

# ***LENTEN OBSERVATIONS***

Ash Wednesday (**March 6**) and Good Friday (**April 19**) are days of both Fast and Abstinence. All other Fridays during Lent are days of abstinence only.

**FASTING:** to be observed by all 18-58 year olds. One full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to each one's need, but together should not equal another full meal. Eating between meals is not allowed; drinking is.

**ABSTINENCE:** is observed by all those 14 years of age or older. No meat is allowed unless one's health or the ability to work is seriously affected.

**OPERATION RICE BOWL:** In addition to fasting and abstinence, almsgiving is also a discipline of Lent. Operation Rice Bowl is a Lenten program, which allows you to participate in an overseas relief fund. Rice Bowls are available at church entrances.

**40 CANS for LENT:** The Knights of Columbus will be starting their 40 Cans for Lent program on Ash Wednesday. During this season of sacrifice and giving, this program is the perfect opportunity to do something for someone else. There will be a collection box in the rear of the church and we are hoping for one can of food for each of the 40 days of Lent from each parishioner. All the food collected will be brought to the New Horizons Food Bank. It's only 40 cans (or whatever you can donate). Please consider how much you'd be helping others and participate in this simple giving exercise.

**STATIONS of the CROSS:** Stations of the Cross are every Friday at 6 PM, except Good Friday, when they will be held at Noon

**RECONCILIATION:** For your convenience, the sacrament of Reconciliation will be available here at St. John the Baptist before Easter on the Monday of Holy Week, April 15<sup>th</sup> from 11 am to 1 pm and 5-7 pm

Or you may prefer the Deanery Lenten Penance Service on Sunday, March 24<sup>th</sup> at 1:30 pm at Christ the King Parish in Concord.

**RECEPTION of OILS:** The most Rev. Peter Libasci extends an invitation to all to participate in the Reception of Oils on Tuesday, April 16<sup>th</sup> at 6:30 PM at St. Joseph Cathedral in Manchester. We are also looking for 2 sets (4 people) of OIL BEARERS. Please let the rectory know as soon as possible if you are interested.

## **LENTEN SERVICES at HOLY ROSARY:**

- Stations of the Cross will be said at 7 PM every Friday (except Good Friday, when they will be said at 3 PM.)
- An additional Mass will be celebrated at 8:30 AM every Saturday during Lent (except Holy Saturday.)