

WHEN SHOULD I FAST?



- **Abstinence from all meat** is to be observed by all Roman Catholics *14 years of age and older* on Ash Wednesday, all Fridays in Lent, and Good Friday.
- **Fasting** is to be observed on Ash Wednesday and Good Friday by all Roman Catholics *18 - 59 years of age*. Roman Catholics over the *age of 60 are exempt* from this practice.
- All Fridays in Lent are Days of Abstinence (No meat)

For Roman Catholics whose health or ability to work would be negatively affected by fasting and/or abstinence, the regulations above do not apply. Current Canon Law requires that on the days of fasting, Catholics may eat only one full meal during the day. Additionally, they may eat up to two small meals or snacks. Church requirements on fasting only relate to solid food, not to drink, so any amount of water or other beverages may be consumed.

WHY DO WE FAST?

Christ fasted for 40 days and nights to prepare Himself for the time that He would come face-to-face with Satan, because He knew He would need His Father's strength. To fast is to do without food. Its purpose is to experience the effects of not eating. It also serves to be a penance or a sacrifice - for the purpose of strengthening us. When we don't eat, for even a little while, we get hungry. When we get hungry, we have a heightened sense of awareness. When we fast, we have a feeling of alertness. It is purifying and prepares us to pray more deeply.

You may think you don't need to fast, but after you have fasted and felt the closeness of God and His strength in you, then you will see how weak and how far away from God you really are. Fasting is a tool that God has given us to use to become spiritually stronger so that we can go on our spiritual journey with strength and power from God. When you fast, you will find yourself being humbled. As He leads you to recognize and repent, you will experience special blessings from God. When you fast, you will empty yourself, opening yourself up to accept God more honestly. A renewed closeness with God and a greater sensitivity to spiritual things are usually the results of a fast.

PARISH LENTEN MISSION

MAKING LIFE A JOURNEY OF FAITH

Father Donald Grzymiski, OFM Conv.

President & Alumni Chaplain, Archbishop Curley High School

March 12 @ 3:00 pm

Lenten Strings Concert | Main Church

March 13 – 15 @ 7:00 pm

Lenten Mission | Main Church

During this Mission, we will explore turning our life journey into a pilgrimage of faith, finding ways to enrich our life by adding meaning to the various events, drawing us into relationships with others, and finding how God's grace is there to give support and direction. Lessons will be drawn from Scripture, the lives of holy women and men, and everyday experiences that may be much more significant than first comes to mind. Lent itself reminds us of the Lord's 40-day journey into the wilderness and becomes a perfect time of the year for such a discovery.

Join Us On the Journey!

Reconciliation will be available at the following times during the Lenten Mission

Monday, 1:00 – 2:00 pm

Tuesday, 5:00 – 6:00 pm

Wednesday, 9:30 – 10:30 am

Reconciliation will take place in the Main Church.

LENTEN ALMSGIVING

PRAY FAST GIVE

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Through this Lenten Season, we will be collecting items to benefit a different local organization each week. Please know that your donation, no matter how large or small, will make a huge difference and change lives.

February 25 – 26 **Harford Community Action Agency**

Toiletries for adults & children to include: body wash, shampoo, soap, toothbrushes, toothpaste, deodorant, and lotion

March 4 – 5 **Char Half-Way House & Homecoming Project**

Laundry detergent, paper towels, toilet paper, and all cleaning supplies

March 11 – 12 **Anna's House**

Paper towels, toilet paper, small & large trash bags, baby wipes, dish soap and sponges, any cleaning supplies, and hand soap.

March 18 – 19 **Welcome One Center**

10" paper plates, 12 oz. paper bowls, 8 oz. hot paper cups, 10 oz. plastic cups, ground coffee, and toilet paper.

March 25 – 26 **Brandon's House & My Daughter's House**

Laundry detergent, paper towels, toilet paper, and all cleaning supplies

April 1 – 2 **Harford Family House**

13 gallon white trash bags, large contractor black bags (Walmart/Home Depot), Pull-ups size 4T and 5T, diapers size 6, paper towels, and toilet paper.

Easter Weekend, April 8 – 9 **St. Margaret Outreach**

Gift Cards for ShopRite, Walmart, or Target



During Lent, we will have the Baby Bottle project supporting "Choose Hope," formally known as Birthright. This is a wonderful almsgiving cause during Lent. We can fill our bottles daily with loose change or bills, and as we do, we can pray for the unborn. This money is used to support mothers and fathers who have an unexpected pregnancy and to help them bring this life into the world. *Choose Hope* does this with kindness, care, education, and support. The bottles will be passed out on the first Sunday of Lent (February 25 – 26) at all the Masses and collected on Palm Sunday weekend. (April 1 – 2)

Thank you for your efforts and your support of the unborn. We can make a difference.