

LENT FASTING AND ABSTINENCE

Fasting (the eating of one main meal and two smaller meals with no in between snacks) applies to those between ages 21-59 who are in good health and would not be hampered in their work by fasting. The **ONLY** days that are legislated by church law are **ASH WEDNESDAY** and **GOOD FRIDAY**. The other days of Lent and/or all Fridays are **ENCOURAGED** but not obligated by law.

Abstinence (the exclusion of meat for the entire day) includes **ANY ONE** from age 7 and up to any age where the loss of meat for one day would not be harmful to one's health. The days of full Abstinence are **ASH WEDNESDAY** and **GOOD FRIDAY**. The other Fridays and possibly Wednesdays of Lent are **ENCOURAGED** but not **OBLIGATED BY LAW!**

Lent is a time for us to **VOLUNTARILY** choose to do penance and mortification as an expression of gratitude for God for what Christ did for us through His Own Suffering and Death. It is an attempt to respond to the love that He so willingly gave to us.

ASH WEDNESDAY SCHEDULE-FEBRUARY 17, 2010

(There will be distribution of Ashes in all the services)

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| 6:30 a.m. | Mass - Old Mission |
| 7:30 a.m. | Mass - Serra Center |
| 11:00 a.m. | Mass (w/the school) - Serra Center |
| 5:30 p.m. | Mass - Old Mission |
| 7:00 p.m. | Mass (Spanish) - Serra Center |