

# LENT 2025

## Lenten Practices and Traditions



Diocese of  
CROOKSTON

The 2025 Lenten season begins on Ash Wednesday, March 5. During Lent, Catholics are asked to devote themselves to seeking the Lord in prayer and Scripture, to service by giving alms, and to practice self-control through fasting..

## Fasting and Abstinence

Ash Wednesday, March 5, and Good Friday, April 18, are days of fasting and abstinence. Fridays of Lent are also days of abstinence.

Fasting is to be observed by all who are 18 years of age or older, who have not yet celebrated their 59th birthday. On days of fasting, one full meal is allowed. Two other meals sufficient to maintain strength may be taken according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted, but liquids, including milk and juices, are allowed.

Abstinence is observed by all who are 14 years of age and older. On days of abstinence, no meat is allowed. Note that when health or ability to work would be seriously affected, the law does not oblige. When in doubt concerning fasting and abstinence, consult your parish priest.

## Rite of Election

The Rite of Election will be held March 9 at 3:00 p.m. at Cathedral of the Immaculate Conception (702 Summit Ave. N, Crookston).

Catechumens, or those seeking the Sacraments of Baptism, Confirmation and Holy Eucharist, from parishes across the Diocese of Crookston along with their sponsors, families and friends will gather to celebrate these rites with Bishop Andrew Cozzens at the Cathedral.

Bishop Cozzens spoke more about the Rite of Election in his Lend Us Your Heart article [HERE](#).

Both rites mark the beginning of a period of final, more intense preparation for the sacraments of initiation, which will be celebrated during the Easter Vigil throughout the diocese.

# Chrism Mass

The Chrism Mass will be held at Cathedral of the Immaculate Conception on April 14 at 6:30 p.m.

Each year, the oils for sacramental anointing used in the diocese are blessed at the Chrism Mass. These oils include: the oil of the infirm, used for the sick and dying to give them strength to bear their suffering, resist evil and obtain forgiveness for sin; the oil of the catechumens, used to give strength to renounce sin and the devil; and the Sacred Chrism, the chief anointing oil used at Baptism, Confirmation and Ordination as well as the anointing of altars and walls of churches being dedicated for Christian worship.

Representatives of each parish receive the blessed oils and then take them to their parishes throughout the diocese. We hope that this Lent will be a Lent that changes you and pushes you to grow deeper in your faith and that Easter is a bursting of New Life brought forth!