



❖ **ASH WEDNESDAY, MARCH 6**

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

Ashes will be distributed at these times:

|          |                             |
|----------|-----------------------------|
| 7:30a.m. | Mass in English             |
| 3:30p.m. | Prayer Service for children |
| 5:15p.m. | Mass in English             |
| 7:00p.m. | Mass in Spanish             |

❖ **THROUGH THE SEASON – AT CHURCH**

**What on this list can you add to your Lenten Plan of Spiritual Renewal?**

|                      |                                                                                                                                                                                   |
|----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| SUNDAY MASSES        | Saturday 5:00p.m.<br>Sunday 8:00a.m., 11:00a.m. and 6:00p.m. (Spanish)                                                                                                            |
| DAILY MASS           | Monday through Friday, 7:30a.m.<br>The Rosary will be prayed before Mass at 7:00am.                                                                                               |
| WAY OF THE CROSS     | English Stations of the Cross, Mondays at 5:15p.m. followed by "lite bites".<br>Spanish Via Crucis, Fridays, 7:00p.m.<br>In private, when the church is open, 7:00a.m. – 5:00p.m. |
| SACRAMENT OF PENANCE | Every Saturday, 3:45 p.m. – 4:45pm or by appointment.<br>Monday, April 8th, 5:45 p.m., Communal Penance Service (following Stations of the Cross).                                |

❖ **THROUGH THE SEASON – AT HOME**

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| FAST AND ABSTINENCE     | See next page                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                         |                      |                         |                            |                   |                      |
| WORKS OF MERCY          | <p>Please use a "rice bowl" for collecting funds for the 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.</p> <table><tbody><tr><td>3/10 Week 1 - Guatemala</td><td>3/17 Week 2 - Uganda</td></tr><tr><td>3/24 Week 3 - Sri Lanka</td><td>3/31 Week 4 - Sierra Leone</td></tr><tr><td>4/7 Week 5 - Gaza</td><td>4/14 Holy Week - USA</td></tr></tbody></table> | 3/10 Week 1 - Guatemala | 3/17 Week 2 - Uganda | 3/24 Week 3 - Sri Lanka | 3/31 Week 4 - Sierra Leone | 4/7 Week 5 - Gaza | 4/14 Holy Week - USA |
| 3/10 Week 1 - Guatemala | 3/17 Week 2 - Uganda                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                         |                      |                         |                            |                   |                      |
| 3/24 Week 3 - Sri Lanka | 3/31 Week 4 - Sierra Leone                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                         |                      |                         |                            |                   |                      |
| 4/7 Week 5 - Gaza       | 4/14 Holy Week - USA                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                         |                      |                         |                            |                   |                      |

## ADULT REFLECTIONS

**How's My Spiritual Health?** Lent is a good time for a Spiritual Check-Up. Join Fr. John Kelleher as he reflects on the essential ingredients of a healthy Spiritual Life. Presentations will be held at St. Mary's Church on Tuesday, March 12th and Tuesday, March 19th at 6:00p.m. Why not COME and fill your prescription for Spiritual Fitness this Lent!

Copies of the "Little Black Book" with meditations will be in the church vestibule . There will be a Lenten insert 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 of prayer, fasting and almsgiving, the three traditional spiritual activities associated with Lent.

## ❖ HOLY WEEK

April 14 is Palm Sunday. The 11:00am Mass begins with a blessing of palms in the rectory garden (6 Orange Street), followed by a procession on Main Street.

Later in Lent, see our website and bulletins for a full schedule of Holy Week and Easter. Information and live streaming - [www.stmarysnantucket.org](http://www.stmarysnantucket.org) and at [St. Mary Nantucket App](#)



## DIOCESE OF FALL RIVER. LENTEN REGULATIONS 2019

### 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, abstinence is prescribed. This, of course, extends to Good Friday. Abstinence is also prescribed on Ash Wednesday.

**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 ..."

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**We can add a suggestion for CHILDREN YOUNGER THAN 14:** While they are not bound by these laws of fast and abstinence, our Code of Canon Law helpfully encourages their parents "to see to it that minors are educated in the authentic sense of penance." (Canon 1251). The joy of a shared Lenten discipline (#3,above) can be shared by all.