

FASTING AND ALMSGIVING

Rules for Fasting and Abstinence: Ash Wednesday and Good Friday are days of complete fast & abstinence. All the Fridays of Lent are days of abstinence.

Fast—Binds all over 18 and under 59 years of age. On days of fast, only one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to one's needs, but together, they should not equal another full meal. Eating between meals is not permitted, but liquids, including milk and fruit juices, are allowed.

Abstinence—Binds all over the age 14. On days of abstinence, no meat is allowed.

Note: When the health or ability to work would be seriously affected, these rules do not oblige. When in doubt concerning fast or abstinence, consult a parish priest or confessor .

Rice Bowl Containers will be distributed the First Sunday of Lent. Money saved at home by fasting and other forms of penance can be brought to the Church on Holy Thursday, April 1st.

The Food Pantry is always in great need of food items during the weeks of Lent. Parishioners are encouraged to bring items to Church as a continued sign of our service and outreach to others in need. Baskets are available in the narthex for your donations.

There will also be opportunities during Lent to donate

to:

Black & Native American Missions
Aid for Church in Eastern Europe
Catholic Relief Services
Holy Places

St. Mark Catholic Church 2010 Lenten Journey



In Lent, we begin a 40 day journey with Christ. Jesus is steadfast in moving towards Jerusalem and He has called us to follow Him. This worship aide defines the additional opportunities for you to celebrate this journey with shared prayer in communion with the gathered faithful of our St. Mark Parish.



The following is a brief description of the liturgies offered for you at different times during Lent on our Journey to Easter

The Way of the Cross:

This service is celebrated weekly during lent. The Way of the Cross takes us through each Station of the Cross. We learn to understand each Station and how Christ's pain is our pain and how His love is our love.

Lenten Evening Prayer:

Evening Prayer is celebrated the first four Sunday Evenings in Lent. It is based on an ancient tradition of prayers, songs, readings, and psalms. Evening Prayer is a quiet, yet powerful, way to understand the Lord's invitation to "come home."

Parish Penance Service:

With the assistance of several Priests from our neighbor parishes, this service of Reconciliation is a gift to all of us. We have the opportunity to receive God's mercy and grace through the forgiveness of sins.

Tenebrae Service

Tenebrae is a special service offered on the evening of Good Friday during Holy Week. "Tenebrae" is Latin for "shadows." The purpose of the service is to recreate the betrayal, abandonment, and agony of the events. It is left unfinished, because the story isn't over until Easter Day. The High School youth will preside this service, and we are invited to the evening of light, shadows, and prayer.

LIVING IN HOPE
SCHEDULE OF WEEKLY SERVICES
LEADING TO EASTER



February 17th, Ash Wednesday
Mass is at 9:00am and 7:00pm

February 19th, Friday
7:00pm The Way of the Cross

February 19th, Friday
5:00-7:30pm Lenten Fish Fry



February 20th and 21st
Men's Christ Renews His Parish Weekend



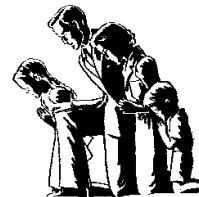
Lenten Week One: Identity
February 21st, Sunday
7:00pm Lenten Evening Prayer

February 26th, Friday
7:00pm The Way of the Cross

Lenten Week Two: Listening
February 28th, Sunday
7:00pm Lenten Evening Prayer

March 3rd, Wednesday
7:00pm Parish Penance Service

March 5th, Friday
Nocturnal Adoration



Lenten Week Three: Repentance
March 7th, Sunday
7:00pm Lenten Evening Prayer
March 12th, Friday
7:00pm The Way of the Cross



Week Four: Unconditional Love
March 14th, Sunday
7:00pm Lenten Evening Prayer
March 19th, Friday
7:00pm The Way of the Cross
March 19th, Friday
5:00-7:30pm Lenten Fish Fry

Lenten Week Five: Forgiveness
March 26th, Friday
7:00pm The Way of the Cross



**Lenten Week Six: Suffering
Palm Sunday and Holy Week**
Sunday, March 28th

March 31st, Wednesday
7:00pm The Way of the Cross

April 1st, Thursday
7:30pm Mass of the Lord's Supper
(Followed by Nocturnal Adoration
through Midnight)

April 2nd, Friday
3:00pm Good Friday Service
7:30pm Tenebrae Service



April 3rd, Saturday
8:15 Easter Vigil Mass
April 4th Easter Sunday Masses
7:30, 9:30, and 11:45am

