

LENTEN REGULATIONS 2023

The season of Lent extends this year from Ash Wednesday, February 22nd, to the Mass of the Lord's Supper, Holy Thursday, April 6th, inclusive.

1. Everyone 14 years of age or over is bound to abstain from meat on Ash Wednesday, Good Friday and all Fridays of Lent.
2. Everyone 18 years of age and under 59 years of age is also bound to fast on Ash Wednesday and Good Friday.
3. On these two days of fast and abstinence, only one full meatless meal is allowed. The other meatless meals, sufficient to maintain strength, may be taken according to one's needs, but altogether they should not equal another full meal. Eating between meals is not permitted on these two days, but liquids, including milk and fruit juices are allowed.
4. When health or ability to work would be seriously affected, the obligation of the law is modified. Those that are excused from fast and abstinence outside the age limits include the physically or mentally ill including individuals suffering from chronic illnesses such as diabetes. Also excluded are pregnant and nursing women. In all cases, common sense should prevail, and ill persons should not further jeopardize their health by fasting.
5. Because Lent is a special season for all Christians, we should not lightly excuse ourselves from these penitential practices.

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2023 SCHEDULE FOR LENT, TRIDUIM, EASTER

- **ASH WEDNESDAY, February 22nd.**
Masses at St. Augustine at 8am & 7:00pm
Masses at Ss. Peter & Paul at 8am, 12:30 pm (School Liturgy) & 7pm.
- **WEDNESDAYS DURING LENT:**
St. Augustine Stations of the Cross held at 7pm
- **FRIDAYS DURING LENT:**
St. Augustine - Mass at 8 am followed by Stations of the Cross
Ss. Peter & Paul -- Stations of the Cross following the 8am Mass and at 6:30pm through March 31st.
- **MONDAY, MARCH 13TH - Reconciliation at 7:00 pm—Ss. Peter & Paul**
- **FRIDAY, MARCH 31ST – Fish Fry 4:30-7:30pm – Ss. Peter & Paul**
- **HOLY THURSDAY, APRIL 6TH**
7:00 PM MASS, ST. AUGUSTINE
Ss. Peter & Paul - 7:00 pm Mass
- **GOOD FRIDAY, APRIL 7th**
7:00 PM STATION OF THE CROSS FOLLOWED BY GOOD FRIDAY SERVICE, ST. AUGUSTINE
Ss. Peter & Paul - 3pm Stations of the Cross and 7:00 pm Service
- **EASTER VIGIL, SATURDAY, APRIL 8TH**
7:00 PM MASS, ST. AUGUSTINE
Ss. Peter & Paul -- 8:00 PM Mass
- **EASTER SUNDAY, APRIL 9th**
8:30AM MASS, ST. AUGUSTINE
Ss. Peter & Paul - 8:00 am and 10:00 am Mass