

Pray

faith

Fast

faith

Give Alms

faith

□ Daily Booklet

□ Liturgical Prayer

- **Daily Mass** Mon.- Fri. 9 am. Rosary before Mass.
- **Sun. Mass** Lent Meditations Sat.5pm; Sun.9 & 11am
- **Rosary and Adoration** Tuesdays 7pm
- **Stations of the Cross** Fridays 7 pm
- **Weekly Penance** Saturdays 4pm (Large Church)

□ Ash Wednesday February 18

- **Mass 9am** (Little Church)
- **Ecumenical Word Service at Noon** (Lge. Church)
- **Word Service at 4pm** (Large Church)
- **Ecumenical Word Service at 7pm** (Large Church)

□ Holy Week

- **Monday March 30** Penance 2-4; 6-9pm (Little Church)
- **Holy Thursday April 2**
Mass of The Lord's Supper 7-8:30 pm
Includes Washing of Feet, Eucharistic procession to the Little Church, Adoration
- **Good Friday April 3:**
Liturgy of the Lord's Passion 3-4:30 pm Readings, Veneration of the Cross and Holy Communion, procession to

□ Fasting from Food

□ WHY Fast & Abstain from Meat ?

- To honor the suffering and death of Jesus,
- To prepare ourselves to share more fully in his kingdom "on earth as it is in heaven."
- To celebrate more readily his Resurrection.

□ WHEN to Fast and Abstain from Meat

□ Ash Wednesday + Good Friday

□ Fridays of Lent

□ HOW to Fast

"When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal."

□ WHO Fasts & Abstains from Meat

- For the Catholic Church, the norms on fasting are obligatory from age 18 until age 59.
- Abstinence from meat is binding for ages 14 & up.
- If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the "paschal fast" preparing for the Resurrection.

□ Fasting from "other stuff"

- Join the ecumenical Pot Luck Supper and Scripture Study for 5 Wednesday evenings at 6pm.. See the other side for the detailed schedule and locations.

□ The Catholic Ministries Appeal

Every year, through the support and commitment of individuals and organizations, we are able to serve more than **500,000** people in our Long Island community.

- This support enables our **children** to continue to receive the gift of spiritual formation, sacramental preparation and quality education.
- **Seminarians, deacons and lay leaders** can fulfill their calling and serve their community.
- Catholic Charities can maintain its services for **the poor and disadvantaged**.

Gifts are used to live and share our faith, care for God's people and help to build God's Kingdom.

For example, a gift of:

- **\$25** helps pay the gas for a Meals-On-Wheels van to deliver food for a day.
- **\$50** helps pay for evangelizing and teaching materials for a Campus Ministry participant.
- **\$100** helps a low-income pregnant and parenting mother seek job training and life skills to support her family provided by Catholic Charities Regina Maternity Case Management Program.
- **\$250** helps subsidize housing for a senior citizen or a developmentally disabled adult.
- **\$1,000** helps support the formation of our Seminarians and Deacons.

If you have questions about CMA, their work, or ways to donate, you can email them anytime at



What will you do this Lent?

□...Pray

- Liturgical Prayer
- Lenten Book
- Attend Ash Wednesday
- Pray the Rosary Tuesdays
- Stations of the Cross Fridays
- Holy Week
 - Holy Thursday
 - Good Friday
 - Easter Vigil
 - Easter Sunday

□...Fast

- Ash Wednesday
- Fridays of Lent
- Ecumenical Scripture Discussion

□...Give Alms

- Mark your alms to the Catholic Ministry Appeal. Please use the CMA envelope from their brochure, make checks out to CMA, and mail it directly to them.



Ecumenical Lenten Supper-Scripture

All events begin with a pot-luck supper at 6pm, followed by readings and discussions at 7 pm

Wednesday February 25

Christ Episcopal Church

64 South Country Road, Bellport - Fr. Elliot Conrad, Pastor

Wednesday March 4

Mary Immaculate Church

16 Browns Lane, Bellport - Fr. Bill Hanson, Pastor

Wednesday March 11

Bellport United Methodist Church

185 South Country Road, Bellport - Rev. Matthew Querns, Pastor

Wednesday March 18

Old South Haven Presbyterian Church

329 South Country Road, Bellport - Pastor Gloria Johnson, Emerita
Jeanne Baum

Wednesday March 25

Lutheran Church of Our Savior

231 Jayne Avenue,, Patchogue - Pastor Claire Repsholdt

