

Lenten Regulations

Fasting Means

- ◆ One full meal per day
- ◆ Two smaller meals, not equal to the large meal
- ◆ No eating in between meals
- ◆ Drinks are permitted between meals
- ◆ Applies to ages 18-59

Abstinence mean

- ◆ No meat at any meal
- ◆ Applies to ages 14-59

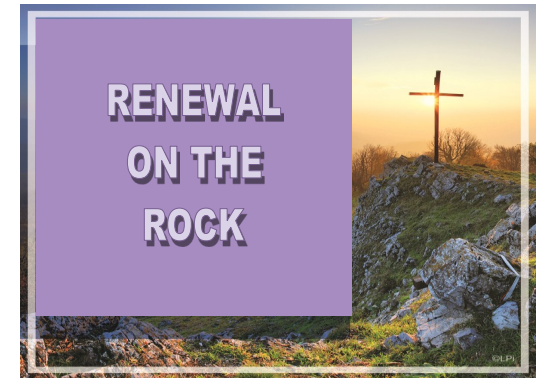
Days of Fast & Abstinence

- ◆ Ash Wednesday
- ◆ Good Friday

Days of Abstinence Only

- ◆ All the Fridays in Lent

During Lent, we are asked to devote ourselves to seeking the Lord in prayer and reading Scripture, to service by giving alms, and to sacrifice self-control through fasting. Many know of the tradition of abstaining from meat on Fridays during Lent, but we are also called to practice self-discipline and fast in other ways throughout the season. Contemplate the meaning and origins of the Lenten fasting tradition in this reflection. In addition, the giving of alms is one way to share God's gifts—not only through the distribution of money, but through the sharing of our time and talents. As St. John Chrysostom reminds us: "Not to enable the poor to share in our goods is to steal from them and deprive them of life. The goods we possess are not ours, but theirs." (Catechism of the Catholic Church, no. 2446).



Lenten Schedule 2019

*St. Peter
Catholic Church
100 St. Peter Drive
Douglas, MI 49406*



LENTEN Schedule

Ash Wednesday, March 6
Mass at 8:30am & 7:00pm
Communion Service at Noon

Soup for the Lenten Soul
Fridays, March 15, 29, April 12
Begins 5:30pm

K of C Fish Fry
5:00 to 7:00pm
Fridays, March 8, 22, April 5

Stations of the Cross
Each Friday during Lent at 7pm

Sacrament of Reconciliation
Saturdays - 2:30 to 4:30pm
Monday thru Friday - 9 to 9:30am
Fridays during the Way of the Cross
Sunday March 17 during Faith
Formation

Sent into Lent: Young Adult Series
Wednesdays during Lent 6:00 - 7:30pm
Light dinner included

Holy Hour
Thursday March 14, 6:00pm
Thursday April 11, 6:00pm

Adoration
Thursday March 14, 9:00am - 9:00pm
Thursday April 11, 9:00am - 9:00pm



Palm Sunday
April 14

Chrism Mass at the Cathedral
Tuesday, April 16 at 6:00pm

Holy Thursday, April 18
Mass at 7:00pm
Adoration following Mass until Midnight

Good Friday, April 19
Service at 3:00pm

Holy Saturday, April 20
Food Blessing at Noon

Easter Vigil
Saturday, April 20
8:00pm

Easter Sunday, April 21
Mass at 8:00am and 10:30am



Other Parish Events during the Lenten Season

St. Joseph Tavola
Saturday, March 16
Following the 5:00pm Mass

First Communion Retreat
Saturday March 23
10:00am - 1:00pm

NET Retreat at St. Basil
All MS & HS students
Saturday, Mar. 30, 10am - 6:30pm
Mass 5:00pm

RCIA
Rite of Sending
Saturday March 9, 5:00pm Mass
Rite of Election
Sunday March 10
St. Augustine Cathedral

Senior Lunch 12:00 - 1:30pm
Thursday March 21
Thursday April 11
(note date change)

Family Faith Formation
Sunday Mar 17
Sunday April 14

**Knights of Columbus
Pancake Breakfast**
Sunday Mar 10
Sunday Apr 14