

ST. BENEDICT THE MOOR MARCH 8· 2026 INSERT

SBTM stations of the cross – will continue throughout Lent, time 6:30 pm.

Holy Week Hours

Palm Sunday Mass: March 29, time 11:00 am

Thursday of the Lord Supper, April 2, time 6:30 pm – 11:00 pm

Friday of the Passion of the Lord: April 3, 1:00 pm Station of the Cross; Liturgy 2:00 pm

Easter Vigil Mass: April 4, time 8:30 pm

Easter Sunday Mass: April 5, time 11:00 am

Sick and Home Bound

Alice Arroyo-Hartshorn
Ms. Peggy Bullard
Mrs. Grace Dixon-Kizzie
Ms. Elsie Moore
Mr. Fred Palmer
Mrs. Genevieve Sanford

Ms. Roseland Bainum
Ms. Vinne Coffey-Bey
Ms. Lydia Francis
Ms. Joan Moran
Ms. Damitra Penny-Harris
Mr. George Smith

Samantha Betters
Charles Davis
Ms. Marie Francis
Ms. Josephine O'Connor
Ms. Marva Price
Ms. Florence Taylor

Birthdays for 3-8-26

Mary Patricia Donegan
Janet Fomunjeng

Grace Gbolo
Theresa Orlando

The Disciple Maker Index Survey continues through March 29th. [QR Code goes here]

Survey: online at [Disciple Maker Index](https://survey.catholicleaders.org/dmi/survey/cpp5g7) or scan QR code →
(<https://survey.catholicleaders.org/dmi/survey/cpp5g7>)



Paper surveys are available at church.

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Lenten Obligations

Who is required to fast? Catholics aged 18–59 are obliged to fast on Ash Wednesday and Good Friday. Fasting means one full meal and two smaller meals that together do not equal a full meal. Snacking between meals is not permitted on fast days.

Who is required to abstain from meat? All Catholics aged 14 and older must abstain from meat on Ash Wednesday, Good Friday, and every Friday of Lent.

Is chicken considered meat? Yes. Abstinence includes all meat — beef, pork, chicken, turkey, and any other poultry or red meat. The only exception is fish and other seafood, which are permitted on days of abstinence.

What about broths, gravies, or drippings? Small amounts of meat-based flavoring (such as chicken broth in a soup) have traditionally been permitted, though the spirit of the discipline invites us to simplify our meals rather than look for workarounds.

Are Sundays "off" during Lent? Sundays are not days of obligation for fasting or abstinence since every Sunday is a celebration of the Resurrection. However, many Catholics choose to maintain their Lenten practices throughout, and personal penances freely undertaken on Sundays are always commendable.

What if I have a medical condition or am pregnant or nursing? Those with health conditions, pregnant or nursing mothers, and others for whom fasting could pose a risk are exempt.

Are these obligations the whole of Lent? They are the foundation — not the fullness. The Church encourages all the faithful to embrace additional practices of prayer, self-denial, and charity according to their state in life.