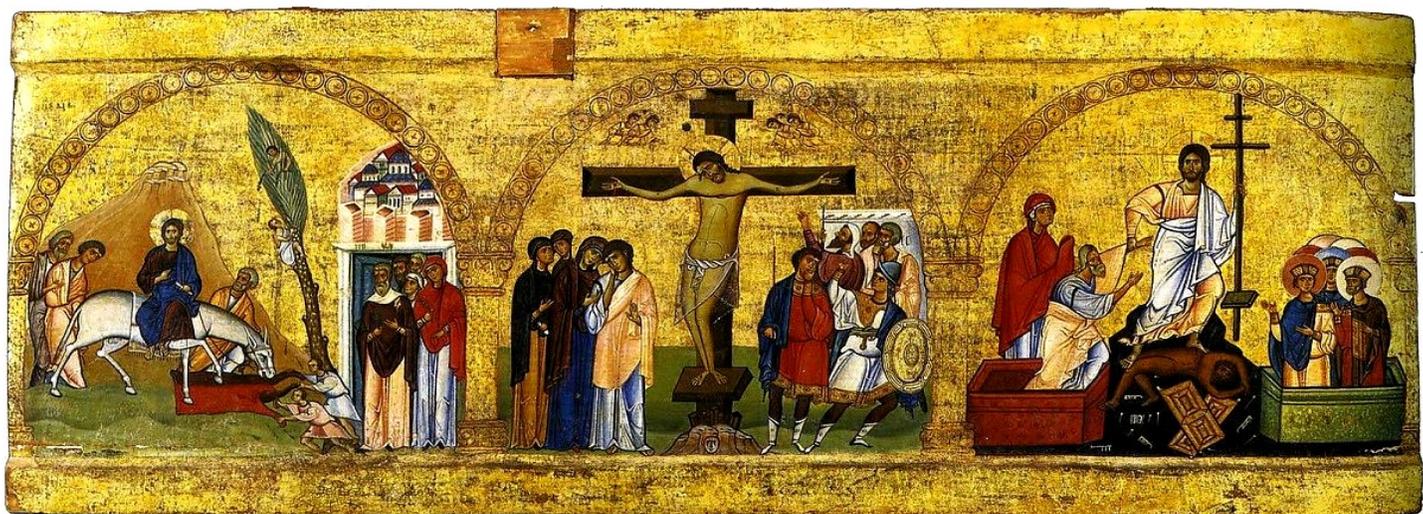
If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus, and to prepare ourselves to share more fully and to celebrate more readily his Resurrection.

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CHRISTIAN TRADITION CAN NAME AT LEAST SEVEN REASONS FOR FASTING

- From the beginning, God commanded some fasting, and sin entered into the world because Adam and Eve broke the fast.
- For the Christian, fasting is ultimately about fasting from sin.
- Fasting reveals our dependence on God and not the resources of this world.
- Fasting is an ancient way of preparing for the Eucharist—the truest of foods.
- Fasting is preparation for baptism (and all the sacraments)—for the reception of grace.
- Fasting is a means of saving resources to give to the poor.
- Fasting is a means of self-discipline, chastity, and the restraining of the appetites.

This article draws in part on the writings of Alexander Schmemmann, "Notes in Liturgical Theology," St. Vladimir's Seminary Quarterly, Vol. 3, No. 1, Winter 1959, pp. 2-9



HOLY WEEK

Saturday, April 09, Palm Sunday Vigil Mass 5:00 pm

Sunday, April 10, Palm Sunday, Mass 7:00 am & 10:00 am

Monday, April 11, Reconciliation, 6:00 pm
(2 Priests available and will stay until all confessions are heard)

Tuesday, April 12, Chrism Mass, 5:30 pm at St. Ben's
(There will be 8:00 am Mass at St. John the Evangelist)

Wednesday, April 13, Reconciliation, 7:00 pm to 8:00 pm
(There will be Adoration & Benediction 5 pm, Confessions 5:15 pm, & Mass at 6:00 pm)

Thursday, April 14, Holy Thursday, Mass 6:00 pm
(No 8:00 am Mass)

Friday, April 15, Good Friday Service, 6:00 pm

Tenebrae Service, 7:00 pm
(No 9:00 am Mass)

Saturday, April 16, Easter Vigil, 8:00 pm
(No Reconciliation or 5:00 pm Mass)

Sunday, April 17, Easter Sunday, Mass 7:00 am & 10:00 am
(No Incense at the 7:00 am Mass)