



St. Anthony of Padua Catholic Church Temperance, Michigan 6th Sunday in Ordinary Time

"The Antonian"
February 11, 2018

Mass with Jubilarians

Sunday,
February 11, 2018
9:00am Mass

St. Anthony Parish congratulates our
Jubilarian Couples for 2018

Jed & Julie Miller	25th
Ken & Linda Moeltner	35th
Ron & Ruth Miller	35th
Kevin & Cathy Oswald	35th
Ed & Chris Zak	40th
Dean & Rose Mary Jacobs	40th
Don & Linda Sloan	45th
Joe & Gloria Hartman	45th
Ken & Theresa Grycza	50th
Robert & Kathryn Kapela	57th
Lowell & Liz Cousino	58th
Earl & Janice Iott	60th
Gus & Mary LaRoy	62nd
Ken & Miriam Dressel	62nd
Dan & RoseMary Cox	64th
George & RoseMarie Komorowski	67th

May God Continue to Bless you for
Your Commitment to each other,
The Dedication to your Vocations, and
The Example you give to us all.

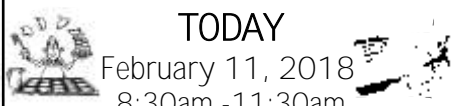
A Prelude to St. Patrick's Day

Saturday,
February 17, 2018
7:00-11:00pm
St. Anthony Kenna Hall



K of C Breakfast Buffet

TODAY



February 11, 2018
8:30am - 11:30am
in Kenna Hall.

All are welcome!



Ladies' Mardi Gras Celebration

Tuesday, February 13, 2018
1-3pm - Padua Hall

*All ladies of the Parish are invited to
our Mardi Gras Celebration!*

Mardi Gras, literal translation - Fat
Tuesday, is the final day of "Carnival"
season that began on the feast of
Epiphany.

The food for this gathering will be
appetizers and desserts. We will provide a
cheese & cracker tray, a King Cake, a
variety of paczkis and beverages. Please
bring an appetizer or a dessert to pass.

RSVP by Monday, February 12 to
Michelle or Linda in the Parish Offices.

Traveling Vocation Chalice

February 11	Paul Bazydlo
February 18	Homero Ortiz
February 25	Hajdu Family
March 4	**Host Family Needed



Lenten Schedule for the Week

Wednesday
February 14,
2018



Masses:
8:30am
7:00pm

Ashes will be imposed during Masses.



Stations of the Cross
Friday, February 16
3:30pm

*Please see the insert in today's bulletin for the
full Lenten Schedule*



Annual
Ash Wednesday
Soup Supper
5 - 6pm in Kenna Hall.

This light meal consists of a variety of
meatless soups, salad, homemade bread
and rolls (provided by parishioners), and
beverages. There is no charge for the
dinner; free-will donations are
appreciated to help cover the cost of the
meal. Dinner will be over in time to be
able to observe the one-hour
Communion fast for anyone attending the
7pm Mass.

*Please call the Parish Office by
Tuesday, February 13 to let us know
you'll be coming, if you will bring
bread or rolls, or to volunteer to help.*

We are collecting palms from last
year's Palm Sunday to burn for Ash
Wednesday. Please return any palms
from home to the marked box in the
Narthex by 2pm on Sunday, February 11
so they can be burned in time for Ash
Wednesday, February 14.

† MASS SCHEDULE †

Key to Abbreviations:

- EF - Extra-ordinary Form (Trad. Latin Mass)
- OF - Ordinary Form (New Rite; Novus Ordo)
- LM - Low Mass; MC - Missa Cantata (Sung)

Monday, February 12, 2018

8:30am † Jack, Pat & Peter Carey
(OF-LM) by Dan Carey on Behalf of the Family
Seven Holy Founders/Holy Order of Servites
(1233), Rs., Fs. (Trad.)
St. Eulalia (304), V., M. (Hist.)

Tuesday, February 13, 2018

8:30am † Connie LaPointe
(OF-LM) by Cathy Lennard
Holy Face of Jesus (Shrove Tuesday), (Hist.)
St. Catherine de Ricci (1589), V., Florentine
Dominican & visionary (Hist.)
St. Polyeucte (259), Roman officer (Hist.)

Ash Wednesday, February 14, 2018
Day of Fast and Abstinence (New, Trad.)

