

A graphic for Lent featuring two hands holding a white cross against a purple and yellow background. The word "LENT" is written in large, bold, black letters, and "40 Days of Renewal" is written in a white, cursive font below it.

LENT
40 Days of Renewal

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February 22 - Ash Wednesday

Mass at OLMCC 8:30 A.M.

Mass at SKD 5:00 P.M.

Mass at OLMCC 7:00 P.M.

February 24

Stations of the Cross at SKD 5:00 P.M.

March 3

Stations of the Cross at OLMCC 6:00 P.M.

March 10

Stations of the Cross at SKD 5:00 P.M.

March 17

Stations of the Cross at OLMCC 6:00 P.M.

March 24

Stations of the Cross at SKD 5:00 P.M.

March 31

Stations of the Cross at OLMCC 6:00 P.M.

April 6

Mass of the Lord's Supper at OLMCC 7:00 P.M.

April 7 - Good Friday

Stations of the Cross at SKD 3:00 P.M.

Stations of the Cross at OLMCC 5:00 P.M.

Good Friday of the Lord's Passion at OLMCC 7:00 P.M.

April 8

Easter Vigil Mass at OLMCC 8:00 P.M.

April 9

Easter Sunday Mass at OLMCC 9:00 A.M.

Easter Sunday Mass at SKD 11:30 A.M.

Lenten Guidelines

Ash Wednesday marks the beginning of Lent and is a day of universal fasting and abstinence. The following church regulations are observed throughout the season of Lent:

Abstinence from meat is observed on Ash Wednesday, Good Friday and all the Fridays during Lent by Catholics of 14 years of age and older.

All Catholics who are at least 18 years of age but no yet 59 years of age observe fasting on Ash Wednesday and Good Friday. Those bound by this rule may eat only one full meal.

Two smaller meals (that all together are not equal to a full meal) are permitted as necessary to maintain strength according to personal needs, but eating solid foods between meals are not permitted.

Those who are sick, pregnant, nursing, or with a compromised health that would be adversely affected by fasting or abstinence should not consider themselves bound by these norms.

During the season of Lent, we are all called to embrace penance and perform works of charity and mercy that reflect our desire of a true conversion of heart. May this holy season of Lent 2023 lead all of us to a deeper union with Christ and with one another.