



Pot Luck Soup Supper & Stations of the Cross

Dinner 5:30

Stations 6:30

Join us as we gather during the Fridays of Lent (March 7 – April 11) for a simple soup supper followed by Stations of the Cross. Please sign up in the back of church if you can attend or bring a meatless soup or bread. This is a meaningful way to prepare throughout Lent with your parish family.



Soup ideas:

Potato & Leek Soup, Chickpea Soup, French Onion and Mushroom Soup, Broccoli Cheddar Soup, 7-Can Soup, Corn and Shrimp Chowder, Tomato Soup, Cauliflower Soup, Corn Chowder, Vegetable Soup

Lenten Fasting & Abstinence from Meat

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence.

For members of the Latin Catholic Church, the norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards.

Abstinence laws consider that meat comes only from animals such as chickens, cows, sheep or pigs --- all of which live on land. Birds are also considered meat. Abstinence does not include meat juices and liquid foods made from meat. Thus, such foods as chicken broth, consommé, soups cooked or flavored with meat, meat gravies or sauces, as well as seasonings or condiments made from animal fat are technically not forbidden. However, moral theologians have traditionally taught that we should abstain from all animal-derived products (except foods such as gelatin, butter, cheese and eggs, which do not have any meat taste). Fish are a different category of animal. Salt and freshwater species of fish, amphibians, reptiles, (cold-blooded animals) and shellfish are permitted.