



LENTEN SCHEDULE 2010

Ash Wednesday February 17, 2010

St. Francis: 9:00AM Mass

St. Mary: 7:30PM Mass

STATIONS OF THE CROSS

St. Francis: Every Saturday after 5:00PM Mass

St. Mary: Every Sunday after 8:00AM and 10:00AM Mass

“THE LIGHT IS ON FOR YOU”

CELEBRATE THE SACRAMENT OF RECONCILIATION

**St. Francis: Every Wednesday from 7:00pm to 8:30pm
Begin with Adoration and conclude with Benediction**

SACRAMENT OF RECONCILIATION

St. Francis: Before Mass every Saturday between 4:15 – 4:45PM

**St. Mary: After Mass every Sunday,
9:10am-9:30am and 11:10am-11:30am**

PARISH COMMUNAL RECONCILIATION SERVICE

Monday	March 15 th	7:30pm	St. Katharine Drexel	Frederick
Tuesday	March 16 th	7:30pm	St. John the Evangelist	Frederick
Tuesday	March 23 rd	7:30pm	St. Ignatius	Ijamsville
Thursday	March 25 th	7:30pm	Holy Family	Middletown

Days of Fast and Abstinence for those whose health permits.

Ash Wednesday and Good Friday are days of fast and abstinence. All Fridays of Lent are days of abstinence.

Fasting means to refrain from eating food between meals and to eat only one full meal with the other two being light meals. Fasting is required of those who are age 18 to 59. Liquids are permitted between meals.

Abstinence means to refrain from eating meat. It is required of those 14 years of age or older.

*If your diet is already limited to fish, consideration can be given to instituting a strict vegetarian diet on days of fasting and abstinence. Additional forms of fasting can be added to dietary restrictions at your discretion. Fasting from telephones, electronics (including computers), television, movies and the like are all possible forms.