

LENTEN SEASON BEGINS

The most holy season of Lent begins this Wednesday, February 10. During Lent, the Church asks us to surrender ourselves to prayer and to the reading of Scripture, to fasting and to giving alms. The fasting that all do together on Fridays is but a sign of the daily Lenten discipline of individuals and households: fasting for certain periods of time, fasting from certain foods, but also fasting from other things and activities. Likewise, the giving of alms is some effort to share this world equally-not only through the distribution of money, but through the sharing of our time and talents.



*Fasting and abstinence is to be observed on **Ash Wednesday** and **Good Friday** by all Catholics who are 18 years of age but not yet 59. Those who are bound by this may take only one full meal. Two smaller meals are permitted if necessary to maintain strength according to one's needs, but eating solid foods between meals is not permitted. Abstinence from meat is to be observed by all Catholics 14 years old and older on **all Fridays**.*

The theme for Pope Francis's Lenten message for 2016 is "The Works of Mercy on the Road of the Jubilee." You can access a printable 40 Days of Mercy 2016 Lent calendar which offers ideas for prayer, reflection and action during the Lenten season [here](#).

Students have the opportunity to participate in the annual Catholic Relief Service Rice bowl. Supplies are available in Theology classes.