Yard Sale

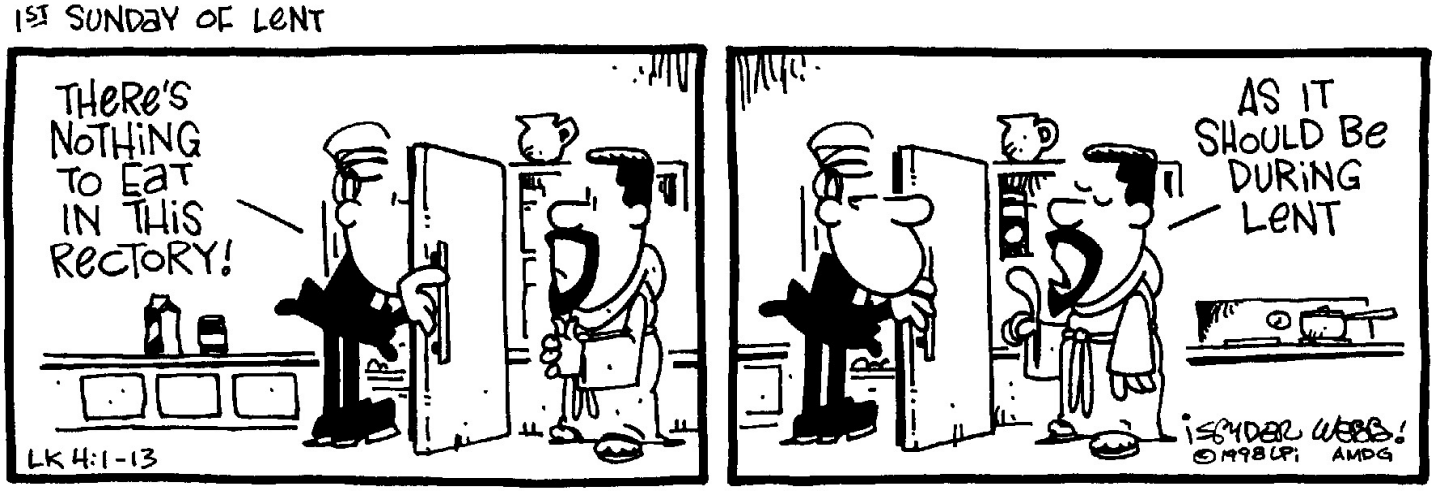
Sacred Heart Catholic School is hosting a yard sale Saturday March 26, 2022 from 7 a.m. to 1 p.m. near the Family Center. If you have any items you would like to donate, please drop them off on Friday, March 25 between 4 p.m. and 6 p.m. at the Family Center. Please no toiletry/personal items, or items in disrepair. All proceeds will benefit the school.

40 Days for Life

From March 2nd through April10th you're invited to join other Christians for 40 Days for Life – 40 days of prayer and fasting for an end to abortion. You're also invited to stand and peacefully pray during a 40-day vigil in the public right-of-way outside Planned Parenthood in Farmington and also to help spread the word about this important community outreach. If you'd like more information – and especially if you'd like to volunteer to help. Please contact: Deb Smith at (505) 320-9329 or debsmith518@gmail.com.

Church regulations for fasting and abstinence during Lent

Fridays during Lent are obligatory days of abstinence.

For members of the Catholic Church the norms on fasting are obligatory from age 18 until 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Catholic Church from age 14 onwards.

The fast on Good Friday is continued until the Easter Vigil 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."