

Lenten Schedule for Holy Spirit Parish

Ash Wednesday February 22, 2023 : Masses at 9 a.m. and 6:30 p.m.

Exposition of the Blessed Sacrament (Holy Hour): 2 p.m. every Friday
(Except Good Friday, and March 17th)

Stations of the Cross - every Friday (except Good Friday) at 3 p.m. in church.
March 17th – Outside in courtyard.

Confessions (in the Sacristy) 2 p.m.-3 p.m. during Exposition of Blessed Sacrament every Friday (Except Good Friday, and March 17th)

2023 Lenten Regulations for the Diocese of Santa Rosa

“The Lenten Season has a double character, namely to prepare both catechumens and faithful to celebrate the paschal mystery. The faithful, ever more attentive to the Word of God and prayer, prepare themselves by penance for the renewal of their baptismal promises.”

The current discipline is as follows:

- Ash Wednesday and Good Friday are days of fast and abstinence, that is, limited to a single, full meal and abstinence from meat.
- The other Fridays of Lent are days of abstinence from meat.
- The law of fasting permits only one full meal a day, but it does allow the taking of some food in the morning and a second light meal at noon or in the evening, as you prefer. Persons who have completed their eighteenth year to the beginning of their sixtieth (60) year are obligated to fast.
- The law of abstinence from meat applies to all persons who have completed their fourteenth year of age.

However, it is highly recommended that children from ages seven to fourteen years also follow the law of abstinence.

- All Catholics are encouraged to receive Holy Eucharist frequently during Lent and to receive the Sacrament of Penance so that all may be prepared to celebrate more fully the paschal mystery. Those who have received their first Holy Communion are to receive Holy Communion during the Easter season.

- The determination of these days of obligatory penance, as listed above, should not be understood as limiting the occasions for Christian penance. This penance is to help us see and shorten the distance between our present lives and the life God wants for each of us. “Penance should not be only internal and individual but external and social.” (Constitution on the Sacred Liturgy #110)