

## From Your Pastor

### Lent Begins on Ash Wednesday, February 17

**THE SEASON OF LENT.** “Lent runs from Ash Wednesday until the Mass of the Lord’s Supper exclusive on Holy Thursday. Through the twofold theme of repentance and baptism, the season of Lent disposes...the faithful to celebrate the paschal mystery

“Catechesis should impress upon the minds of the faithful not only the social consequences of sin but also the essence of the virtue of penance, namely, detestation of sin as an offense against God. The role of the Church in penitential practices is not to be neglected, and the people are to be exhorted to pray for sinners.

“During Lent, penance should not only be inward and individual but also outward and social, and should be directed towards works of mercy on behalf of our brothers and sisters.

“The faithful should be urged to take a greater and more faithful share in the Lenten liturgy and penitential services. They should be advised particularly to approach the sacrament of penance during Lent...so that

they may share in the joys of Easter Sunday with purity of heart.”

*(From the General Norms for the Liturgical Year and Calendar, and Ceremonial of Bishops)*



**Please come to the Sacrament of Reconciliation this Lent.**

The Church encourages all Catholics to celebrate the Sacrament of Penance each Lent. In addition to our normal Saturday afternoon confession time, St. Columbkille and all the Catholic parishes and chapels of the Archdiocese will be open on Lenten **Wednesdays from 6:30-8:00 pm.** Please take advantage of this opportunity to make a good Lenten confession. Please also reach out to the Catholics you know that have been away from the regular practice of our faith and invite them to seize this chance to begin again. The Archdiocese has a website for this initiative, [www.TheLightIsOnForYou.org](http://www.TheLightIsOnForYou.org), which has great material to help everyone prepare to make a good confession.

### **LENT 2010 SCHEDULE**

**ASH WEDNESDAY Mass Schedule and Distribution of Ashes** – Masses on Ash Wednesday will be celebrated at 7:00 and 9:00 am (Lower Church) and at 5:30 and 7:00 pm (Upper Church). Ashes will be distributed during Mass.

**Daily Mass Schedule** – Daily Masses during Lent will be celebrated at 7:00 and 9:00 am and at 5:30 pm.

**The Light Is On For You** – In addition to Confessions on Saturday from 3:00-4:00 pm, Confessions will take place on Wednesday evenings from 6:30-8:00 pm on February 24<sup>th</sup> and March 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> and 31<sup>st</sup>.

**Stations of the Cross** – Stations of the Cross will be celebrated on Fridays of Lent at 5:00 pm (before the 5:30 Mass).

**Lenten Regulations** – **ABSTINENCE:** Catholics over 14 years of age are bound to the obligations of abstinence. Abstinence is to be observed on Ash Wednesday and the Fridays of Lent. On days of abstinence, meat may not be used at all.

**FAST:** Catholics over 18 and up to the beginning of their sixtieth year are bound to the obligation of fasting. Ash Wednesday and Good Friday are the days of fasting. On these days, only one full meal is allowed. Two other meatless meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted, but liquids, including milk and fruit juices are allowed.



God bless each of you.

*Mary Fay*