

# LENT

A SEASON OF RENEWAL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2024</b> <b>SAINT AUGUSTIN</b> <b>LENTEN SCHEDULE</b>		<b>13</b> 8:00 am Mass Mardi Gras 5:30 - 7:30 pm	<b>14</b> Ash Wednesday 7 am, 9 am, 6 pm <i>Collection for Confirmation Service Project</i>	<b>15</b> 8:00 am Mass	<b>16</b> 8:00 am Mass 5:30 pm Stations of the Cross in the Church 5:30 - 7:00 pm Fish Bake	<b>17</b> Food Pantry Collection
<b>18</b> 1st Sunday of Lent RCIA 10 am Rite of Election Rite of Sending Food Pantry Collection	<b>19</b> 8:00 am Mass	<b>20</b> 8:00 am Mass	<b>21</b> 8:00 am Mass	<b>22</b> 8:45 am Mass School	<b>23</b> 8:00 am Mass 5:30 pm Stations of the Cross in the Church	<b>24</b>
<b>25</b> 2nd Sunday of Lent KC Pancake Breakfast	<b>26</b> 8:00 am Mass	<b>27</b> 8:00 am Mass	<b>28</b> 8:00 am Mass	<b>29</b> 8:45 am Mass School	<b>1</b> 8:00 am Mass 5:30 pm Stations of the Cross in the Church March	<b>2</b>
<b>3</b> 3rd Sunday of Lent	<b>4</b> 8:00 am Mass	<b>5</b> 8:00 am Mass	<b>6</b> 8:00 am Mass 6:30 pm Reconciliation Service	<b>7</b> 8:00 am Mass	<b>8</b> 8:00 am Mass 5:30 pm Stations of the Cross in the Church 5:30 - 7:00 pm Fish Bake	<b>9</b>
<b>10</b> 4th Sunday of Lent	<b>11</b> 8:00 am Mass	<b>12</b> 8:00 am Mass	<b>13</b> 8:00 am Mass	<b>14</b> 8:00 am Mass	<b>15</b> 8:00 am Mass 5:30 pm Stations of the Cross in the Church	<b>16</b> Food Pantry Collection Saint Patrick's Celebration 6:00 pm
<b>17</b> 5th Sunday of Lent Passiontide Images Veiled Food Pantry	<b>18</b> 8:00 am Mass	<b>19</b> 8:00 am Mass	<b>20</b> 8:00 am Mass	<b>21</b> 8:45 am Mass School	<b>22</b> 8:00 am Mass 5:30 pm Stations of the Cross in the Church	<b>23</b>
<b>24</b> Palm Sunday St. Joseph's Altar	<b>25</b> 8:00 am Mass	<b>26</b> 8:00 am Mass	<b>27</b> 8:00 am Mass 7:30 pm Tenebrae	<b>28</b> Holy Thursday 6:00 pm	<b>29</b> Good Friday 3:00 pm Service Collection for Christians in the Holy Land	<b>30</b> Holy Saturday Vigil 8:00 pm
<b>31</b> Easter Sunday 8:00 am 10:00 am 12:00 pm	PRAYER * FASTING * ALMSGIVING PRAYER: Please Consider Helping the Parish fill the Adoration Chapel this Lent with prayer. It is our goal to fill the Chapel with at least 2 worshipers per hour. The benefits you reap will greatly outweigh the sacrifice of time and is very renewing to the soul.					Reconciliation is available weekly in the back of the Adoration Chapel: Saturdays 3:30 - 4:30 pm Sundays 9:00 - 9:30 am Sundays in the church Confessionals 3:15-3:45 pm



# ASH WEDNESDAY

## LENT BEGINS

### WHAT IS LENT?

The *40-day period* from Ash Wednesday and before Easter Sunday. It is marked by **praying, fasting, abstinence, and other acts of penance.**

PRAYING ||||| FASTING ||||| ABSTINENCE



### WHAT IS FASTING?



One meal a day, and two smaller meals which if added together would not exceed one full meal

### WHAT IS ABSTINENCE?



Abstinence is **refraining from eating meat.** Meat is considered to be the flesh and organs of mammals and fowl.

### DAYS OF FAST?

Ash  
Wednesday

Good Friday

### DAYS OF ABSTINENCE?

Ash  
Wednesday

All Fridays  
of Lent

Good  
Friday

### WHO ARE REQUIRED?

Catholics from age  
< 18 to 59 >



The sick are excused  
from fasting

### WHO ARE REQUIRED?

**Mandatory for everyone**



older than

**14**  
years old



Source: Code of Canon Law