

ST. MARY STAR OF THE SEA CHURCH

Fort Monroe, VA

&

ST. JOSEPH CHURCH

Hampton, VA

LENT 2010

Ash Wednesday – February 17

Mass and distribution of Ashes-St. Joseph's 9:00 a.m.

Mass and distribution of Ashes-St. Mary's School 9:45 a.m.

Mass and distribution of Ashes-St. Mary's 12:05 & 7:30 p.m.

Mass and distribution of Ashes-St. Joseph's 7:00 p.m.

Daily Mass (Mon-Sat) **St. Joseph's** 9:00 a.m.

Friday Mass **St. Mary's** 12:05 p.m.

Wednesday and Friday Mass St. Mary's School Chapel 7:00 a.m.

Stations of the Cross-each Friday ****St. Joseph's** 7:15 p.m.

****St. Mary's** 7:00 p.m.

Eucharistic Adoration and Benediction-each Friday

St. Mary's 12:30 p.m. – 3:00 p.m.

**** St. Joseph's Soup Supper at 6:00 p.m.**

**** St. Mary's Soup Supper TBA**

REGULATIONS FOR FAST AND ABSTINENCE

Fasting is to be observed on Ash Wednesday and Good Friday by all 18 years of age and older, who have not yet celebrated their 59th birthday. On a fast day one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted, but liquids, including milk and juices, are allowed.

Abstinence is observed by all 14 years of age and older. On days of abstinence no meat is allowed. Note that when health or ability to work would be seriously affected, the law does not oblige. Ash Wednesday, all the Fridays of Lent and Good Friday are days of abstinence.

Note: If a person is unable to observe the above regulations due to ill health or other serious reasons, other suitable forms of self-denial are encouraged.

Fasting, almsgiving, and prayer are the three traditional disciplines of Lent. The faithful and catechumens should undertake these practices seriously in a spirit of penance and of preparation for baptism or of renewal of baptism at Easter.