

## LENT Frequently Asked Questions

**Why do we put ash on our forehead?** This act symbolizes our mortality and our need for ongoing repentance. It emphasizes our call to continual conversion and holiness of life. As ashes are applied to our forehead in the sign of the cross, the words, *"Remember, you are dust and to dust you shall return"* or *"Turn away from sin and be faithful to the Gospel"* are spoken to us.

**Where do the ashes come from?** The ashes are made from blessed palm branches from the previous Palm Sunday. The ashes are sprinkled with Holy Water and incensed before distribution.



**When do I wash the Ashes off my face?** There is no specific instruction on how long ashes are to be worn. You can wash them off immediately after the service or wear them for the remainder of the day as a reminder of your mortality and as a witness before those around you that you are a follower of Christ and are entering into a season of examination and abstinence.

**What is Fat Tuesday?** The day before Ash Wednesday is called "Fat Tuesday" or Shrove Tuesday. Rich foods are consumed as the faithful prepare for a time of fasting, abstinence, confession and penance. Customs and practices arose for Fat Tuesday where people would empty their pantries of many items restricted during Lent. One of the terms often used with Mardi Gras is "carnival." Carnival comes from the Latin "carne vale" which means "farewell to meat" or "farewell to flesh" indicating the end to certain pleasures has come. In some parts of the Christian world the commonly used term for the day is "Shrove Tuesday." To "shrive" means to present oneself for confession, penance and absolution.



**What is the significance of 40 days?** The 40 days of Lent is based on two Biblical accounts: the 40 years the Israelites wandered in the wilderness and our Lord's 40 days in the desert when He was tempted by Satan. During Lent, we are tested like Israel and our Lord. We participate in abstinence, times of fasting, confession and acts of mercy to strengthen our faith and devotional disciplines. The goal of every Christian is to leave Lent a stronger and more vital person of faith than when we entered.

**Why is it called "Lent"?** The word Lent is adapted from an Old English word reflecting the days getting longer in Spring.

**What is the difference between the Fasting and Abstinence?** Lenten abstinence refers to abstaining from eating meat and Lenten fasting means limiting all food on a particular day.

**Do we Fast or Abstain on Sundays during Lent?** No, because every Sunday is a little celebration of the Resurrection since Jesus rose on the first day of the week.

**When does Lent end?** Lent officially ends on Holy Thursday. That is when the "Triduum" (Holy Thursday, Good Friday and Holy Saturday) occur leading to Easter. Easter is not only a day but an Octave (eight day) celebration leading to a Season of the Church, Easter Season, which ends on Pentecost.

## LENTEN DEVOTIONS



### Ash Wednesday

**March 6, 2019**

Masses with Distribution of Ashes\*

7:00am

8:45am

School Mass - All Are Welcome!

12:00pm

5:00pm

7:00pm

\*All Masses are at St. Paul Church

### Daily Masses

Monday to Friday 7:00am and 5:00pm, Saturday 8:00am

### Stations of the Cross

Fridays 7:00pm at Sacred Heart Church

School Children (All Are Welcome!):

March 8th and March 29th at 2:00pm

March 15th and April 5th at 1:00pm

### Confessions

Mondays 7:00pm-8:00pm

Saturdays 8:30am-9:30am and 3:00pm-4:00pm

### Holy Hour

Mondays 7:00pm

Tuesdays 4:00pm

*All Catholics age 14 & older are obliged to abstain from eating meat on Ash Wednesday, on Fridays during Lent and on Good Friday. All Catholics between the ages of 18 and 59 are obliged to fast on Ash Wednesday & Good Friday. Fasting means only one full meal is to be eaten. Other food eaten on a Fast Day should not equal a full meal.*

### Holy Week and Easter Schedule

Holy Thursday, April 18th: No Morning Mass. 7:00pm—Mass of the Lord's Supper

Good Friday, April 19th: No Masses. 3:00pm—The Passion of the Lord

Holy Saturday, April 20th: 8:00pm—Easter Vigil Mass

Easter Sunday, April 21st:

Mass at 7:30am, 9:00am, 10:30am and Noon at St. Paul Church

Mass at 9:30am at Sacred Heart Church