8:30am Brother Mark Moran
(OF-MC) by John & Colleen Clark
7:00pm The People of St. Anthony
(OF-MC)
Sts. Cyril (869), Monk, & Methodius (885), B., Aps.
of the Slavs (New)
St. Valentine (269), P., M., Pt. of greetings & lovers
(Trad.)

Thursday, February 15, 2018

8:30am † Romelda Oberski DiTerlizzi
(OF-LM) by Donna Stark
7:00pm † Shirley Keller; and
(EF-LM) **† Marcia (Iott) Consear**
by Steve & Pat Miller
St. Claude de la Colombiere (1682), Pr. Spiritual
Director of St. Margaret Mary Alacoque (New/some
places)
Sts. Faustina & Jovita (121), brothers, Ms. (Trad.)

Friday, February 16, 2018

No Mass
St. Onesimus (95), B., M. (Hist.)
St. Juliana (305), V., M. (Hist.)

Saturday, February 17, 2018

Seven Holy Founders/Holy Order of Servites
(1233), Rs., Fs. (New)

Sunday Vigil

5:00pm Eddie Peterson
(OF-MC) by Ed & Mary Peterson

Sunday, February 18, 2018

1st Sunday of Lent (New; Trad.)
9:00am † Helen & Harry Szymanski
(OF-MC) by George & RoseMarie Komorowski
11:00am † Roy Knaggs
(OF-MC) by Greg & Karen Baer
12:30pm The People of St. Anthony
(EF-LM)

St. Simeon (107), B., M., Patriarch of Jerusalem, first
cousin of Jesus, crucified at age 120 (Trad.)
St. Bernadette Soubirous (1879), V., R., saint of
Lourdes (New/some places; Trad./some places)

Please note:

The Parish Offices will close at
Noon on Tuesday, February 13.

Readings for the Week

Monday, February 12:

James 1:1-11; Mark 8:11-13

Tuesday, February 13:

James 1:12-18; Mark 8:14-21

Ash Wednesday, February 14:

Joel 2:12-18
2Corinthians 5:20 - 6:2
Matthew 6:1-6,16-18

Thursday, February 15:

Deuteronomy 30:15-20; Luke 9:22-25

Friday, February 16:

Isaiah 58:1-9a; Matthew 9:14-15

Saturday, February 17:

Isaiah 58:9b-14; Luke 5:27-32

Sunday, February 18:

Genesis 9:8-15
1Peter 3:18-22
Mark 1:12-15

Pray without ceasing

Helping Hands is the group that provides luncheons following the funeral of a parish member.

The last few weeks have seen an unusual number of luncheons needed within several days. Thanks to the dedication, willingness and hard work of a couple of our Helping Hands leaders, and those who came to help them, all the luncheons were handled with grace and efficiency.

We have a great list of people willing to help out with the luncheons (both men and women); however, we are in need of a few more people willing to be in charge. Full directions are given to the leaders, including amounts, recipes, etc. for various sizes of luncheons.

Please consider volunteering for this very special ministry, especially as a leader. We welcome any calls or questions to the Parish Office if you need more information before you make a commitment.

*Think about it;
pray about it;
call us.*

ATTENTION:

Lectors & Altar Servers

Liturgical Assignments for March will be prepared this week. Please contact the Parish Office with any special scheduling requests by the end of the day
Wednesday, February 14.

This Week's Calendar

Monday, February 12, 2018

8:30am - Mass
5-6:15pm - Religious Ed, Grades 1-8

Tuesday, February 13, 2018

8:30am - Mass
10am - 12pm - Rosary Makers - Padua Hall
10:30am - 12pm - Prayer Blankets - Narthex
11:30am - Communion to Aspen Grove
**Parish Offices Close at 12Noon Today

† Ash Wednesday, February 14, 2018

† 8:30am - Mass; Ashes imposed at Mass
5-6pm - Soup Supper - Kenna Hall
6:15 - 7pm - Perpetual Help & Prayers

† 7:00pm Mass; Ashes imposed at Mass

Thursday, February 15, 2018

8:30am - Mass
6-6:30pm - Confessions
7:00pm - Mass
7-9pm - Choir

Friday, February 16, 2018

No Mass
† 3:30pm - Stations of the Cross
3:30-5pm - Troops of St. George
7pm - Set-up for Prelude - Kenna Hall

Saturday, February 17, 2018

3:30-4:30pm - Confessions
5:00pm - Mass
7-11pm - Prelude to St. Patrick's Day
- Kenna Hall

