

# Open Doors...Open Hearts

*Ash Wednesday, February 22*

Ashes will be blessed and distributed during  
Morning Masses.....7:30 am and 8:45 am  
Daytime Services.....12:10 and 3:30 pm  
Evening Mass.....7:30 pm  
St. Anne's Church will be open all day for  
prayer and reflection.  
Ashes will be distributed throughout the day.

**A LENTEN LUNCH (SOUP AND BREAD) WILL BE AVAILABLE  
IN THE ELEVATOR LOBBY AFTER THE NOON SERVICE.**

## 2012 Lenten Regulations

- Days of both **Fast & Abstinence** are Ash Wednesday (February 22) and Good Friday (April 6). The other Fridays of Lent are **days of Abstinence**.
- On days of **Fast** only one full meal is permitted. Those between the ages of 18 and 59 are obliged to fast.
- On days of **Abstinence** no meat may be eaten. All those who have reached the age of 14 are obligated by the law of abstinence.
- The obligation to observe the laws of fast and abstinence "substantially," or as a whole, is a serious one.
- All other Fridays of the year are designated as days of penance, but each individual may substitute for the traditional abstinence some voluntary penance.
- The time for fulfilling the Paschal Precept (Easter Duty)\* extends from the First Sunday of Lent (February 26) to the Solemnity of the Holy Trinity (June 3).

*\*All the faithful, after they have been initiated into the Holy Eucharist, are bound to receive Communion at least once a year.*

**A PRIEST WILL BE AVAILABLE FOR CONFESSION BETWEEN SERVICES.**

**BEGIN YOUR LENT IN YOUR PARISH CHURCH.**