



## From the Deacon's Desk

It's hard to believe, since Christmastide just ended, but it is time to talk about Lent. And the first thing we need to do is mark our calendars for:

Feb 14 – Ash Wednesday  
Mar 25 – Palm Sunday  
Mar 29 – Holy Thursday  
Mar 30 – Good Friday  
Mar 31 – Easter Vigil  
Apr 1 – Easter

Other dates you'll want to your calendar include the parish Seder, sung Vespers, Taizé prayer, Confessions, and Stations of the Cross. Watch the bulletin for info.

The rules of **fast and abstinence** are often misunderstood; *Wednesdays* and *Good Friday* are days of fast and abstinence, and *Fridays* are days of abstinence. **Abstinence** is the practice of not eating meat.

On days of **fasting**; one full meal is permitted as are two smaller meals [combined they should not equal a full meal].

We are **obligated to receive communion** between the First Sunday of Lent [Feb 18] and Trinity Sunday [May 27] and **go to confession to confess any mortal sins**. The church recommends confessing venial sins as well. To help parishioners fulfill this requirement, there will an evening for individual confession with several priests from other parishes available. Confession is also available on the regular schedule. Individual confession with either priest is available by appointment. Call the church office at 317-773-4275.

We are encouraged to perform a **personal penance**. This is a sacrificial action of denial. What form that may take is up to the individual. The church also suggests that in addition to "giving up" something we "**do something**". This should also be sacrificial in nature. It's not something we regularly do and ideally takes us outside our comfort zone. Volunteering to help with Monthly Grace Meals [especially delivering the meals] or working at the St. Vincent De Paul Center are two opportunities in the parish. Contact information is available on the parish web site under the "Ministries" heading. There are many more options in the community or in Indianapolis.