Sunday, February 18, 2018

9:00am & 11:00am - Mass
12:30pm - Mass



Please keep in your prayers all our service men and women, especially:

- ☆ AB Aaron Ford, USAF
- ☆ Kenneth Lee Ziegler, Jr., Army

The Offertory Story

February 4, 2018

Env. assigned: 289; # Env. used: 103
Envelope total \$ 4,765.00
Loose: \$ 130.00
Children's Envelopes: \$ 3.06
Total \$ 4,898.06
Weekly Budget amount..\$ 5,250.00
+Over/-Under Budget \$ - 351.94
Year To Date +- \$ +4,727.27

Other:

Candles \$ 113.75
CD's \$ 6.00
Christmas \$ 30.00
Donation \$ 325.00
Initial Offering \$ 5.00
Holy Day \$ 10.00
Masses \$ 80.00
Total for Other: \$ 549.75

ST. ANTHONY'S DIRECTORY

PASTOR

Father Brian Hurley.....734-854-1143
 fatherbrianhurley@stanthonytemperance.org

Rectory.....734-854-1143
 4605 St. Anthony Rd., Temperance, MI 48182

Fax.....734-854-4622

Web site.....stanthonytemperance.org

E-mail.....stanthony@bex.net

OFFICE STAFF:

Michelle Lindsey, Parish Secretary...734-854-1143
 Linda Moeltner, Business Office...734-854-8445

Padua Hall.....734-854-9120

Kenna Hall.....734-854-9162

4635 St. Anthony Road

DIRECTOR OF LITURGY & MUSIC

Eric Hite 419-266-0571 ehite820@gmail.com

RELIGIOUS EDUCATION

Ginny Stout, RE Coordinator....734-854-1160

Email.....dredud@stanthonytemperance.org

Weekend Mass Schedule

Saturday 5:00pm (OF-MC)

Sunday 9am & 11am (OF-MC); 12:30pm (EF-LM)

Holy Days Check bulletin

Sacrament of Penance

Saturday 3:30-4:30pm

Thursday 6:00-6:30pm

Devotions

First Friday 7:00pm Mass

First Saturday 9:00am Mass

O. L. of Perpetual Help - Wednesday @ 6:15pm

Prayer Blankets

Sandy Maenle.....847-7813

Prayer Chain

Miriam Dressel.....734-888-1192

† Our Sacramental Policy †

Six-month Parish registration and participation are required for Baptism, Confirmation and Marriage.

Baptisms: Arrangements must be made in advance and parents must attend a baptism class. The Church requires that at least one of the parents be a practicing Catholic, and the Godparents must be active, practicing, fully initiated Catholics at least 16 years of age. If two Godparents: must be 1 male & 1 female; if one Godparent: may be male or female.

Marriage: Arrangements must be made at least nine months in advance. Please call the rectory office. Officiate at the ceremony must be St. Anthony Parish Pastor or a family member.

Funerals: Officiate must be St. Anthony Parish Pastor or a family member.

Please note: The services of the Parish Organist are used for all sacramental liturgies.



Sacrament of the Anointing of the Sick:

Thursday, 6:30pm; call the Rectory to register; or by appointment.

....Let us Pray for....

Shelly Allred
 Maria Baer
 Sherry Bailey
 John Bordine
 Fred Borowski
 Tom Brannan
 Toni Breininger
 Jack Burns
 Marie Burtscher
 Brendan Campbell
 Bob Carey
 Cheryl
 Bonnie Cornprobt
 Elwood Cousino
 Lowell Cousino
 Amy Crumm
 Phillip Curtis
 Linda DeFalco
 Janie Delauter
 Frank Dobberstein
 Larry Dusseau
 Cynthia Dvorsky
 Scott Ferguson
 John Fowler
 Ron Frier
 Jim Fuelling
 Marcia Gilson
 Ben Gotha
 Mary Graham
 Sheila Greisinger
 Dan Grycza
 Debbie Grycza

Justin Gyra
 Steve Haman
 Carolyn Harper
 Colson Hess
 Barbara Hite
 Michelle Hollinger
 Richard Holmes II
 Sharon Horkey
 Beth Huner
 JoAnn Huntwork
 Bill Hurley
 Mary Iott
 Rosemary Jacobs
 Frances Jones
 Marie Joseph
 Judy Katafiasz
 Michael Katafiasz
 Hannah Kaufman
 Jim Kulwicki
 Martin LaVoy
 Audrey Lawrence
 Jim Lemble
 Brenda & Ron Liwo
 Dick MacAdams
 Bob McNear
 Sandy Maenle
 Edward Malik
 Sandy Mitchell
 Rhonda Morton
 Steve Murzynski

