

**LENT 2018**

**ASH WEDNESDAY**

**8:15am School Mass with Ashes 695 College Avenue**

**12:00pm Prayer Service with Ashes 800 Marquette Avenue**

**6:30pm Mass with Ashes 800 Marquette Avenue**

**MORNING STATIONS OF THE CROSS**

**Four Saints Chapel 695 College Avenue Thursdays at 7:00am**

**February 15th, 22nd, March 1st, 8th, 15th, 22nd**

**EVENING STATIONS OF THE CROSS**

**Four Saints Chapel 695 College Avenue Fridays at 6:00pm**

**February 16th, 23rd, March 2nd, 9th, 16th, 23rd**

**FAST AND ABSTINENCE**

Customarily, fasting required that a person take only one meal a day, but current Church discipline permits one to take a main meal and two lesser meals which together do not equal the main meal. All persons who have reached their 14th birthday are bound by the law of abstinence. All adults are bound by the low of fast from their 18th to their 60th year.

Ash Wednesday and Good Friday are days of abstinence from meat and meat products as well as days of fast. The other Fridays of Lent remain days of abstinence from meat and meat products.