



# LENTEN and EASTER SCHEDULE



† Ash Wednesday ~ February 18<sup>th</sup> (Wed) 10:30 AM **(Fasting and Abstinence)**

† Stations of the Cross ~ February 20<sup>th</sup> (Fri) ~ March 27<sup>th</sup> (Fri) every Friday

after the 10:00 AM mass

† Confessions in English by Fr. Tamaru ~ March 3<sup>rd</sup> (Tue) ~ 7<sup>th</sup> (Sat) from

2:00 ~ 3:00 PM at the Parish Priest's room 2F (time allotment 5 ~ 10 mins.)

✂ 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

† Palm Sunday ~ March 28<sup>th</sup> (Sat) 4:00 PM and March 29<sup>th</sup> (Sun) 10:30 AM

† Holy Thursday (The Lord's Supper) ~ April 2<sup>nd</sup> (Thu) at 7:30 PM

† Good Friday (The Passion of the Lord) ~ April 3<sup>rd</sup> (Fri) at 7:30 PM

## ✂ Fasting and Abstinence

† Easter Vigil (Saturday) ~ April 4<sup>th</sup> (Sat) at 7:30 PM

† Easter Sunday ~ April 5<sup>th</sup> (Sun) 10:30 AM

**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)

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### 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).

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### 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**.

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