

LENTEN OBSERVANCES BEGIN THIS WEEK:

Fasting is to be observed on Ash Wednesday by all Catholics who are 18 years of age but not yet 59. Those who are bound to fast may take only one full meal. Two smaller meals are permitted if necessary to maintain strength according to each one's needs, but eating any food between meals is not permitted.

Abstinence from meat is to be observed by all Catholics 14 years or older on Ash Wednesday and on all Fridays of Lent. Eggs, milk products or condiments made of animal fat are permitted.

Solemn Exposition of the Blessed Sacrament will take place Fridays, beginning at 7:00 p.m. and closing with Benediction at 9:00 p.m. **Stations of the Cross** will be prayed at 7:30 p.m. and **Confessions** will be heard between the **Stations and Benediction** on Fridays.