

ST. MARY'S, NANTUCKET
LENT 2016



“The season of Lent during this Jubilee Year should also be lived more intensely as a privileged moment to celebrate and experience God’s mercy.” Pope Francis

❖ **ASH WEDNESDAY, FEBRUARY 10**



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

❖ **THROUGH THE SEASON**

SUNDAY MASSES Saturday 5pm
Sunday 8am, 11am (liturgy of the Word for children), 6:30pm (Spanish)

FAST, ABSTINENCE see the reverse side

WITH SUNDAY MASS AND LENTEN FOOD LIMITS, MANY TAKE ON EXTRA PRACTICES:

DAILY MASS Monday through Friday, 7:30am

WAY OF THE CROSS - English Stations of the Cross, Wednesdays, 5:15pm (not 3/2);
followed by the “lite-bites” supper
- Spanish Via Crucis, Fridays, 7pm (not 3/4)
- in private, when the church is open, 7am - 5pm

WORKS OF MERCY Please consider contributing rain gear for the homeless

Also, use a “rice bowl” for the Catholic Relief Services

ADULT EDUCATION Session on Sunday Scriptures for Lent, 2/07, 12:10pm
for Easter, 3/13, 12:10pm

Copies of the “Little Black Book” with meditations are in the church vestibule.

There will be a **Keeping the Seasons** insert for background in each Bulletin.

❖ 24 HOURS FOR THE LORD – MARCH 4 – 5



"The initiative of '24 Hours for the Lord' to be celebrated on the Friday and Saturday preceding the Fourth Week of Lent, should be implemented in every diocese.... Let us place the Sacrament of Reconciliation at the center once more in such a way that it will enable people to touch the grandeur of God's mercy with their own hands." Pope Francis

FRIDAY, 4th 5:15pm Bilingual-Ecumenical stations of the cross; followed by supper for all
7:00pm - 8:00pm - Confessions (in English & Spanish)
7:00pm Friday through 5:00pm on Saturday-Adoration of the Holy Eucharist

SATURDAY, 5th Through the day, and to 5pm Adoration of the Holy Eucharist
10am - 11am Confessions (in English & Spanish)
11:00am Prayer service with children
11:30am - 12:30pm Confessions (in English & Spanish)
2pm - 3pm Confessions (in English & Spanish)
4pm - 4:30pm Confessions (in English & Spanish)

❖ HOLYWEEK

During March, see our website and Bulletins for a full schedule of holy week and Easter.
Information and live streaming - www.stmarysnantucket.org



DIOCESE OF FALL RIVER. LENTEN REGULATIONS 2016

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 ..."