

DON'T GIVE UP CHOCOLATE THIS LENT!

INSTEAD, HAVE YOUR BEST LENT EVER!

Join Matthew Kelly, America's best-selling Catholic author, on a transforming journey through your **BEST LENT EVER**.

Each day, Matthew Kelly will email you simple yet powerful messages that explore the genius of Catholicism and will inspire you to become the-best-version-of-yourself.

Lent is not just about giving things up. Lent is about doing something. The **BEST LENT EVER** email program is simple and free. The only cost is your commitment to live better each day this Lent.

Learn more at **BestLentEver.com**.

**BEST
LENT
EVER**

**"OUR LIVES CHANGE WHEN OUR HABITS CHANGE.
ARE YOU READY FOR YOUR LIFE TO CHANGE?"**

— MATTHEW KELLY —

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Lenten Calendar 2015

FEBRUARY

- 18—Ash Wednesday—9AM and 7:00 PM—Mass
20—Friday—5:30 PM— Mass; Soup/Sandwich Supper after Mass
20---Friday---6:45 PM Stations of the Cross
23---Monday—5:30 PM Mass
27---Friday—5:30 PM Mass / Fish Fry (\$8 Adults/\$5 children/age 6 and under free)
27—Friday—6:45 PM—Stations of the cross

MARCH

- 2—Monday—5:30 PM—Mass
6—Friday—5:30 Mass/ Soup and Sandwich Supper after Mass
6---Friday---6:45 PM---Stations of the Cross
7—Teen Retreat, 10:00 AM - Noon
9---Monday—5:30 PM—Mass
11---Wednesday---7:00 PM---Mass & Healing Service
13— Friday—5:30 PM— Mass / KC Fish Fry (\$8 Adults/\$5 children/age 6 and under free)
13—Friday—6:45 PM—Stations of the cross
16— Monday—5:30 PM—Mass
20— Friday—5:30 Mass / Soup and Sandwich Supper after Mass
20--- Friday—6:45 PM—Stations of the cross
23—Monday—5:30 PM—Mass
25—Wednesday—7:00 PM—Penance Service
27--- Friday—5:30 Mass / KC Fish Fry (\$8 Adults/\$5 children/age 6 and under free)
27---Friday—6:45 PM—Stations of the cross
28---Saturday Palm—5:30 PM Mass
29—Palm Sunday—8:30 AM--Mass
30—Monday—7:00 PM—Chrism Mass at Crookston

APRIL

- 2—Holy Thursday—6:00 PM—Parish Potluck
2—Holy Thursday—7:00 PM—Mass
3—Good Friday—5:30 PM—Service
4—Saturday—8:00 PM—Easter Vigil
5—Sunday—8:30 AM---Easter Mass

Regulations for Lenten fast and abstinence

Rosary will be prayed before Saturday & Sunday Masses throughout Lent.

1. Abstinence—Everyone 14 years of age and over is bound to abstain from meat on Ash Wednesday and all the Fridays of Lent.
2. Fast—Everyone 18 years of age and under 59 years of age is bound to fast on Ash Wednesday and Good Friday.
On these two days of fast and abstinence, only one full meatless meal is allowed. The meatless meals, sufficient to maintain strength, may be taken according to one's needs, but altogether they should not equal another full meal.
Eating between meals is not permitted on these two days but liquids, including milk and fruit juices, are allowed.
When health or ability to work would be seriously affected, the obligation of the law is modified. Because lent is a special season for all Christians, we should not lightly excuse ourselves from these penitential practices.
3. To disregard completely the law of fast and abstinence is seriously sinful.