

# *Lent as a Penitential Season*

## **Our Lady of the Assumption Church**

Bloomington, New York

During the Season of Lent, the Church urges all the Faithful to reflect a spirit in penance in their daily life through performing acts of fasting 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 that 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 they are able.

**Ash Wednesday and Good Friday are days of fast and abstinence.**

**Fridays in Lent are days of abstinence.**

## *Our 2015 Lenten Season*

### *Ash Wednesday, February 18*

Ash Wednesday marks the beginning of the Season of Lent.

This is not a Holy Day of Obligation but a day of **fasting and abstinence** from meat. (see above)

**Ashes will be distributed at the 9:00 am and 7:00 pm Masses.**

### *Stations of the Cross ~ Fridays as indicated*

February 20 & 27 and March 6 & 13 at 7:00 pm in the Church

### *Joint Penance Service ~ Friday, March 20*

7:00 p.m. at Our Lady of the Assumption – joined by St. Paul’s for Reconciliation

### *Tenebrae ~ Friday, March 27*

7:00 pm – Psalms, Scripture, Reflection & Song with Bette Bonitz and Choir

### *Palm Sunday of the Passion of our Lord ~ March 29*

Vigil Mass – Saturday, March 28 at 5:30 pm

Sunday Masses at 8:30 am & 10:30 am

*Continued on other side* →

*Lenten Reconciliation Monday ~ Monday, March 30*

Fr. Stephan will be available in the Parish Center Library for Reconciliation between the hours of 10:00 am & 7:00 pm

*Holy Thursday, April 2*

Mass of the Lord's Supper at 7:00pm

*Good Friday, April 3*

Stations of the Cross at 3:00 pm

Veneration of the Cross & The Lord's Passion with Communion at 7:00 pm

*Easter Vigil*

*Saturday, April 4 at 8:00 pm*

*Easter Morning*

*Sunday, April 5 ~ Masses at 8:30 & 10:30 am*

