

Fasting and Abstinence During Lent in the Catholic Church

Ash Wednesday and Good Friday are days of fasting and abstinence for Catholics.

On a day of fasting, a person is allowed to eat one full meal. Two small meals may also be taken, 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. The norms on fasting apply to people between 18 and 60 years of age.

Abstinence means refraining from eating 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. Still, moral theologians have traditionally taught that we should abstain from all animal-derived products.) The norms concerning abstinence from meat are binding from age 14 onwards.

Along with Ash Wednesday and Good Friday, all Fridays during the season of Lent are obligatory days of abstinence.

Almsgiving

Lenten Food Drive

Help St. John Neumann's chapter of the St. Vincent de Paul Society replenish the food pantry at Diakonia. Please bring only unexpired non-perishable foods or supermarket gift cards the weekend of 21/22 March. A table will be set up in the Gathering Space as a "collection" point.

Operation Rice Bowl

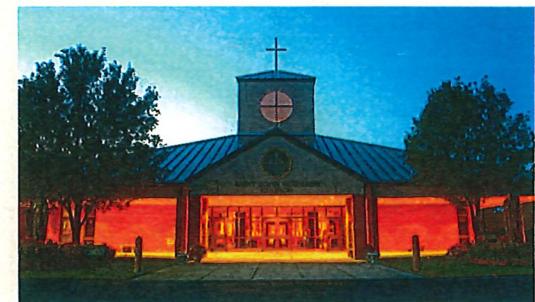
A program of Catholic Relief Services (CRS) since 1975, Operation Rice Bowl helps Catholics meditate on the love of Jesus Christ and imitate His love for the world through concrete, sacrificial giving to our brothers and sisters in need. Rice Bowls will be available in the Gathering Space beginning Ash Wednesday; contributions are submitted on Palm Sunday.

Collection for the Holy Land

Each year the Church throughout the world takes up a collection on Good Friday for the support of the churches in the Holy Land. That support is all the more necessary today, as Christians there face hostilities and acts of violence on a daily basis.

LENT HOLY WEEK EASTER 2026

Prayer, Fasting and Almsgiving:
The Pillars upon which
Grace Grows Strong



St. John Neumann Catholic Church
11211 Beauchamp Road
Berlin, Maryland 21811
410-208-2956
<http://www.stjohnneumannrcc.com>

*The Heart of the Church
in the Heart of the Eastern Shore!*



Dear sisters and brothers in Christ,

While Lent is a solemn season, it's also a time of hopeful expectation. Prayer, fasting, and almsgiving help us to focus not only on Jesus' saving death but also on His defeat of the grave on Easter.

Let's use this time well, that each of us might be open to God's grace. And let us pray for each other — pilgrims all — as we make our way toward our heavenly homeland.

God bless you, always!

Father Joe Cocucci, KCHS

Rev. Joseph MPR Cocucci, KCHS
Pastor



18 February 2026

9:00 AM: Mass (with Distribution of Ashes)
6:00 PM: Liturgy of the Word
(with Distribution of Ashes)

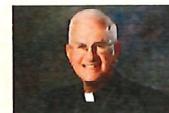
School of Prayer

Directed Meditative Prayer
in the Presence of the Blessed Sacrament,
led by Father Cocucci
6:00 PM

Mondays February 23 and March 2, 9, 16

Walking Wednesdays

Labyrinth-Style Meditative Prayer
Lenten Wednesdays, 1:00 - 2:30 PM



Holy Hour with Benediction Archbishop Joseph E. Kurtz

Monday, 23 March 2026, 6:00 PM

Stations of the Cross

Lenten Fridays, 11:00 AM



Soup, Salad, Pizza, People!

Friday, 20 March 2026
5:00 PM to 6:30 PM
\$10 (\$5 children under 12)

Lenten Reconciliation Service

Holy Savior Church

1705 Philadelphia Avenue in Ocean City

Wednesday, 11 March 2026, 6:00 PM

The Lenten Lessons

Sunday 15 March 2026 (Laetare Sunday)
3:00 PM

The Lenten Lessons presents the realities of temptation, sin, mercy and redemption through Sacred Scripture, choral music, congregational prayer and singing, and personal reflection.



HOLY WEEK SCHEDULE

Palm Sunday

29 March 2026

Masses: Saturday Vigil 4:00 PM
Sunday 9:00 AM and 11:00 AM

Reconciliation Monday

30 March 2026

Confessions from 3:00 PM until 8:00 PM
(Please note that we will not be having a
"Penance Service" at St. John Neumann.)

Chrism Mass

31 March 2026, 7:00 PM

Holy Cross Church (Dover, DE)
Most Rev. William E. Koenig presiding

Holy Thursday

2 April 2026

(No morning Mass this day)
7:00 PM: Mass of the Lord's Supper
8:15 PM: Eucharistic Adoration
8:45 PM: Night Prayer

Good Friday

3 April 2026

(No morning Mass this day)
3:00 PM: Celebration of the Lord's Passion

Holy Saturday

4 April 2026

(No morning Mass this day)
10:00 AM: Blessing of Foods
for the Easter Table
7:30 PM: The Easter Vigil

Easter Sunday

5 April 2026

Masses: 9:00 AM and 11:00 AM

