

# LENTEN WORSHIP

## FAST AND ABSTINENCE

According to Canon Law regarding Lenten Fast and Abstinence, the following is a definition of our Lenten obligation:

### 1. LAW OF FAST

**A:** All adults (18 years of age & older) are bound to the law of fast up to the beginning of their 60<sup>th</sup> year.

**B:** On fast days, those bound by law are limited to a single full meal. This meal is to be meatless. Two other meatless meals, sufficient to maintain strength, may be taken according to one's needs; however, together these two meals should not equal another full meal.

**C:** There are two prescribed days of fast: Ash Wednesday (February 26, 2019) and Good Friday (April 10, 2020).

### 2. LAW OF ABSTINENCE

**A:** Those who are 14 years of age & older are obliged to observe the law of abstinence.

**B:** On days of abstinence, those bound by the law abstain from meat.

**C:** On all Fridays of Lent, abstinence is prescribed. This, of course, includes Good Friday. Abstinence is also prescribed for Ash Wednesday.

### 3. LENTEN DISCIPLINE

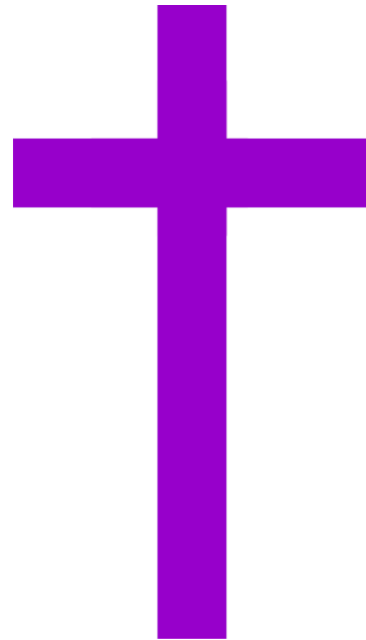
The Code of Canon Law very aptly summarizes the Church's discipline in Canon 1249: "All members of the Christian faithful in their own way are bound to do penance in virtue of divine law; in order that all may be joined in a common observance of penance, penitential days are prescribed in which the Christian faithful in a special way pray, exercise works of piety and charity and deny themselves by fulfilling their responsibilities more faithfully and especially by observing fast and abstinence."

Diocesan directives call for Lenten devotions at least twice a week on days other than Sunday. The celebration of additional Masses during the week would fulfill these directives, as would the celebration of Liturgy of the Hours and the additional practices of Stations of the Cross and Friday evening devotions.

The time for fulfilling the precept of Easter Communion extends from and includes, the first Sunday of Lent, March 1, 2020 through Trinity Sunday, June 7, 2020.

### STATIONS AND SOUP

Every Friday during Lent at 6:00 pm we will be praying the Stations of the Cross in the church followed by the sharing of a simple meal of soup and bread in the parish hall. All are welcome!



## PURPLE CROSSES

Our Christian discipline reminds us that Lent is a time for emptying of our very selves from our sin in preparation for the celebration of Easter. Crosses made of purple ribbon are attached. This ribbon may be placed on your main door as a reminder that you are in the midst of this Paschal preparation.

## ASH WEDNESDAY

The schedule of Liturgies for Ash Wednesday, February 26 will be as follows:

**BELMONT: St. Joseph 6:00 PM**

**LACONIA:** Sacred Heart Church 8:30 A.M.; St. Joseph Church Laconia 12:10 P.M. (Distribution of Ashes only); 5:30 P.M. Sacred Heart Church. **There will be a collection at all Masses for the Church in Eastern Europe as requested by the National Conference of Catholic Bishops.**

## WEEKDAY MASS SCHEDULE

**BELMONT: Wednesday 6:00 PM SJB**

**LACONIA:** Monday, 8:30 A.M. SH; Tuesday, 5:00 P.M. SJL; Wednesday, 8:00 A.M. SJL; Thursday, 8:00 A.M. SJL; Friday, 5:00 P.M. SH

**SJB = St. Joseph Belmont**

**SH = Sacred Heart Laconia SJL = St. Joseph Laconia**

## RECONCILIATION SCHEDULE

**BELMONT:** Saturdays from 3:30 - 4:15 P.M.

Monday of Holy Week April 6 at 5:30-6:30 p.m. at St. Joseph Belmont

Reconciliation Service: Sunday, March 22 at 1:30 P.M. at Sacred Heart Church Laconia