



ASH
WEDNESDAY
 1 MARCH 2017

MASS SCHEDULE

7:30 A.M., 9:00 A.M.,
 12:10 P.M. & 7:00 P.M.



ASH
WEDNESDAY
LITURGY OF THE WORD

4:30 P.M.



STATIONS OF THE CROSS EVERY FRIDAY DURING LENT

7:30 P.M. in English ✕ 8:30 P.M. in Spanish

**GUIDELINES FOR
 FASTING AND
 ABSTINENCE**

Ash Wednesday and
 Good Friday are days of
FAST and **ABSTINENCE**.

All Catholics who have
 reached their 14th year are
 bound to abstain from
 meat on Ash Wednesday
 and all the Fridays of Lent.



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All Catholics between the
 ages of 18 and 59 are also
 bound to observe the law
 of fast on Ash Wednesday
 and Good Friday. This
 means limiting oneself to
 a single full meal and
 avoiding food between
 meals. Two other light
 meals may be taken
 during the day.