

ST. JOSEPH LENT SCHEDULE

Ash Wednesday (Start of Lent)/Miércoles de ceniza (inicio de Cuaresma)

Mass times/Tiempo De Misa

8:30am- English
10:00am Rock Creek Senior Center
4:00pm- Foresthill Mission
5:30pm – English
7:00pm- Spanish/Español

Stations of the Cross (Every Friday)

Estaciones de la Cruz (cada viernes)

6:00pm- Spanish/Español
7:00- English

Evening Rosary- Everyday during Lent

Evening Rosary will be said at the Church every evening at 6:00pm, Ash Wednesday at 5:30pm, Fridays the rosary will be said after the 7:00pm Stations of the Cross



Lenten Retreat by Fr. Peter Marsalek (S.O.L.T) Monday, March 16th- Wednesday

March 18th

Monday- 9:00am & 6:30pm
Tuesday -9:00am & 5:30pm (Due to our St. Joseph Feast Day Mass and Celebration)
Wednesday- 9:00am & 6:30pm

Lenten Penance Service/ Servicio de Penitencia Cuaresmal

Wednesday, April 10th at 6:30pm

Rules for fasting and abstinence during Lent

Days of Abstinence: No meat can be eaten on Ash Wednesday and all of the Fridays during Lent. This applies to all Catholics 14 and older.

Days of Fast: Only one full meal is permitted on Ash Wednesday and Good Friday for Catholics between 18 and 59. Two smaller meals are permitted, but the small meals should not equal a second full meal. Drinking coffee, tea and water between meals is allowed. Snacks between meals are not allowed.

Reglas para el ayuno y la abstinencia durante la Cuaresma

Días de abstinencia: No Puede comer ninguna carne el miércoles de ceniza y todos los viernes durante la Cuaresma. Esto se aplica a todos los católicos 14 y mayores.

Días de ayuno: Solamente una comida completa se permite en miércoles de ceniza y Viernes Santo para los católicos entre 18 y 59. Se permiten dos comidas más pequeñas, pero las pequeñas comidas no deben ser igual a una segunda comida completa. Está permitido beber café, té y agua entre comidas. No se permite comer aperitivos entre medio de las comidas.