Patty Muskat
 Karl Nagley
 Bonnie Nolan
 Nathan Nusbaum
 Tim O'Brien
 Tyler & Jen Oehlers
 Austin Oehlers
 Frank Parker
 Angelique Quiren
 Veronica Rakebrand
 Rachel Renn
 Kaye Ritzenthaler
 Carol Romero
 Sam, Courtney & Ava
 Adrian Sandelin
 Steve Smith
 Kimberly Spight
 Ann Sommers
 Mazie Sue Springer
 Audrey Tavares
 Tom Townsend
 Carole VanBrandt
 Virginia VanKirk
 Aaron Vyse
 Pat Webber
 Judy Wertenberger
 Richard Wheeler
 Vicki White
 Rebecca Williams
 Debbie Wisniewski
 Peter Williams
 Kathy Young

Church Un-decorating We had a great turn out for our church un-decorating last Saturday. Many volunteers had attended the 9:00am Mass and stayed to help with the work. It was great to see so many volunteers who are newer parishioners, among them were several kids of a newer Parish family - they pitched in with enthusiasm and eagerness to help. It was a joy to get to know them as we worked together. A number were part of our usual crew, who knew the ropes and our usual routine. Some weren't able to come at start time, but arrived a little later - they were put to work and rounded out one of the best teams we've had. God has truly blessed us with those willing to share time, talent, and treasure for His Honor and Glory and the good of everyone in our Parish.

Liturgical Assignments for Ash Wednesday, February 14, 2018



Mass	Priest	Lector	Altar Servers
Wednesday, 8:30am	Fr. Brian	D. Strzelewicz	R. Oehlers
Wednesday, 7:00pm	Fr. Brian	N. Holup	S. Holup



Liturgical Assignments for February 17 & 18, 2018

Mass	Priest	Lector	Altar Servers
Saturday, 5:00pm Mass	Fr. Brian	J. Rawski	L. Rawski
Sunday, 9:00am Mass	Fr. Brian	R. Dressel	C., J. & M. Torio
Sunday, 11:00am Mass	Fr. Brian	J. VanBrandt	J. & T. Dollison
Sunday, 12:30pm Mass (EF-LM)	Fr. Brian	--	J. Hajdu

Fr. Brian's Blarney Jubilarians

Happy Anniversary to all of our Jubilarians. May God continue to bless each of you in your marriages and families.

Prayer of a Couple on the Anniversary of Marriage

We praise you, O God, we bless you, Creator of all things, who in the beginning made man and woman that they might form a communion of life and love.

We also give you thanks for graciously blessing our family life so that it might present an image of Christ's union with the Church.

Therefore, look with kindness upon us today, and as you have sustained our communion amid joys and struggles, renew our Marriage covenant each day, increase our charity, and strengthen in us the bond of peace, so that we may forever enjoy your blessing.

Through Christ our Lord, Amen.

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<http://www.usccb.org/prayer-and-worship/prayers-and-devotions/prayers/anniversary-of-marriage.cfm>

Prayer on your Wedding Anniversary

O God, we thank you that you have given us another year of life together. We thank you for the love which grows more precious and for the bonds which grow more closely each day. We thank you for the happiness we have known together; for the sorrows we have faced together; for all the experiences of sunshine and of shadow through which we have come, up to today.

We ask for forgiveness for any failure on our part; for any times when we became difficult to live with; for any lack of sympathy and understanding; for anything which spoiled even for a moment the perfect relationship which marriage should be. Spare us to each other to go on

walking the way of life together, and grant that for us it may be true that the best is yet to be: through Jesus Christ our Lord. Amen

<http://lordcalls.com/prayers-for-different-people/prayer-on-your-wedding-anniversary>

God Work's Dinner

Come to find out, Glenn and Lois Ingersoll had come early to help Ron Oehlers prepare the meatballs for the spaghetti that they would serve the guests at the God Works Dinner last Wednesday at Our Lady of Mt. Carmel. I apologize for leaving them out, but they had left before I had arrived to crash the dinner. Glenn told me not to worry about it, but I wanted to recognize them, too.

