



Reconciliation Monday

April 15th

In the Church of St. Mary & St. Andrew

4:00pm-8:00pm

PENITENTIAL PRACTICES FOR LENT

All Christian faithful are urged to offer special prayers, to perform works of piety and charity. They are likewise encouraged to perform acts of fast and abstinence.

FASTING

Requires that only one full meal be taken per day. Two other smaller meals may be taken during the day to maintain physical strength, but these two meals together should not equal a full meal in quantity. Fasting obliges all those who have reached the age of 18 and continues to oblige until age 59. Those not specifically obliged to fast are encouraged to join in the discipline of fasting to the extent they are able.

ABSTINENCE

Prohibits individuals from eating meat on a particular day. Abstinence obliges all those who have reached the age of 14 and continues to oblige throughout their entire life. Those not specifically obliged to abstain from eating meat are encouraged to join in this discipline to the extent that they are able.

ASH WEDNESDAY and GOOD FRIDAY

Are days of fast and abstinence.

ALL FRIDAYS IN LENT

Are days of abstinence from meat.



WHO MAY RECEIVE ASHES?

Baptized individuals who have reached the age of reason and catechumens may receive ashes. Babies and young children who have not received the Sacrament of Penance should not be presented to receive ashes as ashes are intended for those who are capable of personal sin.



There is a serious obligation to observe these penitential practices in a substantial way. Those whose health would be impaired are excused from fast and abstinence. Individual conscience should decide proper cause for excuse. A more serious excuse is required to excuse oneself from Ash Wednesday and Good Friday fast and abstinence.





2019 LENT BEGINS...

Saint Mary & Saint Andrew and Our Lady of Lourdes

Lenten Season

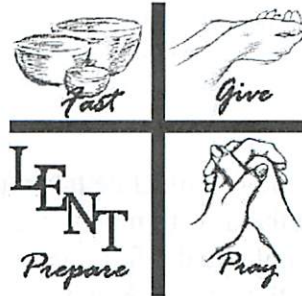
Each year the Church sets aside 40 days as a kind of retreat time in the midst of our hectic lives. The 40 days recall Jesus' time of prayer and fasting in the desert, and the 40 years the Israelites spent in the desert centuries before Jesus.

Lent is a time to renew our baptismal commitments to Jesus Christ, his values and his way of life. It is a time to look at our lives and ask ourselves what is really important to us, what we most deeply care about, for what we are living.

In this way Lent helps us prepare to celebrate Easter and share in the resurrection of Jesus. The church suggests three traditional practices: prayer, fasting, and almsgiving. Give it some thought. Try to find ways to practice these three Lenten disciplines.

A Prayer For Conversion Of Heart

Lord Jesus Christ, show me the way to take up my cross each day so that I can learn to love others as you have loved me. Bring me a change of heart, for I know that religious observances alone are not enough. Help me to purify my motives, let go of anything that comes between you and me, and recognize you as a source of all that is good in my life. Give me a grateful heart and joy of your salvation. Amen.



March & April
2019

Our Lent Schedule

Rosary 7:00pm **Mon**

Eucharistic Service & Stations in Kerhonkson 7:00pm **Tue**

Stations of the Cross 7:00pm **Fri**

Confessions 4:00pm **Sat**

Regular Mass Schedule **Sun**

