

Lenten Opportunities at Nativity Cathedral Parish

- **Abstinence** — Catholics who have celebrated their 14th birthday are bound to abstain from meat on Ash Wednesday and each Friday of Lent.
- **Fasting** — Catholics 18—59 in addition to abstaining from meat, should fast — that is eat only one full meal on Ash Wednesday and Good Friday.
- **Daily Masses** will be celebrated at 6:30 and 8:00 a.m. **and 12-noon**, Monday-Friday, in the Marian Chapel.
- **Morning Prayer of the Church** will be recited at 7:45 a.m. Monday-Friday, in the Marian Chapel.
- **Stations of the Cross** followed by a Communion Service will be held **in the Cathedral** each Lenten Friday at 6:00 p.m. Confessions will be available.
- **Lenten Parish Mission** with speaker, Sr. Judith Gomila, C.S.C. of New Orleans will take place March 8, 9 & 10, 6:00 p.m., in the Cathedral. Sr. Judy is a dynamic speaker. Mark your calendars and bring the entire family for our Lenten Mission this year. Hope to see you there.