



Lent is the 40-day period of fasting and reflection which begins with Ash Wednesday and ends, in the Catholic tradition, at sundown on Maundy (Holy) Thursday, excluding Sundays.

Lent is more than a period to give up chocolate or some other favorite food or activity. Rather, it is a wonderful invitation to reflect on our faith in preparation for the joy of the Resurrection. The parishes of the Braintree Catholic Collaborative of St. Francis/St. Clare of Assisi invite you to join us in the observance of a holy Lent. Please refer to the calendar on the reverse side for Lenten activities.



Lenten Regulations

Abstinence -- Catholics over 14 years of age are bound to the obligation of abstinence. Abstinence is to be observed on Ash Wednesday (February 14, 2024) and on all Fridays of Lent. On days of abstinence, meat may not be consumed at all. Note that when health or ability to work would be seriously affected, this does not apply. When in doubt concerning fast and abstinence, please consult your parish priest.

Fast -- Catholics over 18 and up to the beginning of their 60th year are bound to the obligation of fasting. Ash Wednesday (February 14, 2024) and Good Friday (March 29, 2024) are the days of fasting. On these days, only one full meal is allowed. Two other meatless meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted, but liquids, including milk and fruit juices are allowed.

Regarding other weekdays of Lent, participation in daily Mass and the voluntary observances of prayer, fasting and almsgiving are recommended.

(Over for Lenten Schedule)

ST. FRANCIS AND ST. CLARE OF ASSISI

	Ash Wednesday	Daily Liturgy*	Reconciliation (Confession)	Sunday Liturgy	Special Programs
St. Francis of Assisi 856 Washington St. 781-843-1332	6:15AM (Service) 7:00AM 12:10NN	M-Fri. 7:00AM	Saturdays 12:30-1:30PM Confession times for Holy Week TBA	Saturday 5:30PM Sunday 9:00AM and 11:30AM	History and Theology of the Holy Eucharist With Fr. Bob Mondays 6:45PM February 19-March 18 Stations of the Cross Fridays, at 12:10PM Evening Prayer Friday, 2/16, 2/23, 3/1, 3/8, 3/15 and 3/22. Simple Supper Friday, February 23 at 6PM
St. Clare 1244 Liberty Street 781-843-1332	9:00AM 4:00PM (Service)	Sat. 8:00AM	Saturday 8:30-9:00AM <i>The Light Is On for You with Adoration</i> Wed 6:30-8:00PM 2/21, 2/28, 3/6 and 3/13 Lenten Penance Service Wed., March 20 at 7PM Confession times for Holy Week TBA	Saturday 4:00PM Sunday 7:45AM 10:15AM and 6:00PM	

Ash Wednesday is February 14, 2024

Easter Sunday is March 31, 2024

Holy Week and Easter Schedule will be published at a later date.

Bethany Chapel at Pastoral Center, 66 Brooks Drive

Mass is celebrated Monday through Thursday at 12:10PM.

Eucharistic Holy Hour Thursdays after the 12:10 Mass.

The Sacrament of Reconciliation (Confession) is offered on Thursdays after the 12:10 Mass.