

**ASH WEDNESDAY**  
**WEDNESDAY, FEBRUARY 17TH**

7:00am: Mass  
12:15pm: Mass  
3:30pm: Paraliturgy  
7:00pm: Mass

**LENTEN EVENTS AT HOLY INNOCENTS**

12:15pm Mass — Monday, Wednesday & Friday at Holy Innocents  
5:30pm — Tuesday & Thursday at Our Lady of Pompeii  
Stations of the Cross: Fridays at 6:15pm at Holy Innocents

**LENT: “FASTING AND ABSTINENCE”**

During the Season of Lent, the Church urges all the Faithful to reflect a spirit in penance in their daily life through performing acts of fast and abstinence.

“**Fasting**” requires that only one full meal be taken per day. Two other smaller meals may be taken during the day to maintain physical strength, but these two meals together should not equal a full meal in quantity. Fasting obliges all those who have reached the age of 18 and continues to oblige until age 59. Those not specifically obliged to fast are encouraged to join in the discipline of fasting to the extent that they are able.

“**Abstinence**” prohibits individuals from eating meat on a particular day. Abstinence obliges all those who have reached the age of 14 and continues to oblige throughout their entire life. Those not obliged to abstain from eating meat are encouraged to join in this discipline to the extent that they are able.

**ASH WEDNESDAY and GOOD FRIDAY are days of fast and abstinence.**  
**FRIDAYS in Lent are days of abstinence.**