

LENTEN REGULATIONS

Each year the Lord Jesus calls the entire Church to a special season of penance and renewal. As we begin this holy time of Lent, we should reflect on our need for conversion of heart, prayer, charitable works and penance.

The season of Lent extends this year from Ash Wednesday, March 5th , to the Mass of the Lord's Supper, April 17th, inclusive.

1. All Catholics who are 14 years of age and older are to observe the penitential practice of abstinence which consists of refraining from the consumption of meat. Ash Wednesday, Good Friday and the Fridays during Lent are days of abstinence.
2. In addition to abstinence, fasting is to be observed by all Catholics between the ages of 18 – 59 years (inclusive). Ash Wednesday and Good Friday are days of fasting.
3. On these two days of fasting and abstinence, one full meal is allowed. Two smaller meals, sufficient to maintain strength, may be taken according to 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.
4. If a person is unable to observe the above regulation due to ill health or other serious reasons, they are urged to practice other forms of self-denial that are suitable to their condition.
5. Because Lent is a special season for all Christians, we should not lightly excuse ourselves from these penitential practices.
6. To completely disregard the law of fast and abstinence is seriously sinful.
7. Pastors and parents are encouraged to see that children who are not bound by the obligation to fast and abstain are led to appreciate an authentic sense of penance.

LENTEN PILGRIMAGE 2025

Wed. March 5: Ash Wednesday Masses – 10 a.m. & 7 p.m. at St. John's;
(Turn away from sin and be faithful to the Gospel)

Thurs. March 6: No Morning Mass at St. Patrick's: 6:30 p.m. Stations & Benediction at St. Patrick's followed by Adult Faith Formation DVD – What Catholics Believe about Prayer

Fri. March 7: 2 p.m. Stations of the Cross – School students

Sat. March 8: 4 p.m. Rite of Sending for our OCIA Candidate

Thurs. March 13: No Morning Mass at St. Patrick's – **Exposition of the Blessed Sacrament from 1 – 6:30 pm at St. John's** (Sign up sheet in the front entrance of Church); Mass at 6:30 pm St. John's followed by Adult Faith Formation DVD – What Catholics Believe about Jesus Christ

- Fri. March 14: 2 p.m. Stations of the Cross – School students
- Sat./Sun. Mar 15/16: Sacrament of Anointing at the weekend Mass at St. John's & St. Patrick's
- Thurs. March 20: Lenten Mass – 6:30 p.m. at St. Patrick's followed by Adult Faith Formation DVD - What Catholics Believe about the Eucharist.
- Fri. March 21: 2 p.m. Stations of the Cross – School students
- Thurs. March 27: No morning Mass at St. Patrick's; 6:30 pm Divine Mercy Chaplet, Stations and Benediction at St. John's followed by DVD - What Catholics Believe about Mary & the Saints
- Fri. March 28: No Stations of the Cross at 2 p.m. Early School Dismissal
- Mon. March 31: Lenten Penance Service – 7 p.m. St. John's Red Bud**
- Tues. April 1: Lenten Penance Service – 7 p.m. Our Lady of Lourdes, Sparta**
- Sun: April 6: Lenten Penance Service – 7 p.m. Mary Help of Christians, Chester**
- Thurs. April 3: Stations of the Cross & Benediction – 6:30 p.m. at St. Patrick's followed by Adult Faith Formation DVD – Were You There?
- Fri. April 4: 2 p.m. Stations of the Cross – School Children
- Mon. April 7 8 am School Confessions
- Wed. April 9 PSR Confessions 6:45 pm
- Thurs. April 10 No Morning Mass at St. Patrick's; 6:30 pm Mass at St. John's – No DVD
- Fri. April 11 2 pm Stations of the Cross – School Children

THE HOLY WEEK SCHEDULE

- HOLY WEEK** – April 12/13 Blessing of Palms at the 4p.m. and 10 a.m. Masses at St. John's; 8 a.m. Sunday at St. Patrick;
- April 15: Tuesday of Holy Week – No Mass in Church; Chrism Mass Cathedral – 11:30 a.m.
- April 16: Wednesday 8 a.m. Mass at St. John's
- April 2: Holy Thursday – 8 a.m. Morning Prayer at St. John's; 7 p.m. Mass of the Lord's Supper at St. John's with Adoration until 9:30 p.m.
- April 3: Good Friday – 8 a.m. Morning Prayer at St. John's; 1 p.m. Celebration of the Lord's Passion at St. John's; 7 p.m. Celebration of the Lord's Passion at St. Patrick's
- April 4: Holy Saturday – 8 a.m. Morning Prayer at St. John's; 7:30 p.m. Easter Vigil at St. John's;
- April 5: Easter Sunday – Masses at 10 a.m. at St. John's; 8 a.m. at St. Patrick's

PLEASE CHECK THE BULLETIN AND OUR PARISH WEBSITE FOR UPDATES:

www.sjbcatholicredbud.com Opportunities for receiving the Sacrament of Reconciliation: Every Saturday from 3 – 3:30 pm at St. John's, also see the Lenten Penance Service Schedule listed above.