

+++ *From the Pastor* +++
Sunday, February 7, 2016

Holy Season of Lent Begins Ash Wednesday, February 10

The Holy Season of Lent begins on Ash Wednesday, February 10. The Holy Sacrifice of the Mass will be offered on that day at 9:00 AM and 7:00 PM. 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 2016

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 10 and Good Friday, March 25. 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. *These days before Lent begins could be spent quietly asking the Holy Spirit to show us how He wants us to pray, fast and give alms. These are the ways our Lord Jesus Christ has given us to do penance for the remission of our sins so that we might prepare our souls for the renewal of our Baptism Promises at Easter.*

Sacrament of Penance and Stations of the Cross Celebrated During Lent

The Sacrament of Penance will be frequently made available here at the cathedral throughout the days of Lent. Also, the Stations of the Cross will be celebrated each Friday evening in the cathedral. Please check the schedule on the inside front cover of our parish bulletin for more information.

