

Lent 2012 at Santa Maria Parish

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✱ **WHAT IS LENT?** LENT is the Church's season of preparation for Easter. During this season Christians are expected to give more time to prayer, fasting, reading Holy Scripture, penance, alms giving, educating ourselves in the faith and performing good deeds. Recalling our baptismal vows (or preparing for them) and receiving the Sacrament of Penance are especially characteristic of this great season.



✱ **WHO SHOULD FAST AND WHEN SHOULD I FAST? FASTING** prescribes that only one full meal a day be taken. Two smaller meals may be taken to maintain strength but these taken together should not equal another full meal. Fasting obliges from the 18th to the 59th birthday. Those not specifically obliged to fast are encouraged to join in the discipline of fasting to the extent that they are able. Ash Wednesday and Good Friday are days of Fasting and Abstinence.

✱ **WHAT IS ABSTINENCE? ABSTINENCE** forbids the eating of meat. Abstinence obliges from the 14th birthday on. All FRIDAYS of Lent are days of abstinence from meat.



✱ **WHEN WILL CONFESSIONS BE AVAILABLE?** During Lent...we will have confessions on most Tuesdays from 7:30PM to 9PM and on Saturdays from 4PM to 5PM. During this time we will also meditate on the Passion of the Lord.

✱ **WILL WE HAVE STATIONS OF THE CROSS?** We will continue having Stations of the Cross every Friday at 7:30PM; however this year we will also have the Stations of the Mother of Sorrows - *Via Mater Dolorosae* on alternating Fridays. You will also see the Pieta on the Sanctuary as a way for us to reflect and ponder on the Passion of the Lord and the suffering of Mother Mary.



✱ **WHAT ABOUT THE LENTEN MISSION?** We will have mini-retreats during the following days and times: Sunday March 11th—(from 6PM to 8PM Topic: Jesus and the Woman at the well); Monday, March 19th (from 7:30 PM to 9PM Topic: Jesus and the Man born blind); Sunday, March 25th (from 6PM to 8PM Topic: Jesus and the Raising of Lazarus).