



Office of Worship
Diocese of Honolulu

Diocese of Honolulu 2019 Lenten Regulations

FASTING

- ❖ In the dioceses in the United States, Catholics aged 18 through 59 are bound to fast on both Ash Wednesday (**March 6th**) and Good Friday (**April 19th**).
- ❖ To *fast* means to consume one full meal a day at most, although taking of other, smaller quantities of food at the other customary mealtimes is permitted. Food and drink between meals (excepting water and medicine) is not permitted on fast days.

ABSTINENCE FROM MEAT

- ❖ Catholics aged 14 and up are to abstain from meat on Ash Wednesday, all Fridays of Lent, and Good Friday.
- ❖ To abstain means refraining from eating beef, veal, pork, or poultry at least, although eggs and milk products are acceptable. The consumption of fish and shellfish is permitted, though the penitential character of the abstinence should be kept in mind.

EASTER DUTY

- ❖ All the faithful, after they have been initiated into the Most Holy Eucharist, are bound by the obligation of receiving Communion at least once a year. This precept is to be fulfilled during the Easter Season unless it is fulfilled, for a just cause, at some other time during the year. This period is extended to include all the weeks of Lent and the Easter Season up to Trinity Sunday (**June 16th**).

LENTEN PRACTICES

- ❖ The faithful are encouraged during Lent to attend daily Mass, receive Holy Communion, participate in penance services, and receive sacramental absolution; to take part in public and private exercises of piety, give generously to works of religion and charity, perform acts of kindness toward the sick, aged, and the poor; to practice voluntary self-denial, especially regarding food, drink, and worldly amusements; and to pray more fervently, particularly for the intentions of the Holy Father.

- ❖ Ash Wednesday, the first day of Lent, falls this year on **March 6th**. Ashes are to be blessed as a sign of our entry into a season of conversion, repentance, and reconciliation. Ashes are to be blessed by a bishop, priest, or deacon. Others may be associated with the clergy in the distribution of ashes.

- ❖ Funeral Masses may not be celebrated on Holy Thursday, Good Friday, or Holy Saturday, nor on the Sundays of Lent. When pastoral reasons require that a funeral be celebrated on these days, only a Funeral Outside of Mass may be held.

- ❖ To afford the faithful opportunities to participate in Lenten prayer services, pastors are encouraged to have such prayer services at least twice a week, including the Way of the Cross on Fridays, Exposition and Benediction, Evening Prayer, and evening Masses. A homily or instruction should be included.

Chocolates, Soda's, Carbs Why do I give up ... for Lent?

"The fast of Lent has no advantage to us unless it brings about our spiritual renewal. It is necessary while fasting to change our whole life and practice virtue. Turning away from all wickedness means keeping our tongue in check, restraining our anger, avoiding all gossip, lying and swearing. To abstain from these things-herein lies the true value of the fast."

-St. John Chrysostom



Lent 2019



MARCH 06

ASH WEDNESDAY

**7:00 AM MASS
7:00 PM MASS**

WEDNESDAYS 2019

**SOUTH MAUI
ECUMENICAL LENTEN
SOUP & SALAD, MEAL &
PRAYER GATHERING**

SOUP & SALAD DINNER-6:00 PM

PRAYER GATHERING -7:00 PM

HOMILIST:

MARCH 13 Kihei Lutheran Church
MARCH 20 St. Theresa Church
MARCH 27 Keolahou UCC Church
APRIL 03 Kihei Lutheran Church
APRIL 10 St. Theresa Church

**REV. TINO CORDOVA
REV. JOHN HA'OLI TOMOSO
REV. TERRY WATANABE
PASTOR DENNIS BARGER
REV. JOEL MARTYN**

MARCH 10 -SUNDAY

RITE OF ELECTION FOR MAUI VICARIATE

**2:00 PM– St. Theresa
Church**

FRIDAY STATIONS OF THE CROSS

LED BY EACH MINISTRY

6:30 PM

St. Theresa Church

MARCH 08 MUSIC MINISTRY
MARCH 15 LECTORS
MARCH 22 MINISTERS OF HOLY COMMUNION
MARCH 29 YOUTH & FAMILY FAITH FORMATION
APRIL 05 TONGAN COMMUNITY & ALOHA COMMITTEE
APRIL 12 HISPANIC COMMUNITY & FILIPINO CATHOLIC CLUB

APRIL 09—TUESDAY CHRISM MASS

**CHRIST THE KING
KAHULUI @ 7:00 pm**

2019 VICARIATE PENANCE SERVICE

St. Theresa Kihei	Holy Rosary Paia	Christ the King Kahului	St. Joseph Makawao	Maria Lanakila Lahaina	St. Anthony Wailuku	St. Ann Waihee	St. Rita Ha'iku	Our Lady Queen of Angels Kula
TUESDAY March 19 7:00 p.m.	WEDNESDAY March 20 6:30 p.m.	THURSDAY March 21 6:30 p.m.	FRIDAY March 22 6:30 p.m.	WEDNESDAY March 27 6:30 p.m.	THURSDAY March 28 6:00 p.m.	FRIDAY April 5 5:30 p.m.	FRIDAY April 12 6:30 p.m.	