

+++ *From the Pastor* +++  
*Sunday, February 15, 2015*

**Holy Season of Lent Begins Ash Wednesday, February 18**

The Holy Season of Lent begins on Ash Wednesday, February 18. The Holy Sacrifice of the Mass will be offered on that day at 9:00 a.m. and 7:00 p.m. Ashes will be distributed at both Masses. Ash Wednesday is a day of fast and abstinence (please see the Lenten Regulations below). Ash Wednesday is *not* a Holy Day of Obligation.

*Lenten Regulations for 2015*

The following are the Lenten Regulations as outlined by the Most Rev. Liam Cary, Bishop of the Diocese of Baker, in union with the universal Church:

*On Abstinence:* All Catholics 14 years of age and older must abstain from meat on Ash Wednesday and on the Fridays of Lent.

*On Fasting:* All Catholics between the ages of 18 and 59 are to fast on Ash Wednesday (February 18) and Good Friday (April 3). On days of fast one full (meatless) 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 coffee, milk and fruit juices, are allowed.

**Other Matters Related to Lent**

During the Season of Lent the faithful are exhorted to attend daily Mass, to receive the Sacraments of Penance and Holy Communion often, to take part more frequently in exercises of piety, to give generously to works of religion and charity, to extend special concern towards the sick, the aged and the poor, to practice voluntary self-denial regarding alcoholic drink and worldly amusements and to pray more frequently, particularly for the needs and intentions of the Holy Father, Pope Francis.

**Pray + Fast + Give Alms**

