

GUIDELINES FOR THE LENTEN SEASON

During the season of Lent we joyfully prepare to celebrate the paschal feast, with minds and hearts renewed. In Lent the community of faith is blessed with a spirit of loving **reverence for God** and of willing **service to neighbor**. Our observance of Lent begins on Ash Wednesday, February 22, and continues through the afternoon of Holy Thursday, April 6. At Mass on Ash Wednesday, the imposition of ashes replicates an ancient penitential practice and symbolizes our dependence upon God's mercy and forgiveness. During Lent, the faithful are called to renew their baptismal commitment, while catechumens prepare to be baptized through the Rite of Christian Initiation of Adults.

The **three traditional pillars** of Lenten observance are **prayer, fasting, and almsgiving**. The Church asks us to surrender ourselves to prayer and reflection on Scripture, to fasting, and to promoting a more just and peaceful world. The penance that all do together on Fridays is just a sign of the daily Lenten discipline of individuals and households: fasting for certain periods of time, fasting from certain foods, but also fasting from other things and activities. Likewise, the giving of alms shows a sign of renewed commitment to Catholic social teaching—supporting the rights of all people to adequate food, shelter, and health care.

The key to a fruitful observance of these practices is to recognize their link to our continuing conversion and baptismal renewal. We are called not just to abstinence from sin during Lent but more to true conversion of our hearts and minds as followers of Christ. We recall those waters in which we were baptized into Christ's death, died to sin and evil, and began new life in Christ.

Ash Wednesday and **Good Friday** are days of obligatory **fast** and **abstinence**. **Fridays** in Lent are days of obligatory **abstinence**.

Abstaining from the meat of warm-blooded animals, eg, beef, chicken, pork, is obligatory for all Catholics who have reached their **14th year**.

Fasting from unnecessary food is obligatory for all Catholics who have completed their **18th year** and have not yet reached their **60th year**. Fasting allows a person to eat one full meal a day. Two smaller meals may be taken, not to equal one full meal.

Fast and **abstinence** are serious obligations and are laudable practices even when not required. **No one**, however, is obliged or encouraged to fast or abstain if doing so would endanger one's **health** or cause unreasonable **hardship**. The spirit of the law is to be observed as well as the letter, eg, substituting lobster for chicken would not respect the spirit of abstinence. Good Catholics, whatever their circumstances, try to observe the spirit of Lent the best they can.

SCHEDULED EVENTS FOR LENT AND THE PASCHAL TRIDUUM

<i>every Saturday*</i>	<i>4:00 PM</i>	<i>Franciscan Living Community</i>	<i>Sunday Mass</i>
<i>every Sunday</i>	<i>9:00 AM</i>	<i>Franciscan Living Community</i>	<i>Sunday Mass</i>
	<i>10:30 AM</i>	<i>Faith Community</i>	<i>Sunday Mass</i>
<i>Monday-Friday#</i>	<i>9:00 AM</i>	<i>Franciscan Living Community</i>	<i>Mass / Communion Service</i>
<i>every Wednesday</i>	<i>9:45 AM</i>	<i>Franciscan Living Community</i>	<i>Individual Confessions</i>
<i>every Friday</i>	<i>3:15 PM</i>	<i>Franciscan Living Community</i>	<i>Way of the Cross</i>
<i>February 26 - March 31</i>	<i>evenings</i>	<i>Faith Community Simple Suppers</i>	
<i>Wednesday, February 22</i>	<i>9:00 AM</i>	<i>Franciscan Living Community</i>	<i>Ash Wednesday Mass</i>
	<i>7:00 PM</i>	<i>Faith Community</i>	<i>Ash Wednesday Mass</i>
<i>Sunday, March 11</i>	<i>6:00 PM</i>	<i>Both Communities Liturgy of Reconciliation</i>	
<i>Tuesday, April 3</i>	<i>7:00 PM</i>	<i>Archdiocese of Cincinnati Mass of the Chrism</i>	
<i>Thursday, April 5</i>	<i>11:00 AM</i>	<i>Franciscan Living Community</i>	<i>Protestant Service</i>
	<i>4:00 PM</i>	<i>Franciscan Living Community</i>	<i>Holy Thursday Mass</i>
	<i>6:15 PM</i>	<i>Faith Community Holy Thursday Supper</i>	
	<i>7:30 PM</i>	<i>Faith Community Mass of the Lord's Supper</i>	
<i>Friday, April 6</i>	<i>2:00 PM</i>	<i>Franciscan Living Community</i>	<i>Interdenominational Service</i>
	<i>7:00 PM</i>	<i>Faith Community</i>	<i>Liturgy of the Lord's Passion</i>
<i>Saturday, April 7*</i>	<i>8:30 PM</i>	<i>Faith Community Easter Vigil</i>	
<i>Sunday, April 8</i>	<i>9:00 AM</i>	<i>Franciscan Living Community</i>	<i>Easter Sunday Mass</i>
	<i>10:30 AM</i>	<i>Faith Community</i>	<i>Easter Sunday Mass</i>

*MEMBERS OF THE FAITH COMMUNITY ARE WELCOME
AT ALL FRANCISCAN LIVING COMMUNITY SERVICES.*

*RESIDENTS OF THE FRANCISCAN LIVING COMMUNITY ARE WELCOME
AT ALL FAITH COMMUNITY SERVICES.*

** no Mass on Holy Saturday before the Easer Vigil*

no morning services on Holy Thursday or Good Friday