



Lent at St. Joseph of Cupertino, 2017

Associated with Jesus' temptation in the desert (Mt 4:1-11, Mk 1:12-13, Lk 4:1-12), the 40 days of Lent are the Church's penitential season. It is a time for introspection and self - evaluation, a time for each of us to express sorrow for sins and to ask for the grace of conversion. Today, as in the early Church, Lent is a special period of preparation for those seeking baptism at Easter, while those who are already baptized should prepare for the Easter renewal of baptismal promises. Traditionally, Catholics observe the Lenten season by participating in the activities of fasting, praying, and almsgiving (works of mercy).

Please pray for our brothers and sisters preparing to enter the Church at Easter!

LENTEN REGULATIONS

+ Ash Wednesday, March 1, and Good Friday, April 14, are days of **fast and abstinence**. Catholics aged 18-59 are limited to one full, meatless meal.

+ All Fridays in Lent are days of **abstinence**. Catholics who are at least 14 years old are bound to abstain from meat.

+ The "Easter Duty": All Catholics who have received their first communion must receive holy communion at least once a year, during the Easter season. Catholics are also obligated to confess any serious (mortal) sins at least once a year. The Lenten season is an ideal time in which to fulfill this obligation.

Please note that *St. Patrick's Day*, March 17, falls this year on a Friday in Lent. Because St. Patrick is the secondary patron of our diocese, Fr. Greg, with the permission of Bishop McGrath, has granted to parishioners a dispensation from the obligation to abstain from eating meat on this day. You are encouraged to perform some spiritual or corporal work of mercy at some other suitable time.