

# LENT



# 2018

## Holy Season of Lent Begins on Ash Wednesday, February 14, 2018

The Holy Season of Lent, the 40 days of prayer, fasting and almsgiving which precedes our annual celebration Easter, begins Wednesday, February 14. Holy 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 (see Lenten Regulations below). Ash Wednesday is *not* a Holy Day of Obligation.

### **Lenten Regulations for 2018**

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, February 14, 2018 and on the Fridays of Lent, February 16, February 23, March 2, March 9, March 16, March 23, and on Good Friday, March 30.

**On Fasting:** All Catholics between the ages of 18 and 59 are to fast on Ash Wednesday, February 14 and Good Friday, March 30. 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 Pope Francis.

# **Holy Week Schedule**

## **Holy Thursday**

March 29: Evening Mass of the Lord's Supper—7:00 PM

## **Good Friday**

March 30: Stations of the Cross—12 Noon

Celebration of the Passion of the Lord—3 :00 PM

## **Holy Saturday**

March 31—Sacrament of Penance 9:00 AM—10:00 AM

The Great Vigil of Easter—8:30 PM

## **Easter Sunday**

April 1—The Solemnity of the Resurrection of the Lord

Holy Mass: 9:30 AM at the Cathedral

2:00 PM at St. Thérèse in Halfway

11:30 AM at St. Anthony of Padua in North Powder

## **Other Important Dates in Lent**

**Monday, March 19: The Solemnity of  
Saint Joseph, Husband of the  
Blessed Virgin Mary: Holy Mass 9:00  
AM**

**Thursday, March 22: Chrism Mass—  
7:00 PM**