This omission led me to talk to Ron about how he is trying to organize their volunteer day. He said that ten volunteers at a time is probably the maximum number they can use at one time. Otherwise, people end up standing around and are not utilized properly. He did say that he could use help before-hand to help set up and prepare the meal and afterwards to help clean up. The Ingersoll's couldn't stay for the meal, so their help was appreciated for the preparation. Because of work, Linda Brown had to come late, so she helped with the clean-up in the main dining room.

Please contact Ron Oehlers if you are interested in volunteering, so that he can start getting a rotation set up with his current volunteers. This would be helpful if there were to not only be shifts for each particular day, but also if we needed substitutes for those who might be sick or on vacation.

Helping Hands Funeral Luncheon Ministry

Thanks to Natalie Holup (the point person) and Ann Herman and Deb Augustiniak (team leaders) and all of the helpers for these last three funeral luncheons. There were three funerals in five days beginning Friday (Candlemas Day/Ground Hog Day). Each had around 100 guests or more,

so the luncheons were very big and quite a lot of work.

A new addition to the funeral luncheons that Ann and Deb decided to add was prayer. This was due to the fact that a number of volunteers wanted to attend funerals of friends, but couldn't because they were volunteering at the luncheon. They decided to pray and intercede for their friend while they were setting up as a way to join us in prayer, fulfill their Christian duty to bury the dead, and make the luncheon special for the family, as well. The team gathers together to pray for the eternal repose of the deceased, the family and friends, and for themselves as they serve. They have said that the prayer has been a wonderful addition to the Helping Hands Ministry.

We are looking for one or two more team leaders to help prepare and serve a particular luncheon, make phone calls for help from the list provided, and make sure that the day goes smoothly. Please let Michelle Lindsey or Natalie Holup know if you are interested in volunteering as a team leader or even a team member for each luncheon.

Upcoming Events

There are many events planned at St. Anthony in the coming weeks. Below are a few highlights:

- Mardi Gras - Feb. 13 - Ladies Gathering, 1-3pm in Padua Hall
- Ash Wednesday - Feb. 14 - Masses at 8:30am & 7:00pm; distribution of Ashes at each Mass. Annual Soup Supper served from 5-6pm in Kenna Hall. More details on page 3.
- **Prelude to St. Patrick's Day** - Feb. 17 - Annual event hosted by St. Anthony Knights of Columbus - lots of fun, music, and fellowship. Tickets are available in the Parish Office. See the insert in today's bulletin for more details. The Band "Extra Stout" will be performing for us in the Narthex between the 9:00 & 11:00am Sunday Masses on February 4. (Kind of a prelude to the Prelude!)
- Little Sisters of the Poor - Feb. 24 & 25 - We will welcome the Little Sisters of the Poor for their annual appeal.
- Annual Lamb Dinner - March 10 at 6:30pm in Padua Hall. More details to come.
- Semi-Annual Blood Drive - Saturday, March 24 in Kenna Hall

Come and be a part of our family fun!

St. Anthony is hosting a Blood Drive Saturday, March 24. This is a critical time for blood donations; take a look at these statistics from the American Red Cross:

- ➔ Only 38 % of population is able to give blood
- ➔ Of that 38 % ONLY 7 – 10 % actually give
- ➔ Blood has a 42 day shelf life – why the Red Cross is constantly asking for blood
- ➔ **Every 2 seconds someone in the U.S. needs blood....in 1 minute that is 30 people!**
- ➔ Blood is needed for surgeries, child birth, cancer, burn victims, and accidents – need is constant!

The Holidays are typically very low as far as donations; people are traveling and busy = less time to donate blood. We have just ended the biggest holiday season; combined with the inclement weather that discouraged many from coming out to give; add the flu epidemic AND the Hepatitis A here in Monroe County...blood supply is in CRITICAL STATE.

We're looking for volunteers to make phone calls to Parishioners to donate for the Blood Drive. Please call Michelle in the Parish Office by Monday, February 12 if you would consider volunteering.

PRAYER FOR THE RETURN OF NON-PRACTICING CATHOLICS

Good Shepherd, You never cease to seek out the lost, to call home the stray, to comfort the frightened, and to bind up the wounded.

I ask You to bring the people I hold in my heart back to the practice of the Faith, and to remove all obstacles that prevent them from receiving Your abundant mercy, which flows sacramentally through the heart of Your holy Church.

Through the intercession of Mary, the Mother of God, their Guardian Angels, their Patron Saints, and the ever-prayerful St. Monica, may You pardon their sins and unshackle them from whatever hinders their freedom to come Home.

