

Lenten Practices

FASTING: All baptized Roman Catholics between the ages of 18 to 59 years are obligated to observe the Lenten Fast on Ash Wednesday and Good Friday.

ABSTINENCE: All baptized Roman Catholics who have reached their 14 birthday are required to abstain from eating meat on Ash Wednesday and all Fridays of Lent

Prayer, Fasting and Almsgiving

Prayer: The elevation of the mind and heart to God in praise of His Glory. We humbly pray to God acknowledging that we can do nothing without Him. Reading Sacred Scripture, praying the Liturgy of the Hours and the Our Father—every sincere act of worship or devotion revives the spirit of conversion and repentance within us and contributes to forgiveness of our sins (CCC 1437).

Adoration The first attitude of man acknowledging that he is a creature before his Creator. It exalts the greatness of the Lord, is homage with respectful silence in the presence of God.

Petition/Supplication Very rich in meaning: to ask, beseech, plead, invoke, entreat, cry out, even “struggle in prayer.” We are sinners who as Christians know that we have turned away from God.

Intercession A prayer which leads us to pray as Jesus did—He is the One intercessor with the Father on behalf of all men. The Holy Spirit Himself intercedes for us...and intercedes for the saints according to the Will of God

Thanksgiving characterizes the prayer of the Church which, in celebrating the Holy Eucharist, reveals and becomes more fully what she is. “Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.” (Saint Paul)

Fasting: One of the forms of penance in Christian Life. To limit the amount of food one eats, one or two small meals are permitted.

Conversion The interior penance of the Christian can be expressed through prayer, fasting and almsgiving. Fasting promotes self-discipline, cleanses oneself of previous abuses and sin, supports one’s prayers, it prepares for a feast.

Process of Conversion is accomplished in daily life by gestures of reconciliation, concern for the poor, the exercise and defense of justice and right, the admission of faults to one’s brethren, fraternal correction, and revision of life, examination of conscience, spiritual direction, acceptance of suffering, endurance of persecution for the sake of righteousness. *Taking up one’s cross each day and following Jesus is the surest way of penance.*

Almsgiving: Giving to the needy from what is saved through the discipline of fasting and abstinence. Money or goods given to the poor as an act of penance or fraternal charity.