



LENTEN and EASTER SCHEDULE



† Ash Wednesday ~ February 14th (Wed) 10:00 AM **(Fasting and Abstinence)**

† Way of the Cross ~ February 16th, 23rd, March 1st, 8th, 15th and 22nd after
the 10 AM Friday mass

† Confessions in English by Fr. Tamaru ~ March 5th (Tue) ~ 9th (Fri) from 2 ~ 3 PM

※ Please call the office beforehand to set the date and time of your
Confession. The office is open every Tuesdays to Fridays from
9:30 AM ~ 3:30 PM. ☎ 881-8882

† Mass in Japanese by Fr. Hino ~ March 10th (Sun) at 10:00 AM.

※ Confessions will be heard in Japanese from 11:15 AM to 12:30 PM.

† Palm Sunday ~ March 23rd (Sat) 4:00 PM and March 24th (Sun) 10:00 AM

† Holy Thursday (The Lord's Supper) ~ March 28th (Thu) at 7:00 PM

† Good Friday (The Passion of the Lord) ~ March 29th (Fri) at 7:00 PM

※ Fasting and Abstinence

† Easter Vigil (Saturday) ~ March 30th (Sat) at 7:00 PM

※ The Church will provide the candles that will be needed during the mass.

† Easter Sunday ~ March 31st (Sun) 10:00 AM

※ There will be an **Easter Party** after the 10:00 AM Easter mass.

Fasting and Abstinence are to be observed during (Canon 1251):

Ash Wednesday	Friday of Passion of Our Lord
All Fridays	All Fridays through the year and the time of Lent are penitential days and times throughout the entire Church. (Canon 1250)

Catholic Fortress
facebook.com/catholicfortress

Law of Fasting

1 Regular Meal and **2 Small meals**
which if added together would not exceed the main meal in quantity

The fast is **broken** by eating between meals and by drinks which could be considered food (milk shakes, but not milk).

Catholic Fortress
facebook.com/catholicfortress

It is obligatory for:

Catholics who are **14** years old until death are bound to practice the **law of abstinence**.

and Catholics who are **18 - 59** years old are bound to practice the **law of fasting**.

Catholic Fortress
facebook.com/catholicfortress

May you have a Blessed Lenten Season and a Happy Easter!