

## LENTEN REGULATIONS 2026

Each year the Lord Jesus calls the entire Church to a special season of penance and renewal. As we begin this holy time of Lent, we should reflect on our need for conversion of heart, prayer, charitable works and penance.

The Season of Lent extends this year from Ash Wednesday, February 18, to the Mass of the Lord's Supper, April 2nd, inclusive.

1. All Catholics who are 14 years of age and older are to observe the penitential practice of abstinence which consists of refraining from the consumption of meat. Ash Wednesday (February 18th), Good Friday (April 3rd), and all the Fridays during Lent are days of abstinence.
2. In addition to abstinence, fasting is to be observed by all Catholics between the ages of 18 – 59 years (inclusive). Ash Wednesday (February 18th), Good Friday (April 3rd) are days of fasting.
3. On these two days of fast and abstinence, only one full meatless meal is allowed. The other meatless meals, sufficient to maintain strength, may be taken according to one's needs, but altogether they should not equal another full meal. Eating between meals is not permitted on these two days, but liquids, including milk and fruit juices, are allowed.
4. If a person is unable to observe the above regulation due to ill health or other serious reasons, they are urged to practice other forms of self-denial that are suitable to their condition.
5. Because Lent is a special season for all Christians, we should not lightly excuse ourselves from these penitential practices.
6. To completely disregard the law of fast and abstinence is seriously sinful.
7. Lent is the principal season of penance in the Christian Year. Clergy, religious and laity are strongly urged to develop and maintain a voluntary program of self-denial (in addition to the above Lenten regulations), serious prayer, and performance of works of charity and mercy, including alms giving.

### OUR PARISH FAMILY PARTNERSHIP LENTEN OPPORTUNITIES

1. On Ash Wednesday the Masses to be offered in our Parish Family Partnership are as follows: St. Augustine: 8 am; St. Dominic: 8 am, 12:10 pm, and 7 pm; Mater Dei Catholic High School: 10:18 am; and St. Anthony, 7 pm.
2. The Stations of the Cross are an excellent opportunity to expand our Lenten prayer life: at [St. Augustine on Thursdays (with the Primary children at 1:45 pm), and on Fridays (with Adult Faith Formation following) (February 20, March 6 and 20) at 7 pm]; at [St. Anthony (with Adult Faith Formation following) on Fridays (February 27, March 13 and 27) at 7 pm] and at [St. Dominic on Wednesdays at 2 pm and Fridays at 7pm].
3. Attending a weekday Mass is also another opportunity to expand your Lenten observance: Mondays at St. Augustine at 8 am; Tuesdays at St. Anthony at 7:30 am and St. Dominic at 8 am; Wednesdays at St. Augustine at 8 am and St. Dominic at 8 am; Thursdays at St. Dominic at 8 am and Mater Dei at 10:18am; and Fridays at St. Anthony at 7:30 am and St. Dominic at 8 am (*always check bulletin for exceptions*).
4. Confessions are heard each Saturday prior to the 4:00 pm Mass at St. Augustine between 3:15 and 3:45 pm and prior to the 5:30 pm Mass at St. Dominic between 4:30 and 5:15 pm. There will also be a Lenten Reconciliation Service on Sunday, March 15th, at St. Dominic for our Parish Family Partnership at 3 pm.
5. Eucharistic Lenten Adoration at St. Augustine is held on Tuesdays from Noon to 1 pm. At St. Dominic will begin on Thursday, February 23rd and Friday the 24th with adoration of the Blessed Sacrament and then on Monday, Tuesday, Thursday and Friday each week from 1:00 - 7:00 pm throughout the Lenten season. There are 6 one-hour time slots to fill each day so there will be a need for a minimum of 24 prayer volunteers to make this possible. Sign-up sheets are located in the back of St. Dominic Church. To sign up call Rich Carlton at 618/322-1917 or if you have any questions.