

# St. Elizabeth Ann Seton Catholic Church

## 2026 Lent & Holy Week Schedule of Services

| <u>Date</u>                                                             | <u>Time</u>                   | <u>Liturgy/Devotion</u>                                                                                      |
|-------------------------------------------------------------------------|-------------------------------|--------------------------------------------------------------------------------------------------------------|
| Wednesday, February 18 <sup>th</sup>                                    | 8:00 AM &<br>7:00 PM          | Ash Wednesday: Mass with Distribution of Ashes                                                               |
| Every Friday<br>February 20 <sup>th</sup> – March 27 <sup>th</sup>      | 8:30 AM &<br>7:00 PM          | Stations of the Cross                                                                                        |
| Thursday, March 12 <sup>th</sup>                                        | 4:00 PM &<br>6:00 PM          | Communal Penance Service<br>Nativity of Our Savior, Portage                                                  |
| Thursday, March 19 <sup>th</sup>                                        | 8:00 AM                       | Solemnity of St. Joseph: Mass                                                                                |
| Thursday, March 19 <sup>th</sup>                                        | 4:00 PM &<br>6:00 PM          | Communal Penance Service<br>Holy Spirit, Crown Point                                                         |
| Monday, March 23 <sup>rd</sup>                                          | 4:00 PM &<br>6:00 PM          | Communal Penance Service<br>St. Paul, Valparaiso                                                             |
| Tuesday, March 24 <sup>th</sup>                                         | 4:00 PM &<br>6:00 PM          | Communal Penance Service<br>St. Patrick, Chesterton                                                          |
| Wednesday, March 25 <sup>th</sup>                                       | 8:00 AM                       | The Annunciation of the Lord: Mass                                                                           |
| Wednesday, March 18 <sup>th</sup><br>& Thursday, March 19 <sup>th</sup> | 8:00 AM to<br>8:00 PM         | 24 Hours of Eucharistic Adoration (see upcoming<br>bulletins for the schedule of specific prayer times)      |
| Saturday, March 28 <sup>th</sup>                                        | 8:30 AM                       | Sacrament of Penance at St. Elizabeth Ann Seton                                                              |
| Thursday, April 2 <sup>nd</sup>                                         | 8:00 AM<br>7:00 PM            | Holy Thursday Morning Prayer<br>Evening Mass of the Lord's Supper<br>Chapel of Repose is open until 10:00 PM |
| Friday, April 3 <sup>rd</sup>                                           | 8:00 AM<br>3:00 PM<br>7:00 PM | Good Friday Morning Prayer<br>Commemoration of the Lord's Passion<br>Stations of the Cross                   |
| Saturday, April 4 <sup>th</sup>                                         | 8:00 AM<br>1:30 PM<br>8:00 PM | Holy Saturday Morning Prayer<br>Blessing of Easter Foods<br>Easter Vigil in the Holy Night: Mass             |
| Sunday, April 5 <sup>th</sup>                                           | 8:30 AM &<br>11:00 AM         | Easter Sunday of the Resurrection of the Lord: Mass                                                          |

### Daily Masses:

Monday, Wednesday, and Friday .....8:00 AM  
 Tuesday .....6:30 PM  
 Saturday .....8:00 AM

### Sunday Masses:

Saturday .....5:00 PM  
 Sunday.....8:30 AM & 11:00 AM

# Guidelines Regarding Fast and Abstinence

February, 2026

Prepared by the Office of Worship, Diocese of Gary

## The Lenten Fast

### Ash Wednesday:

This day is commemorated by fasting and by abstinence from meat.

### Lenten Fridays:

These days are marked by the discipline of abstinence from meat.

### The Lenten Fast is a fast of penance.

Our self-denial is a way of emphasizing our dependence on God.

## The Paschal Fast

*“The Paschal Fast must be kept sacred. It should be celebrated everywhere on Good Friday, and where possible should be prolonged throughout Holy Saturday”* (Constitution on the Sacred Liturgy # 110)

### Good Friday through Holy Saturday:

These days are marked by fasting and by abstinence from meat. Please note that these days are not part of Lent or the Lenten Fast.

### The Paschal Fast is a fast of anticipation.

The observance of this most ancient fast is a solemn way to prepare ourselves for the reception of the Easter Communion.

## How do we fast?

### The customary fast:

- ✘ This fast allows for only one full meal to be taken during the day. Two smaller meals are permitted, if necessary, to maintain strength according to one's needs. Eating solid foods between meals is not permitted.

### The fast of the early church:

- ✘ This fast begins upon rising. No meals are taken until the customary work day (5:00 p.m.) is ended.
- ✘ A glass of juice may be taken in the morning and simple liquids such as water, coffee and tea, during the day. The fast ends with a brief prayer followed by an adequate meal. For many this may work as a more natural way to fast.

### Age guidelines for fasting:

- ✘ Fasting is to be observed on Ash Wednesday and Good Friday by all Catholics who have celebrated their 18th birthday and who have not yet celebrated their 59th birthday.

## How do we abstain?

### Traditional abstinence:

- ✘ This is the practice of refraining from meat and meat products.

### Abstinence as penance:

- ✘ Entering fully into the spirit of the Lenten Fast and the Paschal Fast, we are also encouraged to abstain from other foods, practices or activities.

### Age guidelines for abstinence:

- ✘ Abstinence is to be practiced by all who are 14 years of age and older.

## Why do we fast and abstain?

### When we fast and abstain, we do it together:

The practice of the Lenten Fast and the Paschal Fast is a practice of the whole parish community. Though the fast is carried out personally, we are united in our action through Jesus Christ. Our united fast and abstinence is our prayer to the Father through Jesus. Those who have already celebrated their 59th birthday are welcome to share with the community in these practices. However, they should take appropriate care regarding their personal health.

### Our actions speak louder than our words:

Both personally and as a community we deliberately place ourselves in need (hunger being the most basic need) so that we can discover that for which we hunger spiritually in our lives and in our world. We do this to give concrete expression to our trust in God to give us the spiritual sustenance we require. Our joint action is intended to strengthen our deep belief that the God who raised Jesus from the dead also fills our every need.

We can see that the Lenten Fast and the Paschal Fast are not ancient diet plans. If we lose some unwanted pounds it's an added blessing.