

# LENT 2012

## February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
12	13	14	15 <i>Reconciliation</i> 4:30pm-SRB	16	17	18
19	20	21	22 <i>Ash Wednesday</i> Mass W/Distribution of Ashes 8:00am-SMD 5:30pm-SRB	23 <i>"Catholicism" 1pm &amp;</i> 5:30pm-SRB	24 <i>Fish Fry 4-7pm-SRB</i>	25 <i>Reconciliation 3:30-</i> SRB
26 <i>1st Sunday of Lent</i>	27	28	29 <i>Stations of the Cross</i> 5:30pm-SMD			

## March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>"Catholicism" 1pm &amp;</i> 5:30pm-SRB	2 <i>First Friday</i> <i>Benediction &amp; Adora-</i> <i>tion w/Reconciliation</i> 8:30am-SMD <i>Fish Fry 4-7pm-SRB</i>	3 <i>First Saturday</i> <i>Benediction &amp; Adora-</i> <i>tion 3:15pm-SRB</i>
4 <i>2nd Sunday of Lent</i>	5	6	7 <i>Stations of the Cross</i> 5:30pm-SMD <i>Reconciliation</i> 4:30 & 6pm-SRB	8 <i>"Catholicism" 1pm &amp;</i> 5:30pm-SRB	9 <i>Fish Fry 4-7pm-SRB</i>	10 <i>Reconciliation 3:30-</i> SRB
11 <i>3rd Sunday of Lent</i>	12	13	14 <i>Stations of the Cross</i> 5:30pm-SMD	15 <i>"Catholicism" 1pm &amp;</i> 5:30pm-SRB <i>Communal Reconcilia-</i> <i>tion 7pm-SRB</i>	16 <i>Fish Fry 4-7pm-SRB</i>	17 <i>Reconciliation 3:30-</i> SRB
18 <i>4th Sunday of Lent</i>	19	20 <i>Reconciliation with</i> <i>Archbishop Listeki</i> 7pm-St. Mary Burling- ton	21 <i>Stations of the Cross</i> 5:30pm-SMD	22 <i>"Catholicism" 1pm &amp;</i> 5:30pm-SRB	23 <i>Fish Fry 4-7pm-SRB</i>	24 <i>Reconciliation 3:30-</i> SRB
25 <i>5th Sunday of Lent</i>	26	27	28 <i>Stations of the Cross</i> 5:30pm-SMD	29 <i>"Catholicism" 1pm &amp;</i> 5:30pm-SRB	30 <i>Fish Fry 4-7pm-SRB</i>	31 <i>Reconciliation 3:30-</i> SRB

# April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> <i>Palm Sunday</i> <i>Tenebrae Service</i> <i>6:30pm-SMD</i>	<b>2</b>	<b>3</b> <i>Chrim Mass 7:30pm-</i> <i>Cathedral</i>	<b>4</b>	<b>5</b> <i>HOLY THURSDAY</i> <i>Mass 6:30pm-SMD</i>	<b>6</b> <i>GOOD FRIDAY</i> <i>Liturgy 1pm-SRB</i> <i>Food Blessing 2:30-</i> <i>SRB</i> <i>Fish Fry 3-7pm-SRB</i>	<b>7</b> <i>EASTER VIGIL</i> <i>Mass 8pm-SRB</i>
<b>8</b> <i>EASTER SUNDAY</i> <i>Mass 8am-SMD</i> <i>Mass 10am-SRB</i>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>

## Regulations on Fasting and Abstinence

Catholics between the ages of 18 and 59 are obliged to fast on Ash Wednesday and Good Friday. In addition, all Catholics 14 years old and older must abstain from meat on Ash Wednesday, Good Friday and all the Fridays of Lent. Fasting as explained by the U.S. bishops means partaking of only one full meal. Some food (not equaling another full meal) is permitted at breakfast and around mid-day or in the evening—depending on when a person chooses to eat the main or full meal. Abstinence forbids the use of meat, but not of eggs, milk products or condiments made of animal fat.

## Tenebrae Service-The Shadows of the Cross

Tenebrae is a dramatic, somber word service based on the seven last words of Christ. The service of readings and sung psalms includes the extinguishing of candles with the departure in darkness.

## Holy Thursday

In this liturgy we remember the Last Supper and Jesus' gift of himself in the Eucharist. A foot-washing ritual is part of the liturgy, reminding us that Jesus calls us to serve one another as his followers. On this day we also recall the institution of the priesthood.

## Good Friday

In this liturgy we remember Jesus' Passion and death. The liturgy is somber and starts and ends with a bare altar. During the liturgy we venerate (show love and respect for) the cross in some way, in appreciation of Christ's sacrifice.

## Blessing of the Easter Foods

In Slavic countries the blessing of Easter foods was an important tradition. In some places the blessing of special Easter food takes place on Holy Saturday. Among the Slovaks a basket containing lamb meat (which of course signifies Jesus, the Lamb of God), boiled eggs, dyed and plain, *Pascha* (a special Easter bread), and other foods, is taken to the church where the priest blesses it. The food is then taken home and eaten for breakfast on Easter Sunday, Monday, and Tuesday.

Among the Polish people the same custom is practiced, but the main foods blessed are an egg which is broken and shared by all on Easter Sunday morning, and a lamb molded of butter or pastry. This butter-lamb and blessed Easter egg have a place of honor on the festive Easter table.

In Rome on Holy Saturday there is an old custom which is still in practice. A fresh table cloth is spread on the table in the dining room and on it are laid out the Easter meal, including the uncooked Easter Lamb which is decorated with flowers, eggs, wine, fruit, and a large traditional cake called "pizza". These are sprinkled with holy water, and are given a special blessing by the priest.

## Holy Saturday

The liturgy on Holy Saturday, the Easter Vigil, is held at night. It is the greatest celebration of the liturgical year, recalling and reliving the joy of Christ's Resurrection. The celebration incorporates rituals of darkness and light, of water blessing, and scripture readings. But the highlight is the Baptism, Confirmation, and First Communion of the catechumens, those people who have been preparing to become Catholic.