

ST. MARY'S, NANTUCKET
LENT 2018



"Lent is ordered to preparing for the celebration of Easter, since the Lenten liturgy prepares for celebration of the Paschal Mystery both catechumens, by the various stages of Christian Initiation, and the faithful, who recall their own Baptism and do penance" (General Norms for the Liturgical Year, #27).



ASH WEDNESDAY, FEBRUARY 14

This day, Catholics world-wide fast & abstain from meat (see details on reverse side).



Ashes will be distributed at all of these times:

7:30am	Mass in English
3:30pm	Prayer Service for children
5:15pm	Mass in English
7:00pm	Mass in Spanish

It's also St. Valentine's Day. Bring someone you love to church.



THROUGH THE SEASON – AT CHURCH

What on this list can you add to Sunday Mass, as your Lenten plan of renewal?

SUNDAY MASSES	Saturday	5:00pm
	Sunday	8:00am
		11:00am (liturgy of the Word for children)
		6:30pm (Spanish)
DAILY MASS	Monday through Friday, 7:30am	
	On each weekday, the rosary will be prayed in church before Mass, at 7:10am	
WAY OF THE CROSS	- English-language, Wednesdays, 5:15pm; followed by the "lite-bites" supper	
	- Spanish Via Crucis, Fridays, 7:00pm	
	- in private, whenever the church is open, normally 7am - 5pm	
SACRAMENT OF PENANCE		
	- Individual confessions are heard every Saturday, 4:00pm - 4:45pm	
	- Wednesday, March 21, 6:00pm. Communal Penance will be celebrated.	



THROUGH THE SEASON – AT HOME AND IN EVERY PART OF YOUR LIFE

FAST, ABSTINENCE see below.

WORKS OF MERCY Please use a "rice bowl" for collecting funds for Catholic Relief Services. The education sheet with each "bowl" has prayer intentions, education, and recipes for a different country each week. We'll pray for these countries at church, inviting you to learn most about them during the week.

2/18, Week One – Iraq

2/25, Week Two – Nicaragua

3/04, Week Three – Burkina Faso

3/11, Week Four – Haiti

3/18, Week Five – Malawi

3/25, Holy Week – USA

ADULT EDUCATION Copies of the "Little Black Book" with meditations will be in the church vestibule. Also, there will be an insert for Lenten background in each Sunday Bulletin.

YOUR LIFE Allow the season to permeate your life. Living Lent will look different for students, parents, those working two jobs, or the retired. Adopt good practices or give up some pleasures, as a way to recall your baptism and do penance.



HOLY WEEK

March 25 is Palm Sunday. The 11am Mass begins with a blessing of palms in the rectory garden (6 Orange St.), followed by a procession on Main Street. See the week's schedule www.stmarysnantucket.org

DIOCESE OF FALL RIVER. LENTEN REGULATIONS 2018



1. Law of Fasting

A. All adults (18 and older) are bound by the law of fast to the beginning of their 60th year.

B. On days of fast, those bound by the law are limited to a single full meal. This meal is meatless. Two other meatless meals, sufficient to maintain strength, may be taken according to one's needs; however, together these two meals should not equal another full meal.

C. There are two prescribed days of fast: Ash Wednesday and Good Friday.

2. Law of Abstinence

A. Those who are 14 years of age and older are obliged to observe the law of abstinence.

B. On days of abstinence, those bound by the law abstain from meat.

C. On all Fridays of Lent, and on Ash Wednesday, abstinence is prescribed.

3. Lenten Discipline Canon 1249: "All members of the Christian faithful in their own way are bound to do penance in virtue of divine law; in order that all may be joined in a common observance of penance, penitential days are prescribed in which the Christian faithful in a special way pray, exercise works of piety and charity, and deny themselves by fulfilling their responsibilities more faithfully and especially by observing fast and abstinence ..."

CHILDREN YOUNGER THAN 14: While you are not listed in these laws of fast and abstinence, our world-wide Church says to your parents, "see to it that minors are educated in the authentic sense of penance." (Canon 1252). The joy of shared Lenten practices.