



# LENT

## ■ SACRAMENT OF PENANCE

Thursdays, 7:00-8:00pm, at Notre Dame  
Saturdays, 12:00-12:45pm, at Notre Dame  
Saturdays, 3:00-3:45pm, at Notre Dame

### ▶ MARCH 8-9: "THE LIGHT IS ON FOR YOU"

*Extended time for Confessions and Adoration through the night*  
See other side for details

## ■ EUCHARISTIC ADORATION

Tuesdays, 7:15am-1:00pm, at Notre Dame  
Thursdays, 7:00-8:00pm, at Notre Dame  
First Fridays, 7:00-8:00pm, with Praise & Worship, at Notre Dame

## ■ VESPERS—The Evening Prayer of the Church

Tuesdays, 6:00pm, at Notre Dame

## ■ STATIONS OF THE CROSS

Fridays, 11:15am, at Notre Dame

## ■ PARISH MISSION: "...to proclaim liberty to captives..."

March 2, 3 & 4, with the Capuchin Sisters of Nazareth

## LENTEN REGULATIONS 2018

### ■ ABSTINENCE FROM MEAT

All Catholics who have reached their 14th birthday are bound to abstain totally from meat on the following days: **Ash Wednesday, all Fridays of Lent, and Good Friday.** *It is particularly important to be mindful of this obligation with the occurrence of St. Valentine's Day on Ash Wednesday, as well as the proximity of St. Patrick's Day to the Friday of the Fourth Week of Lent.*

### ■ FASTING

All Catholics between the ages of 18 and 59 are bound also to observe the Law of Fast on the following days: **Ash Wednesday (February 14) and Good Friday (March 30).** Fasting, that is, eating less, involves limiting oneself to a single full meal and avoiding food between meals. Lighter nourishment may be taken on two other occasions in the course of the day.

### ■ PRAYER & PENANCE

The entire season of Lent should be observed in a spirit of prayer and penance. Spending extra time in prayer (such as the Rosary or Stations of the Cross) or Bible study, attending daily Mass or Eucharistic Adoration, voluntary sacrifice and self-denial, combined with works of charity and service to others, are all excellent ways to obey the Lord's command to reform our lives and to prepare for the joyful celebration of Easter.

### ■ EASTER DUTY

All Catholics who have reached the age of reason must confess their serious sins in the Sacrament of Penance at least once a year. They must also receive Holy Communion at least once each year between the First Sunday of Lent (February 18) and Trinity Sunday (May 27).

### ■ OBLIGATION

All Christ's faithful are obliged by divine law to do penance. The days set aside for fast and abstinence in Lent are special ways of doing penance and are an expression of unity for all the Church.



## ASH WEDNESDAY MASS SCHEDULE WEDNESDAY, FEBRUARY 14, 2018

6:45am	Notre Dame, Malone
8:30am	St. Joseph's, Bombay
9:00am	St. Augustine's, North Bangor
10:00am	Notre Dame, Malone
12:00pm	Our Lady of Fatima, Westville
12:05pm	Notre Dame, Malone
4:00pm	St. Patrick's, Chateaugay
5:15pm	St. John Bosco, Malone
5:15pm	St. Mary's of the Fort, Fort Covington
5:30pm	St. Mary's, Brushton

## WEEKDAY MASSES DURING LENT

### ■ MONDAY

12:00pm	Our Lady of Fatima, Westville
12:05pm	Notre Dame, Malone
5:30pm	St. Mary's, Brushton

### ■ TUESDAY

6:45am	Notre Dame, Malone
10:15am	The Alice Center, Malone (alternate weeks)
5:15pm	St. Mary's of the Fort, Fort Covington
5:30pm	St. Augustine's, North Bangor

### ■ WEDNESDAY

6:45am	Notre Dame, Malone
11:30am	St. Patrick's, Chateaugay
12:05pm	Notre Dame, Malone
4:30pm	Our Lady of Fatima, Westville
5:30pm	St. Mary's, Brushton

### ■ THURSDAY

6:45am	Notre Dame, Malone
8:30am	St. Patrick's, Chateaugay
5:30pm	St. Augustine's, North Bangor

### ■ FRIDAY

6:45am	Notre Dame, Malone
8:30am	St. Joseph's, Bombay
8:30am	St. Patrick's, Chateaugay
12:05pm	Notre Dame, Malone

### ■ SATURDAY

8:00am	Notre Dame, Malone (1 <sup>st</sup> Saturday of the month)
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## "THE LIGHT IS ON FOR YOU" – MARCH 8-9, 2018

### ■ CONFESSIONS

Thursday, March 8, 7:00pm-9:00pm, at Notre Dame, Malone  
Friday, March 9, 6:00am-8:00pm, at Notre Dame, Malone

### ■ EUCHARISTIC ADORATION

7:00pm Thursday through 8:00pm Friday at Notre Dame, Malone