



Come and Journey with Us

Lent 2020



OUR LADY OF FATIMA – YALESVILLE, CT

WWW.ladyoffatimaparish.org

Ash Wednesday – February 26, 2020

Masses at 12:10 P.M., and 5:30 P.M.

Sacrament of Reconciliation – ConfessionMondays.com

Mondays 5:30 – 6:30 pm with Exposition of the Blessed Sacrament,
and Saturdays 2:30-3:30 pm

Stations of the Cross – Every Friday during lent (here) 7:00 P.M.

Other opportunities town wide... see reverse side

Simple Supper- Before Stations of the Cross

Fridays, 6:00pm (in the Church Hall) Soup, bread, & beverage

Palm Sunday of the Lord's Passion – April 5, 2020

Vigil Mass at 4:00 P.M., Sunday at 8:30 and 10:30 A.M.

Holy Thursday, Mass of the Lord's Supper – April 9, 2020

7:00 P.M. Followed by Adoration til 9:00

Good Friday – The Passion of the Lord & Veneration of the Cross –

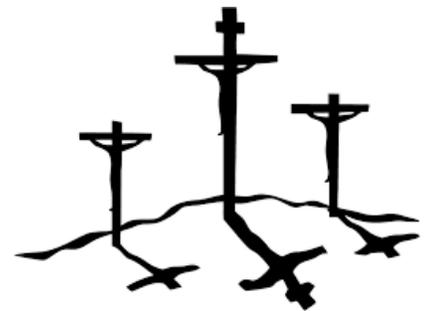
April 10, 2020 3:00 P.M. Service

The Great Easter Vigil – April 11, 2020

7:30 P.M.

The Resurrection of Our Lord – April 12, 2020

Masses at 8:30 and 10:30 A.M.





FAST & ABSTINENCE GUIDELINES



What is fasting and abstinence? Fasting means reducing the total amount of food we normally eat in day for the sake of drawing closer to God in prayer. Abstinence means doing without a particular food, such as meat, in order to focus our thoughts more toward God.

When Do We Fast or Abstain? Fasting and abstinence can be practiced anytime during the year. In Lent however, there is a prescribed discipline that the Church calls all of us to follow.

Fasting and Abstinence in Lent: Fasting (along with abstinence) is one of the three traditional disciplines of Lent. The other two are prayer and “alms-giving” (sharing the blessings we have received). These disciplines increase our focus on God and his Kingdom as we prepare for the annual remembrance of the acts by Christ saves us.

On Ash Wednesday and Good Friday all Catholics from age 18 to 59 are called to a day of fasting. On these two days we eat only one full meal (usually in the evening) plus two smaller meals that “together are not equal to one full meal”. There is no limitation on drinking of water, juices etc. No between-meal snacks.

On all Fridays during Lent anyone 14 years or older is called to abstain from meat. Eggs and dairy products are not considered meat.

In all cases, common sense should prevail. No one should jeopardize their health by fasting or abstinence. Those who are ill, have a chronic health condition, pregnant, or nursing an infant, are excused from this Lenten discipline.

Fridays 7:00 pm: Town-wide-Stations of the Cross

February 28th – Our Lady of Fatima

March 6th – Church of the Resurrection

March 13th – Most Holy Trinity

March 20th - Our Lady of Fatima

March 27th - Most Holy Trinity

April 3rd - Living stations- Church of the Resurrection 7:30 pm

