

MY RULE FOR LENT

Confidential

The Rule of Fasting

Ash Wednesday and Good Friday are obligatory days of universal fast and abstinence. Fasting is obligatory for all who have completed their 18th year and have not yet reached their 60th year. Fasting allows a person to eat one full meal. Two smaller meals may be taken, not to equal one full meal. Abstinence (from meat) is obligatory for all who have reached their 14th year.

Fridays in Lent are obligatory days of complete abstinence (from meat) for all who have completed their 14th year.

“Denying material food, which nourishes our body, nurtures an interior disposition to listen to Christ and be fed by His saving Word. Through fasting and praying, we allow Him to come and satisfy the deepest hunger that we experience in the depths of our being: the hunger and thirst for God.” (Pope Benedict XVI, *Message for Lent 2009*)

Three Pillars of Lenten Observance

The three traditional pillars of Lenten observance are prayer, fasting, and almsgiving. 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 observe 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 food, but also fasting from other things and activities. Likewise, the giving of alms is an effort to share this world equally – not only through the distribution of money, but through the sharing of our time and talents.

My Rule of Abstinence for Wednesdays (optional)

_____ I will not eat meat on Wednesdays in Lent.

_____ I will not eat meat at one meal each day.

_____ I will eat meat at only one meal each day.

My Rule of Sacrifice

_____ I will give up these specific foods or drinks: _____

_____ I will give up these specific expensive habits and carefully save money for my Easter offering or other special offering: _____

My Extraordinary Acts and Exercises of Devotion: (check those you will do)

_____ I will receive ashes on Ash Wednesday (Feb. 17 at 7:00pm Mass)

_____ I will make my confession during Lent (scheduled times or by appointment: 585-484-7253)

_____ I will attend the Stations of the Cross on Friday evenings (7:00pm)

_____ I will attend Evensong weekly (Sundays at 7:00pm)

_____ I will read the Holy Week Gospels a little every day with devotion and meditation.

_____ I will study the lessons appointed for the Sundays in Lent every week.

_____ I will attend Wednesday Mass and Cor ad Cor every week (7:00pm)

_____ I will pray one of the hours of the Ordinarate Daily Office every day.

_____ I will read a spiritual book.

_____ I will take time out of my schedule for “quiet time” _____ each day, or _____ each week.

_____ I will attend the Maundy Thursday Mass (April 1st at 7:00pm).

_____ I will attend the Good Friday Liturgy (April 2nd at Noon).

_____ I will attend the Easter Vigil (April 3rd at 7:00pm).

This space for additional rules not mentioned above: