

Lent 2021 Schedule

St. Matthew Parish



Ash Wednesday

February 17

- Masses at 9 AM & 7 PM
- Liturgy of the Word & Distribution of Ashes at 12 PM

Confession

By Appointment—please contact parish office to schedule

Stations of the Cross Outdoor Stations TBD

Palm Sunday

March 27 Mass at 4 PM & 5:30 PM
March 28 Mass at 8 AM & 10 AM

FASTING AND ABSTINENCE

Fasting, almsgiving, and prayer are three traditional disciplines of Lent. The faithful and catechumens should undertake these practices seriously in a spirit of penance and of preparation for Baptism or of renewal of Baptism at Easter. (Code of Canon Law, 1249-1252)

Ash Wednesday, February 17th and Good Friday, April 2nd, are days of fast and abstinence.

Fridays of Lent are also days of abstinence.

Fasting is to be observed by all eighteen years of age and older, who have not yet celebrated their sixtieth birthday.

- On a fast day, one full meal is allowed.
- Two other 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 milk and juices, are allowed.

Abstinence is observed by all fourteen years of age and older.

- On days of abstinence no meat is allowed. Note that when health or ability to work would be seriously affected, the law does not oblige.

When in doubt concerning fast and abstinence,

Fr. Nguyen should be consulted.