

# LENTEN REGULATIONS 2021

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 17<sup>th</sup>, to the Mass of the Lord's Supper, April 1<sup>th</sup>, 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 17<sup>th</sup>), Good Friday (April 2<sup>th</sup>), 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 17<sup>th</sup>), Good Friday (April 2<sup>th</sup>) 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 PARTNERSHIP OPPORTUNITIES

1. On Ash Wednesday the Masses to be offered in our Partnership are as follows: St. Augustine: 8 am; St. Dominic: 8 am, 10 am, 12:10 pm, and 7 pm; and St. Anthony, 7 pm. A virtual Ash Wednesday Mass will also be on our two parish's websites.
2. The Stations of the Cross are an excellent opportunity to expand our Lenten prayer life: at St. Augustine's on Tuesdays at 7 pm; at St. Anthony's on Fridays at 7 pm (while still in the gyms, will not include Adoration and Benediction – but rather special different weekly devotional prayers before the Stations) and at St. Dominic's on Fridays at 1:15 pm (except February 26 & March 26 – on those two dates: following the 8 am Mass) and 7 pm. A virtual Stations of the Cross can also be found on our two parish's websites.
3. Attending a weekday Mass is also another opportunity to expand your Lenten observance: Mondays at St. Dominic at 8 am; Tuesdays at St. Anthony's at 7:30 am and St. Dominic at 8 am; Wednesdays at St. Augustine's at 8 am and St. Dominic's at 7 pm; Thursdays at St. Anthony's at 7:30 am; and Fridays at St. Augustine's at 8 am (*always check bulletin for exceptions*).
4. Confessions are heard each Saturday prior to the 4:00 p.m. Mass at St. Augustine's (by appointment between 3:15 and 3:45 pm). There will also be a Lenten Reconciliation Service on Thursday, March 18<sup>th</sup> at St. Dominic's for our Parish Partnership at 7:00 p.m.
5. All Services both at St. Augustine and St. Anthony will continue in the Gym until further notice (with a hope-filled expectation of returning to the Churches sometime in March – depending on the Covid-19 situation).