Office of the College Chaplain

- **Lent Begins–** The Church celebrates the season of Lent beginning this Wednesday. During these forty days we are called to **pray, fast, and share** as part of our Lenten observance. Please see the schedule to the right for distribution of ashes on campus.
- **Spring Break Mass Schedule–** Due to the Spring Break, this Friday will be the last of scheduled Masses on campus until March 16th when **Sunday Mass resumes** with the **10:00 PM Student Mass in Plassmann Hall**. Please note that Veritas and AA will still meet as usual over the break.
- **Way Of St. Francis Award–** Nominations for the Way of St. Francis Award are **due this Thursday, March 6th**.
- **Operation Rice Bowl–** Help **Catholic Relief Services** help those in need. Pick up your CRS Rice Bowl at the Chaplain's Office. To find out more, go to **www.crsricebowl.org**.

This Week at the Chaplain's Office

**** 8th Week in Ordinary Time ****

Monday
12:35 PM- Mass (Chapel)
9:00 PM- Rosary Prayer (Chapel)

Tuesday
12:35 PM- Mass (Chapel)
1:05 PM- Rosary Prayer (Chapel)
10:15 PM- Student Mass (New Res. Hall)

Wednesday - *Ash Wednesday*
7:30 AM- Prayer & Distribution of Ashes (Chapel)
12:35 PM- Mass & Distribution of Ashes (Chapel)
4:00 PM- Prayer & Distribution of Ashes (Chapel)
9:00 PM- Prayer & Distribution of Ashes (Chapel)

Thursday
12:35 PM- Mass (Chapel)
1:05 PM- Veritas (Francis Rm.)
4:30 PM- AA (Francis Rm.)

Friday
12:35 PM- Mass (Chapel)

Have a good Spring Break!

FAST and ABSTINENCE

Ash Wednesday and Good Friday are days of fast and abstinence. As a sign of our penance, the Roman Catholic Diocese of Albany preserves the custom of abstinence from meat on the Fridays of Lent.

Abstinence binds all Catholics who are 14 years of age and older. Fast binds all Catholics who are 18 years of age but not yet 59. Fasting refers to the quantity of food eaten. Traditionally, fasting calls for only one full meal per day.

According to the Diocese, by retaining these traditions it is not intended that they be interpreted as laws binding under pain of sin, but as customs from which we will not hold ourselves lightly excused. They are expressions of our desire to be converted in our hearts, to be reconciled with each other, and to love our neighbor.