

NORMS FOR LENTEN OBSERVANCE

For the spiritual well-being of the faithful, the following guidelines are the Lenten observances mandated by the Archdiocese of Ottawa:

- Ash Wednesday and Good Friday are days of fasting and abstinence; Fridays in Lent are days of Abstinence:
 - **Fasting** binds all persons from 18 to 59 years of age, unless prevented by poor health ~
 - On days of fasting, one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to one's own needs.
 - Eating between meals is not allowed although fluids may be taken.
 - **Abstinence from meat** binds all persons who are 14 years and older, unless prevented by poor health ~
 - In the Archdiocese of Ottawa, the consumption of meat is not allowed on Ash Wednesday, Good Friday, and all Fridays in Lent.

Lent is a penitential season and religious practices are highly encouraged, along with works of charity, justice, and acts of self-denial. To assist in your Lenten journey, we offer the following:

- **Daily Mass Readings** ~ [CLICK HERE](#)
- **Confession:** To schedule an appointment for Confession, email Fr. Tim at pastortpvn@blessedsacrament.ca)
- **Rosary 'Archconfraternity' Fridays:** Pray the Rosary every Friday at 2:30 PM with the Marian Devotional Movement (MDM Canada, USA and the UK) ~ the 'Archconfraternity' of the Most Holy Rosary ~ [CLICK HERE](#)
- **The Stations of the Cross:** This beautiful meditative booklet was assembled by the members of Blessed Sacrament's Divine Mercy Cenacle, and offers their reflections which were inspired by the Diary of St. Faustina ~ [CLICK HERE](#)

