

## A reminder on the Church's fasting and abstinence teachings:

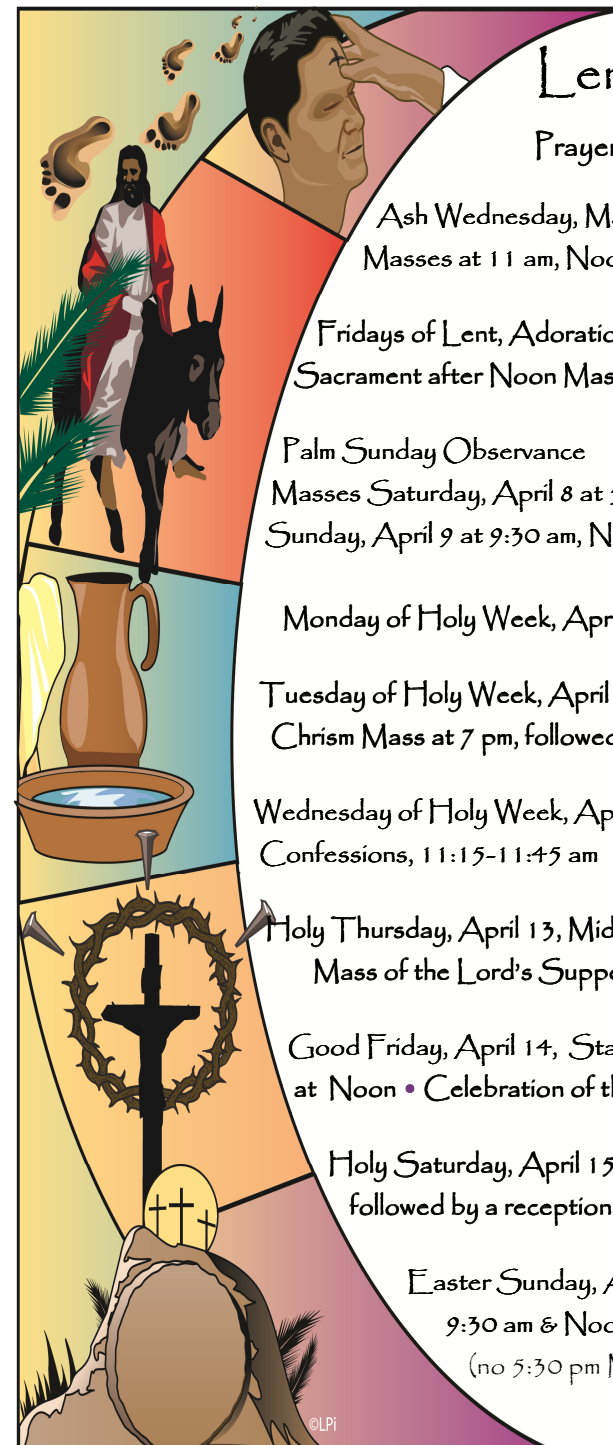
Ash Wednesday and Good Friday are obligatory days of universal fast and abstinence. Fasting is obligatory for all who have *completed* their 18th year and have not yet reached their 60th year. Fasting allows a person to eat one full meal. Two smaller meals may be taken, not to equal one full meal. Abstinence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

If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus, and to prepare ourselves to share more fully and to celebrate more readily his Resurrection.

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

## Almsgiving

As one of the three pillars of Lenten Practice (along with prayer and fasting), almsgiving is "a witness to fraternal charity" and "a work of justice pleasing to God." (Catechism of the Catholic Church, no. 2462). You may have your own special charities or ways of observing this call. In addition, during Lent, the Church has collections for National Black and Indian Missions, Catholic Relief Services, CRS Rice Bowl, and the Collection for the Holy Land. At the Cathedral, you may also wish to consider our daily lunch program or aid to our sister parish in Jeremie, Haiti.



# Lent through Easter

Prayer—Fasting—Almsgiving

Ash Wednesday, March 1  
Masses at 11 am, Noon, & 5:30 pm

Fridays of Lent, Adoration of the Blessed Sacrament after Noon Mass until 3:30 pm

Palm Sunday Observance  
Masses Saturday, April 8 at 5:30 pm, and Sunday, April 9 at 9:30 am, Noon, 5:30 pm

Monday of Holy Week, April 10, Mass at Noon

Tuesday of Holy Week, April 11, Mass at Noon •  
Chrism Mass at 7 pm, followed by reception

Wednesday of Holy Week, April 12  
Confessions, 11:15-11:45 am • Mass at Noon

Holy Thursday, April 13, Midday Prayer at Noon •  
Mass of the Lord's Supper at 7 pm

Good Friday, April 14, Stations of the Cross at Noon •  
Celebration of the Lord's Passion, at 7 pm

Holy Saturday, April 15, Easter Vigil at 8:30 pm followed by a reception (no confessions today)

Easter Sunday, April 16, Masses at 9:30 am & Noon  
(no 5:30 pm Mass today)

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The Archdiocese of Louisville History Center  
will be closed on Easter Sunday.

The Parish Office will be closed on Monday, April 17.

## Other Worship Opportunities

### Lenten Service:

Dupré/Claude Stations of the Cross,  
organ, Dr. Philip Brisson, Reader, Dr. William P. Bradford II  
Friday, April 7, 7:30pm, in the Cathedral

### Reconciliation

Wednesdays 11:15-11:45 am except Ash Wednesday  
Saturdays, 4-5 pm except Holy Saturday

## Faith Formation Opportunities

### Lenten Mission—*Watch Carefully How You Live*

*A passionate commitment to Human Excellence*

*A passionate commitment to Spiritual Excellence*

Guest Speaker Fr. Ronald Knott

Monday and Tuesday, March 6 and 7, 7pm, in the Cathedral

### *Faith in Action* Panel Presentation

Panel will include individuals from the community who have devoted their personal time to a ministry that reaches individuals far and near. They will share with the audience something about themselves and how their faith and prayer life has influenced and supported their specific ministry.

Wednesday, March 15th, 6:30-8:00 pm

### Movie Night - *Calvary*

Wednesday, March 22, 6:30-8:30 pm (doors open at 6 pm, movie begins at 6:30 pm), followed by group discussion of theme and impact of the movie.

### *The Physical, Psychological and Spiritual Benefits of Mindfulness Meditation: A Christian Perspective.*

Presented by Fr. Joe Mitchell, CP,  
of the Passionist Earth and Spirit Center  
Thursday, March 30, 6:30-8 pm,  
Parish Office 2nd Floor Formation Room