

+++ *From the Pastor* +++  
*The Second Sunday of Lent, March 12, 2017*

### Lenten Regulations for 2017

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, March 1 and Good Friday, April 14. 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.

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### *Sacrament of Penance Available Throughout the Week*

Throughout Lent extra times are being scheduled during the week for the Sacrament of Penance. These times can be found on the inside front cover of our parish bulletin. In addition to these times, please feel free to schedule an appointment. You do not have to mention your name, if you wish to remain anonymous. I will simply be in the confessional at the appointed time.

