



*Ash Wednesday*  
*February 22, 2012*

Ashes will be distributed during and after  
all Masses

The Mass schedule is: 6:30, 7:45, 9:00 a.m.,  
12:10 p.m. and 7:30 p.m.

also

Liturgy of the Word and Imposition of Ashes  
at 4:30 p.m. and 5:30 p.m.

*Abstinence and Fasting*

All Catholics who have reached their 14th birthday are bound to **abstain** entirely from meat on **Ash Wednesday and all the Fridays of Lent**. All Catholics between the ages of 18 and 59 inclusive are bound to observe the laws of **fast on Ash Wednesday and Good Friday**. Fasting means limiting oneself to a single full meal and avoiding food between meals. Two other light meals, which together do not equal a full meal, may be taken during the day.