2023 Lent Schedule

St. Mary's Visitation, St. Stanislaus & Sacred Heart Catholic Churches

Mass Schedule	St. Mary's Visitation	St. Stanislaus	Sacred Heart	Confession
Saturday	5:00 pm	4:30 pm		11:00 -12:00 pm/4:00-4:20—SS 4:00-4:45—SMV
Sunday	9:00am & 11:00am (Livestream)	10:30 am	9:00 am	8:30-8:50 am SH 10:30-10:50 am SMV
Tuesday	8:00 am	5:30 pm		5:00-7:00 pm—SMV
Wednesday	9:00 am	8:00 am—School		
Thursday	8:00 am	9:00 am		5:00-7:00 pm—SMV 6:30-7:30 pm SH—when priest available
Friday	8:00 am– School	9:00 am		
Adoration Thursdays	6:00 am to 11:00 pm	12:00 pm to 6:00 pm	Holy Hours @ SMV only: 1st, 3rd & 5th Sundays 12-1 pm, Tuesdays & Fridays 8:30 am, Thursdays 6 pm & Saturdays 4 pm.	

Confessions after Stations of the Cross or other services when possible or anytime by request.

Ash Wednesday	SMV	Mass with Distribution of Ashes 9:00 am & 7:00 pm
February 22	SS	Mass with Distribution of Ashes 12:00 pm (Noon) & 5:30 pm
Day of Fast and Abstinence	SH	Mass with Distribution of Ashes 6:30 pm
Lenten Fridays	SMV	2:15 pm Stations of the Cross (no school/stations 3/3/23 or 3/31/23) 7:00 pm Stations of the Cross & Benediction
Days of Abstinence	SS	2:15 pm Stations of the Cross (Stations w/Bishop 3/10/23 @ 1:30 pm) 7:00 pm Stations of the Cross & Benediction
	SH	Stations of the Cross on ***Thursdays*** at 6:30 pm
St. Joseph's Feast Day Monday, March 20	SS SMV	Mass at 9:00 am-Combined School Mass at 6:00 pm-Men's Retreat
The Annunciation Saturday, March 25	SH	Mass at 9:00 am (Confession available 8:30 am) Ladies' Retreat
SMV 40-Hour Silent Eucharistic Adoration	SMV	**April 16-18** Tentative Dates

Youth Holy Hours: February 25; March 25; April 22 and May 20

LENTEN REGULATIONS: On **ASH WEDNESDAY**, February 22, and **GOOD FRIDAY**, April 7, abstinence and fast are to be observed (Canon 1251). **ALL FRIDAYS** of Lent are penitential days throughout the universal Church, in which abstinence from eating meat is to be observed (Canon 1250). **OBLIGATION OF ABSTINENCE AND FAST**: All persons 14 and over are bound by the law of abstinence. All those 18 and over are bound by the law of fast up to age 59, inclusive. Nevertheless, pastors and parents are to see to it that children who are not bound by law of fast and abstinence are educated in an authentic sense of penance (Canon 1251). In observing the precept of **FAST**, one small meal and two smaller meals (which do not equal another average full meal) may be taken. Eating solid food between meals is prohibited. Taking medicine of any type does not break one's fast. **NOTE**: When health or ability to work would be seriously affected, the law of fast and abstinence should still be implemented as much as possible in the particular situation. If in doubt concerning one's ability to fast or abstain, one should consult a parish priest or confessor. In observing the precept of **ABSTINENCE**, one does not eat flesh meat, which means the flesh of animals that live on land (e.g. beef, pork, poultry, etc.). **ALL WEEKDAYS of LENT** are also days of penance. All Catholics should choose some form of penitential sacrifice to offer each weekday. Voluntary fasting on all the weekdays of Lent is encouraged. **CONFESSION**: All Catholics are bound to confess all serious sins at least once a year or whenever necessary before receiving Holy Communion. If in doubt as to what constitutes serious sin, please consult a parish priest or confessor.