

*Each year the Lord Jesus calls the entire Church to a special season of penance and renewal. As we begin this holy time of Lent, we should reflect on our need for conversion of heart, prayer, charitable works and penance.*

**The season of Lent extends this year from Ash Wednesday, February 17, to the Mass of the Lord's Supper, April 1, 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 or 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.

**A SAME AND DIFFERENT ASH WEDNESDAY IN 2021.** We have had a year filled with different ways of living and praying. There are fewer people in church. No water in the front. Less singing. Communion only in the hand. No coffee and doughnuts on the way home. Yet we still pray. Instead of giving ashes as a cross on the forehead — unsafe in this Covid time — we can still receive them by sprinkling on the top of the head (permitted by our ritual rules). We will look a little cleaner. We can still repent and believe in the Gospel. We will still bear ashes home to begin our lenten practices. Come to Ash Wednesday, 17 February at 7:00 pm at St Paul Catholic Church, Vienna IL

#### **LENTEN DISCIPLINES: FASTING AND ALMSGIVING**

For these Forty Days we are conscious of how we must sharpen our senses and focus mind and heart on the Reign of God. We are, above all, aware of those waters in which we were baptized into Christ's death. We died to sin and evil and began a new life in Christ. The waters of Baptism wait at Lent's end for the catechumens, but we are called to renew our Baptism as well.

The Church asks us to give ourselves to prayer and to the reading of Scripture, to fasting and to giving alms. The fasting that all do together on Fridays is but a sign of the daily Lenten discipline of individuals and households: fasting for certain periods of time, fasting from certain foods, but also fasting from other things and activities. Likewise, the giving of alms is some effort to share this world equally – not only through the distribution of money, but through the sharing of our time and talents. – *Catholic Household Blessings & Prayers*, United States Conference of Catholic Bishops, 2007

#### **RESOURCES TO AID LENTEN PRACTICES.....**

**Rice Bowl** – A reminder to share benefit of Lenten fasting by contributing to world hunger through the Catholic Relief Services. Rice Bowls may be picked up in church entrance.

**Food Collection for Daystar** – Non-perishable food items will be collected during Lent to support the DayStar Ministry in Cairo IL. Items will be delivered after Easter Sunday.

**Word Among Us** – Booklets with daily mass scripture readings and spiritual articles supporting our penitential journey in preparation of Easter are available on table in church entrance.

**Stations of Cross** – will be prayed communally on Sundays of Lent 20 minutes before mass.

**Lenten booklets** – Booklets on a variety of topics related to the season of Lent may be picked up in church foyer.

**Internet Resources** – links to virtual retreats, short reflections, scripture study, religious music, etc will be posted on parish website under resources and on parish facebook page..