



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

▶ APRIL 6-7: "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

▶ WAY OF THE CROSS FOR FAMILIES

Friday, March 10, 6:30pm, at Notre Dame

LENTEN REGULATIONS 2017

■ 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.** (Bishop LaValley has granted a dispensation from abstinence from meat to those who observe St. Patrick's Day on Friday, March 17, asking that another penitential act take its place.)

■ 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 (March 1) and Good Friday (April 14).** 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 during the Easter season, which this year extends from March 5, the First Sunday of Lent, until Trinity Sunday, June 11.

■ 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, MARCH 1, 2017

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
5:15pm	St. John Bosco, Malone
5:30pm	St. Mary's, Brushton
5:30pm	St. Mary's of the Fort, Fort Covington
5:30pm	St. Patrick's, Chateaugay

WEEKDAY MASSES DURING LENT

■ MONDAY

12:05pm	Notre Dame, Malone
5:30pm	St. Francis of Assisi, Constable
5:30pm	St. Mary's, Brushton

■ TUESDAY

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

■ WEDNESDAY

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

■ THURSDAY

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

■ 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 st Saturday of the month)
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"THE LIGHT IS ON FOR YOU" – APRIL 6-7, 2017

■ CONFESSIONS

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

■ EUCHARISTIC ADORATION

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

■ "HEARTS ON FIRE"

7:00pm Friday, Praise & Worship Holy Hour, at Notre Dame, Malone