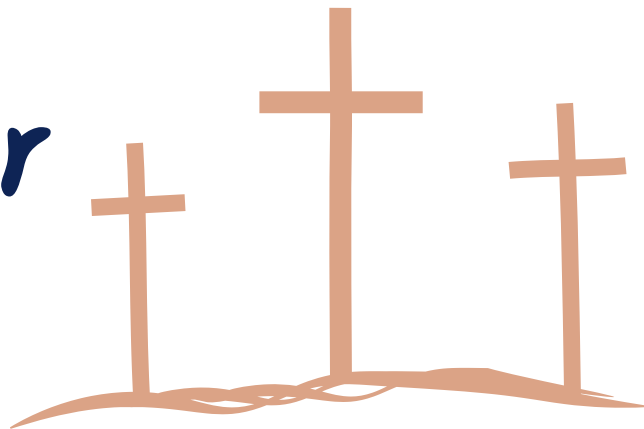


# Lent & Easter

## AT QUEEN OF APOSTLES

### 2026



#### ASH WEDNESDAY

Morning Mass | 9:00 am

Word Service | 12:00 pm

Evening Mass | 6:00 pm

*(Ashes will be distributed at all three services)*

#### SOUP SUPPER

All are welcome for a simple (meatless) soup and bread meal. The meal is free and there is no registration.

Ash Wednesday | After the 6:00 pm Mass | Parish Hall

#### STATIONS OF THE CROSS

Families, individuals, and parishioners of all ages are invited to pray the Stations of the Cross.

Wednesdays during Lent | 6:30 pm | Church

*(Except Ash Wednesday)*

#### RECONCILIATION

Service | Saturday, March 7<sup>th</sup> | 10:00 am

*(At Queen of Apostles, in collaboration with St. Anthony on the Lake)*

Pray, Reconcile, & Rejoice: 12 Hours of Reconciliation

*(Area priests will be available for the Sacrament of Reconciliation at multiple parishes around the Archdiocese.)*

Wednesday, March 25<sup>th</sup>

The closest parishes to Queen of Apostles are:

St. Dominic, Brookfield | 8:00 am – 8:00 pm

St. Jerome, Oconomowoc | 8:00 am – 8:00 pm

Individual | Saturdays | 4:00 – 4:30 pm

#### EUCCHARISTIC ADORATION

Come spend a quiet moment with Jesus.

Pause, pray, and let Him renew your heart.

Wednesdays | 9:30 – 10:30 am & 5:30 – 6:30 pm

*(Except Ash Wednesday)*

#### ROSARY

Tuesdays, Thursdays, & Fridays | 9:30 am | Church

Wednesdays | 8:30 am | Church

Thursdays | 4:00 pm | Zoom\*

\*Contact Liz Kuhn in the parish office for the link

#### LENTEN LITTLE BLACK BOOKS OF REFLECTION

These books, available in the gathering space, include daily reflections for the Lenten season.

#### LENTEN OUTREACH PROJECT

Donations are being accepted for St. Bakhita Catholic Worker House in Milwaukee. Envelopes are available in the gathering space and parish office, and contributions may be made by cash or check. Please return your donation in the collection basket or to the parish office by Holy Week. Visit [stbakhitahouse.org](http://stbakhitahouse.org) to learn more about the Catholic Worker House.

#### 40 CANS FOR LENT

The Knights of Columbus are sponsoring a Lenten food drive to benefit our local food pantry. Parishioners are asked to contribute 1 can of non-perishable food per day for each of the 40 days of Lent. Bring your canned foods each weekend and place them in the blue cart in the entryway.

#### FRIDAY FISH FRIES

February 20<sup>th</sup>, & March 6<sup>th</sup> & 20<sup>th</sup>

4:30 – 7:00 pm | Parish Hall or Drive-thru

*(Cash Only)*

#### HOLY WEEK

##### Palm Sunday Weekend, March 28<sup>th</sup> & 29<sup>th</sup>

Mass | Saturday | 5:00 pm

Masses | Sunday | 8:00 & 10:30 am

##### Holy Thursday, April 2<sup>nd</sup>

Mass | 7:00 pm

##### Good Friday, April 3<sup>rd</sup>

Service | 3:00 pm

##### Holy Saturday, April 4<sup>th</sup>

Blessing of Easter Food | 10:30 am | Church

Easter Vigil Mass | 8:00 pm

*(No Confessions or 5:00 pm Mass)*

##### Easter Sunday, April 5<sup>th</sup>

Masses | 8:00 & 10:30 am



Queen of Apostles Catholic Church  
Pewaukee, WI  
[www.queenofapostles.net](http://www.queenofapostles.net)

# Lent Fasting Rules: Frequently Asked Questions

## **What Is Fasting?**

In the Catholic Church, fasting is a practice in self-discipline with a penitential focus. In the context of Lent, it refers to reducing food intake and limiting how many meals we have.

## **What are the Lent fasting rules?**

On Ash Wednesday and Good Friday, fasting rules allow Catholics to eat only one full meal and two smaller meals which, combined, would not equal a single normal meal. Additionally, Catholics may not eat meat on these two days—or on any Friday during Lent.

## **What are the Lent rules on abstinence?**

In this context, abstinence refers to “abstaining” from meat on Fridays during Lent. Whereas Catholics fast on Ash Wednesday and Good Friday with just one large meal, Catholics must refrain from eating meat on other Fridays, though they can have three full meals.

## **At what age do you start fasting for Lent?**

Those ages 18–59, in reasonable health, are required to fast on Ash Wednesday and Good Friday. Those 14 and older must abstain from meat on Fridays during Lent. Canon Law does mention that for young children not fasting, parents should still communicate the meaning and penance.

## **Who is exempt from fasting during Lent?**

Children, adults with physical and mental illness, pregnant women and those nursing are all exempt. The USCCB stresses that “common sense should prevail” and that no one should jeopardize their health to fast.

## **When is fasting over?**

Lent ends on Holy Thursday, but Lenten fasting (and personal commitments) usually continues until Easter. Papal document *Paschalis Solemnitatis* recommends this in order that we “with uplifted and welcoming heart be ready to celebrate the joys of the Sunday of the resurrection.”

## **Can you eat meat on Good Friday?**

On the one hand, Good Friday is part of the Easter Triduum, which marks the end of Lent. However, since Good Friday itself is a day of abstinence, it’s best to abstain from meat, as in the Fridays of Lent.

## **Do Sundays count for fasting?**

It’s been a custom for Catholics to give something up during Lent, in addition to the fastings and abstinence rules. Some keep their sacrifice continuously, but Sundays during Lent are not “prescribed days of fasting and abstinence.” Ultimately, it’s a personal decision.