

# YOUR REFRIGERATOR DOOR GUIDE TO LENT

PLEASE POST IN YOUR HOME FOR LENT

The Season of Lent begins on Ash Wednesday, March 1. During the 40 Days of Lent, while individuals at St Augustine and St Mary 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: 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 am & 11:30 am  
Saturdays, 4 pm  
Wednesday of Holy Week  
5 pm to 7 pm  
April 12

### ST MARY

Sundays, 12:15 pm  
March 5 - April 2

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*

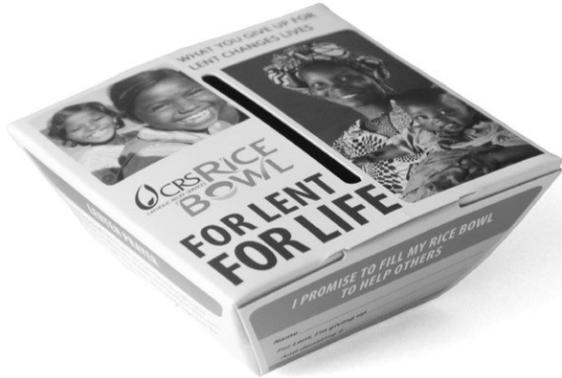
### What To Give Up for Lent?

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**



**Five minutes a day is all it takes.**

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](http://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**

## Stations of the Cross & Soup Suppers

The **Stations of the Cross** are prayed at **St Augustine** on **Thursdays** in Lent at **5 pm**, and at **St Mary** on **Tuesdays** in Lent at **5:30 pm**. The Stations at St Augustine are led by the youth of the parish. The Stations at St Mary are led by a variety of parishioners.

**Indulgence:** Individuals who participate in the Stations of the Cross, go to Confession, receive Holy Communion, and pray for the intentions of the Pope - all within a few days time -

receive a **Plenary Indulgence**, the complete remission of all time earned in Purgatory. This indulgence may also be applied to a deceased loved one.

At both churches, the Stations are **followed by Lenten Soup Suppers benefiting CRS Rice Bowl**. Please bring your own bowl and spoon. Stations also are prayed on **Fridays** in Lent at St Augustine after the 9 am Mass, and at St Mary at 4:30 pm before the **Lenten Fish Bake**.



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

## Holy Week & Easter

“What Are We Doing in Holy Week?” **Thurs, April 6, 6 pm**  
**St Augustine, Tues April 11, 6:15 pm**  
**St Mary during Soup Supper** - Father Paul Pluth gives a brief introduction to the worship and purpose of the holiest week of the year.

**Holy Thursday, April 13**  
**Mass of the Lord's Supper**  
2 pm St Mary  
6 pm St Augustine  
**Good Friday, April 14**  
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 15**  
8 pm St Augustine  
**Easter Sunday, April 16**  
8 am St Augustine  
9:30 am St Augustine  
11:15 am St Mary