



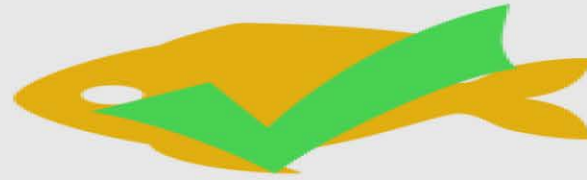
NATIVITY OF OUR LORD

LENTEN FASTING & ABSTINENCE GUIDE

ABSTINENCE



NO MEAT
Mammals or Fowl



FISH IS OK
So are Amphibians and Reptiles

FASTING



1 REGULAR MEAL



AND

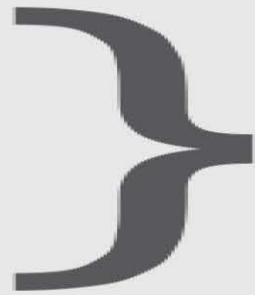


2 SMALLER MEALS
that together do not equal
the regular meal in size



NO SNACKS

WHEN



**FASTING
AND
ABSTINENCE**

ABSTINENCE

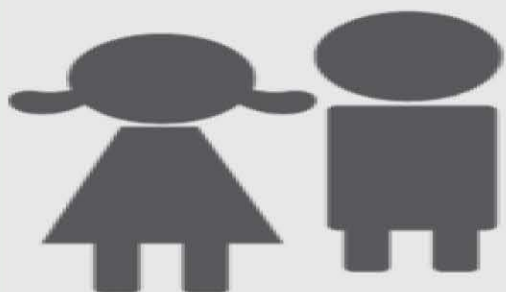
WHO



**CATHOLICS
14+
ARE OBLIGED TO
PRACTICE ABSTINENCE**



**CATHOLICS
18-59
ARE OBLIGED
TO FAST**



THOSE OUTSIDE THE AGE LIMITS

and those whose state in life (e.g. pregnant women, manual laborers, those who are ill) may be excused from the requirements of fasting and abstinence, but are encouraged to take up some other form of penitence or acts of charity or piety.

LENT 2020

**February 26th —
April 11th**

Services

Ash Wednesday: 7:00a.m., 8:30a.m., 3:00p.m., 7:00p.m.

Fridays: 6:00p.m: Stations of The Cross

Palm Sunday: Following regular Mass Schedule

Holy Thursday: 7:00p.m. Mass of The Last Supper

Good Friday: 3:00p.m. Stations of The Cross; 7:00p.m. Lord's Passion

Holy Saturday: Noon Blessing of The Food Baskets