

# St. Mary's Parish

158 Washington Street, Winchester MA 01890

## Lent 2012



**Abstinence** -- Catholics over 14 years of age are bound to the obligation of abstinence. Abstinence is to be observed on Ash Wednesday and on all Fridays of Lent. On days of abstinence, meat may not be used at all.

**Fast** -- Catholics over 18 and up to the beginning of their 60th year are bound to the obligation of fasting. Ash Wednesday and Good Friday are the days of fasting. On these days, only one full meal is allowed. Two other meatless 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 fruit juices are allowed.

Regarding other weekdays of Lent, participation in daily Mass and the voluntary observance of fasting is recommended. Commendable, particularly during Lent, is generosity to local, national and world programs of sharing our abundance.



Wednesday, February 22 is Ash Wednesday and the beginning of the season of Lent. This is an opportunity for all of us to prepare to renew our baptismal vows at

the Easter Vigil or Easter Sunday.

### Distribution of Ashes

Ashes will be distributed at the following Mass times:  
6:45am                      9:00am                      7:30pm

### Peace & Social Justice Ministry Annual Lenten Outreach Program

Our special Lenten Outreach program, once again run by the Peace and Social Justice Ministry, includes several collections during Lent. Proceeds support a different charity each week.

February 26	Kids in Peru
March 4	Council of Social Concern Food Collection
March 11	Ugandan Project
March 25	Tohono O'odham Indian Reservation

More details regarding each collection will be available in future bulletins.

### Daily Mass

Mass will be celebrated Monday through Friday each morning of Lent at 6:45am and 9:00am and Saturday morning at 8:30am. Catholics are encouraged to receive the Eucharist more frequently during the Lenten season.

### Sunday Eucharist

4:00pm (Sat.), 8:00am,  
10:00am and 11:30am

### Eucharistic Adoration

Every Friday 9:30am-3:00pm  
(except Good Friday)

### Sacrament of Reconciliation

Each Saturday 3:00-3:45pm  
Mon., April 2 11:00am-12:00noon  
Tue., April 3 3:00 - 4:00pm  
Wed., April 4 7:00-8:00pm

### Lenten Scripture Study

Each Wednesday, starting on February 29th and continuing through March 31st following the 9:00am Mass. Sessions will be held in the Gathering Room and be led by Melissa Behrle.

### OPERATION RICE BOWL

Operation Rice Bowl is Catholic Relief Services' Lenten program of **praying, fasting, learning and giving**. Just as we celebrate the Eucharist at the Lord's table on Sundays, participation in Operation Rice Bowl is a way to "break bread" together with family, friends, and loved ones. Through this Lenten journey of faith and justice, Operation Rice Bowl invites you to **pray** together, **fast** through making sacrifices, **learn** about our brothers and sisters in the developing world, and **give** concrete assistance to those most in need. Participating in Operation Rice Bowl strengthens our solidarity with all members of our human family and calls us to put our faith into action.



**Rice Bowls and Home Calendar Guides will be available this weekend.**