

Saint Francis de Sales Parish: United by the Most Blessed Sacrament

Fast & Abstinence & Other Acts of Penance for Lent 2010

The Bishops of the United States prescribe, as minimal obligation, that all persons who are fourteen years of age and older are bound to abstain from eating meat on Ash Wednesday, on all the Fridays of Lent and Good Friday (**March 19th is the Feast of St. Joseph and meat is permitted on this Friday**). Further, all persons eighteen years of age and older, up to and including their fifty-ninth birthday, are bound to fast by limiting themselves to a single full meal on Ash Wednesday and on Good Friday, while the other two meals on those days are to be light.

All the faithful are encouraged, when possible, to participate at Mass and to receive the Holy Eucharist daily, to celebrate the Sacrament of Penance, to undertake spiritual reading, especially the study of the Sacred Scriptures, and to participate in parish Lenten devotions as well as Lenten education programs. Adoration of the Blessed Sacrament is especially recommended.



Palm Sunday of the Lord's Passion—March 28th

Palm blessed and distributed at all Masses:

5:00 PM Vigil; 7:00 AM; 8:30 AM (Vietnamese); 9 AM and 10:45 AM (*Solemn Procession*)

Vietnamese Community Holy Week: Monday, Tuesday, and Wednesday of Holy Week, 7:00 PM Stations of the Cross and Meditation on the Passion with Benediction followed by Confession

Holy Thursday – April 1st

Mass of the Lord's Supper: 7:30 PM with Adoration until 10:30 PM

Night Prayer: 10:00 PM

Good Friday – April 2nd

Morning Prayer: 9:00 AM

Outdoor Stations of the Cross with Veneration of the Relic of the True Cross: 12 Noon

Solemn Celebration of the Lord's Passion: 3:00 PM

Outdoor Candlelight Stations of the Cross: 7:30 PM at Saint Charles Seminary

[Vietnamese Community: 7:00 PM Celebration of the Passion, Lower Church]

Holy Saturday – April 3rd

Morning Prayer: 9:00 AM

Confessions: 10:00-11:00 AM

Blessing of Easter Foods: 11:00 AM

Easter Vigil: 7:30 PM

Easter Sunday – April 4th

7:00 AM; 8:30 AM (Vietnamese); 9:00 and 10:45 AM