

THE FINAL DAYS OF THE SEASON OF LENT

This year Lent ends at sundown on Thursday, April 2. This is followed by the Sacred Triduum, April 2-4, and Easter Sunday of the Resurrection of the Lord, April 5.



LITURGICAL AND DEVOTIONAL OPPORTUNITIES DURING HOLY WEEK AT THE PARISH OF THE HOLY SPIRIT

Daily Masses Monday, Tuesday and Wednesday of Holy Week (March 30-April 1):

Monday and Wednesday at 9:00 a.m.
Tuesday at 5:30 p.m.

Stations of the Cross: Good Friday, April 3 at 3:00 p.m.

THE SACRED TRIDUUM AT THE PARISH OF THE HOLY SPIRIT:

Holy Thursday *Mass of the Lord's Supper:* Thursday, April 2, 6:00 p.m.

Good Friday *Liturgy of the Lord's Passion:* Friday, April 3, 6:00 p.m.

Holy Saturday *Easter Vigil Mass:* Saturday, April 4, 8:15 p.m.

EASTER SUNDAY MASSES: Sunday, April 5, 8:30 a.m. and 11:00 a.m.
(There will be no Confessions or evening Mass on Easter Sunday.)

DISCIPLINES FOR GOOD FRIDAY:

Depending on one's age and health circumstances, Catholics are obliged to fast and abstain from eating meat on Good Friday, April 3.

Catholics age 14 and older are bound by the law of abstinence (from eating meat).

The law of fasting is obligatory for Catholics from age 18 to age 59.

The law of fasting prescribes that only one full meal be taken per day; the other meals should be significantly smaller, but in accord with one's health needs. Fasting assumes the avoidance of snacks between meals.