For You, O Good Shepherd, have loved us to the end and offered Yourself to the Father for the salvation of all. Amen.

Prayers for the return of a non-practicing Catholic also should be accompanied by sacrificial and private acts of fasting, and almsgiving in their name.



**Boys Group will meet
Friday, February 16,
3:30-5pm.**

We are very pleased to have the Troops of St. George lead our Stations of the Cross this **Friday at 3:30pm.**

This is a great organization that teaches young men a wide variety of practical skills, all the while focusing on the teachings of the Magisterium of the Holy Catholic Church.

For more information regarding the Troops of St. George, please call Justin Ritenour 734-854-1265.



Pictorial Directory - 2018

Every 5 years the Parish publishes an updated Family Directory which includes photos of Parish families.

We would like to get started with the committee to work on the Directory for this year; please contact Michelle in the Parish Office if you are interested in helping out with the planning, designing, etc. for this project.

Two Directory companies have stopped by the Parish Office in the last week to compare what they have to offer for directories. The 2018 book should be the best yet. Come and be a part of it!

**Saint Joseph Catholic Church
17th Annual Lenten Fish Fry
4:30-7:30 p.m. every Friday
from February 16 through March 30.
2238 Manhattan Street,
Erie, Mi. 48133**

All you can eat perch and tilapia, with popcorn shrimp, cheesy potatoes, French fries, green beans, coleslaw, applesauce, roll, dessert, and beverage. Meatless spaghetti is available. Dine in or carry out. New this year is a dedicated "Carry Out Line". Adults \$13, seniors \$11, kids 12 & under \$6.

For more info, call (734) 848-6125 or visit <http://www.stjosepherie.com/>

Schedule of Services for Lent & Easter - 2018

Ash Wednesday

February 14, 2018

Masses 8:30am(OF-MC) & 7:00pm(OF-MC)
(Ashes distributed after Homily)
Soup Supper 5:00 - 6:00pm – Kenna Hall

Stations of the Cross

Fridays of Lent

February 16 3:30pm (Led by the Troops of St. George)
February 23 7:00pm (Followed by Exposition & Benediction)
March 2 7:00pm (Followed by Mass
with Exposition and Benediction)
March 9 7:00pm (Mary's Way of the Cross)
March 16 3:30pm (Led by the Troops of St. George)
March 23 7:00pm (Followed by Exposition & Benediction)

Sacrament of Reconciliation

Saturdays: 3:30 – 4:30pm
Thursdays: 6:00 - 6:30pm (Feb. 15 & 22; March 1, 8, 22)
Tuesday, March 20
11:00am - 12:00pm (2 priests available)
7:00pm - 8:00pm (2 priests available)

HOLY WEEK

Palm Sunday, March 25

Masses: Saturday: 5:00pm (OF-MC) (Sunday Vigil)
Sunday: 9:00am (OF-MC) & 11:00am (OF-MC);
12:30pm (Extra-ordinary Form, Latin)

Holy Thursday, March 29

Mass of the Lord's Supper: 7:00pm (OF-MC)
Following Mass, Adoration of the Blessed Sacrament in the Church
until Noon on Friday; sign-up sheets will be on the Chapel door.

Good Friday, March 30

12Noon - 3:00pm: Stations of the Cross; Rosary; Divine Mercy Novena,
Sacred Music, Mid-day Prayer
3:00-4:30pm: Liturgy of the Lord's Passion with veneration of the cross
& reception of Holy Communion

Holy Saturday, March 31

(No Confessions Today)

Church Decorating 9:00am
Blessing of Food 12:00pm
Easter Vigil Mass 9:00pm (OF-MC)

Easter Sunday, April 1

Masses: 9:00am (OF-MC) & 11:00am(OF-MC);
12:30pm (Extra-Ordinary Form, Latin)

Lenten Regulations on Fast & Abstinence

Abstinence from meat is observed on **Ash Wednesday**, **Good Friday**, and all the **Fridays of Lent** by all Catholics 14 years and older. Abstinence forbids the use of meat, but not of eggs, milk products, or condiments made of animal fat. Permissible are soups flavored with meat, meat gravy, and sauces.

Fasting is observed on **Ash Wednesday** and **Good Friday** by all Catholics who are 18 years of age but not yet 59. Those bound by this rule may take only one full meal. Two smaller meals are permitted as necessary to maintain strength according to one's needs, but eating solid foods between meals is not permitted. Ordinary liquids are allowed.