

YOUR REFRIGERATOR DOOR GUIDE TO LENT

PLEASE POST IN YOUR HOME FOR LENT

The Season of Lent begins on Ash Wednesday, March 6. During the **40 Days of Lent**, while individuals in our parish and around the world enter their final preparations for their Baptism at the Easter Vigil on Easter Eve, *baptized* Christians prepare themselves for their *Renewal of Baptismal Promises* at the Easter Masses. We prepare for our renewal by making use of the **Three Disciplines of Lent**: *Prayer & Repentance, Fasting from Food and Destructive Actions, and Almsgiving (Works of Charity)*. This insert describes ways to practice the **Three Disciplines of Lent**.



REPENTANCE: TRY CONFESSION IN LENT!

ST AUGUSTINE

Fridays 8:30 am

Thursdays 5:45 pm - 6:15 pm

March 7 - April 4

following Youth Stations of the Cross

Saturdays 4 pm

ST MARY

Sundays, 12:15 pm

March 10 - April 7

There is no saint
without a past,
no sinner
without a future.
St Augustine

FASTING FROM FOOD & DESTRUCTIVE ACTIONS



FASTING & ABSTINENCE

Ash Wednesday and **Good Friday**, are **Fast Days**. Catholics 18 to 58 years old are bound to the spiritual obligation to fast on these two days. On a **Fast Day**, one full meal is allowed. Two smaller meals, or snacks, may be taken but are not to equal a full meal. **Ash Wednesday**, and **every Friday** of Lent including **Good Friday**, are **Days of Abstinence**. Catholics 14 years and older

are not to eat meat and poultry on these Days of Abstinence. Vegetarians, Vegans, and others who customarily do not eat meat and poultry, should choose another sacrificial practice on Days of Abstinence. Pregnant and nursing women, and those in ill health, or for other reasons, e.g. diabetes, are not bound by the obligations of abstinence and fasting. They are urged to substitute another form of self-denial suitable to their condition.

"Christ Died for Our Salvation on Friday"

For this reason, Friday itself remains a special day of penitential observance throughout the year, not only during Lent. Friday should be to each week what Lent is to the entire year. It would bring great glory to God and good to souls if Fridays found our people doing volunteer work in hospitals, visiting the sick, serving the needs of the aged and the lonely, instructing the young in the Faith, participating as Christians in community affairs, and meeting our obligations to our families, our friends, our neighbors, and our community, including our parishes, with a special zeal born of the desire to add the merit of penance to the other virtues exercised in good works born of living faith.

"Penance & Abstinence", 1983, US Bishops

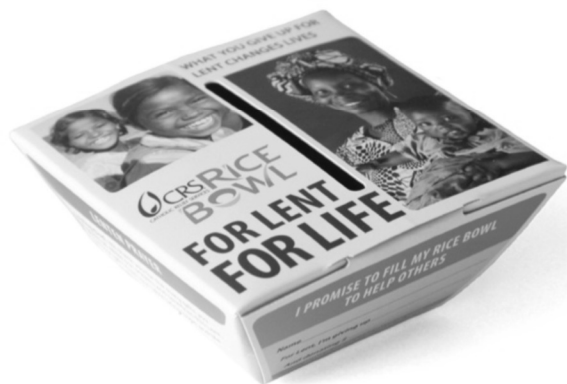
What To Give Up for Lent?

| | | |
|--------------------------|-------------------|------------------|
| Feelings of Unworthiness | People Pleasing | Worry |
| Bitterness | Guilt | Envy |
| Destructive Speech | Ungratefulness | Comparison |
| Negativity | Your Comfort Zone | and much more... |

PRAYER & ALMSGIVING

Rice Bowl: For Lent, For Life

**PRAY AS A FAMILY
FAST IN SOLIDARITY
GIVE TO CHANGE LIVES**



The Catholic Relief Services *Rice Bowl* is a Lenten faith-in-action program, that feeds the hungry through prayer, fasting and almsgiving. The *Rice Bowl* is a great way for individuals and families to come together during Lent. *Rice Bowl* Lenten Calendars and Bowls are available at church.

Visit the *Rice Bowl* website at crsricbowl.org to find **Family Activities, Resources, and Recipes** in English and Spanish. Download the free **Rice Bowl Mobile App** for your phone or tablet. 25% of *Rice Bowl* donations return to local ministries that include our *Works of Mercy* (*Agape, Food Pantry, Outreach*). **#4Lent4Life**

Five minutes a day is all it takes.

Stations of the Cross

The Stations of the Cross in Lent are prayed at **St Augustine** on **Thursdays at 5 pm** prior to the **Lenten Soup Supper**, and on **Fridays** after the **9 am Mass**. The Stations of the Cross in Lent are prayed at **St Mary** on **Fridays at 5 pm** prior to the **Lenten Seafood Dinner**. The Stations on Thursday at St Augustine

are led by the youth of the parish. The Stations at St Mary are led by a variety of parishioners. *Individuals who participate in the Stations of the Cross, go to Confession, receive Holy Communion, and pray for the intentions of the Pope - receive a Plenary Indulgence, the complete remission of all time earned in Purgatory, to be applied for themselves or for one who has died.*



*We adore you,
O Christ, and we
praise you.*

Holy Week & Easter

**Palm Sunday
of the Lord's Passion**

Saturday, April 13

5 pm St Augustine

Sunday, April 14

8 am & 9:30 am St Augustine

11:30 am St Mary *special time*

**Holy Thursday, April 18
Mass of the Lord's Supper**

2 pm St Mary

6 pm St Augustine

Good Friday, April 19

2 pm Lord's Passion St Mary

3 pm Stations St Augustine

6 pm Lord's Passion St Aug

**The Vigil of Easter
Saturday, April 20**

5 pm St Augustine *special time*

Easter Sunday, April 21

6:30 am St Augustine *new*

8 am St Augustine

9:30 am St Augustine

11:30 am St Mary *special time*