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<p><b>Wilson Heating, Cooling &amp; Plumbing</b> <b>616-527-0391</b></p> <p>24-HOUR SERVICE</p> <p>Serving Ionia County Since 1965</p> 	<p><b>RICK ROGUSKY</b> <b>STATE FARM INSURANCE</b></p> <p>2300 S State Rd. Off: 527-0440 24 Hour Service</p>	<p><u><b>Eight CAP, Inc.</b></u> 5827 Orleans Rd. Orleans, MI <b>616-545-2093</b></p>	
<p>SERVING IONIA COUNTY SINCE 1975</p>  <p><b>Complete Auto Service</b> 643 W. Lincoln · Ionia, MI 48846 Phone <b>616.527.1101</b> Fax <b>616.527.5435</b> <b>www.geldhoftire.com</b> We participate with the SCRIP Program</p>	<p><b>SS. Peter &amp; Paul School</b> <b>"All Are Welcome"</b> Preschool through Grade 8 317 Baldie Street, Ionia 616-527-3561</p> <p><u>Great Beginnings Preschool</u> Programs for 3-year-olds and 4-year-olds</p> <p><u>Panther Playhouse Daycare</u> After school to 5:30 p.m.</p> <p>Open enrollment K through 8. Come and see what we have to offer!</p>	<p><b>Blundy-Hoppes Tire &amp; Auto Clinic</b> 3765 S. M66 in Ionia <b>616-527-0670</b> <b>www.blundyhoppes.com</b></p> <p>Voted Ionia County's #1 Tire &amp; Exhaust Shop</p> <p>Hours: Mon.-Th. 8:00-5:30 Friday 8:00-5:00</p> <p>We Participate in the SCRIP Program!</p> <p>• We Sell &amp; Service ALL Major Brand Tires</p> <p>• Auto, Farm, &amp; Industrial Tires</p> <p>• Complete Under Car Care</p> <p><b>BFGoodrich</b> TAKE CONTROL</p> <p><b>MICHELIN</b></p> <p><b>UNIROYAL</b> FOR EVERYTHING YOU VALUE</p>	
<p>1-800-720-7233</p> <p><b>ROBERT M. PAYNE, DDS</b> Family Dentistry <b>527-2220</b> <b>412 Brown Blvd.</b> <b>Suite A, Ionia</b></p> <p><b>RAVE</b> Relief After Violent Encounter Ionia/Montcalm, Inc. Serving survivors of domestic and sexual violence since 1979</p>		<p><b>Clorwell Electrical Contractors LLC</b> 11094 S. State Rd. Lake Odessa <b>616-374-0966</b></p> <p><b>PSIC</b> Positive Solutions Informed Choices A Family Resource 330 Lovell St., Ionia <b>527-4626</b></p>	<p><b>FRED HAIGHT INSURANCE AGENCY</b></p> <p><b>989-855-3341</b></p> 
<p>This space sponsored by an</p> <p><b>ANONYMOUS DONOR</b></p>	<p><b>Ionia County Commission on Aging</b> 115 Hudson St. <b>527-5365</b></p>	<p><b>Enrich</b> 343 W. Main St. <b>522-1126</b></p>	<p><b>CARR AGENCY, INC.</b> 115 W MAIN ST, IONIA <b>616.527.1200</b></p> <p>The "No Problem" People ... <b>www.carrinsuranceagency.com</b></p> <p><b>Auto-Owners Insurance</b></p>
<p><b>Endvi</b> AUTO BODY</p> <p><b>Complete Collision Repair</b> <b>3653 S. State Rd., Ionia</b> <b>616-775-5290</b> <b>www.endviautobodyionia.com</b></p>		<p><b>JAMES S. KLEIN, DDS</b> <b>JESSICA FERRIS, RDH</b> Family Dentistry 502 Skyview Dr., Ionia <b>527-3866</b></p>	
<p><b>Olivera's</b> Pizzeria &amp; Sports Pub</p> <p>119 N. Dexter St. (M-66) - Downtown Ionia 616.522.3000 <b>www.oliverassportspub.com</b></p>	<p><b>Southside Restaurant</b></p> <p>JOIN US FOR BREAKFAST AFTER CHURCH</p> 	<p><b>MARA</b> PLUMBING, HEATING &amp; COOLING FREE ESTIMATES 24 Hr. Emergency Service <b>527-9368</b></p>	<p><b>Ionia Theatre</b> 205 W. Main St, Ionia Movies ~ Rentals <b>616-527-3350</b></p> 

# SS. Peter & Paul Catholic Church

434 High Street, Ionia, MI 48846  
P: 616-527-3610 F: 616-527-3697  
Website: [www.saintspeterandpaulionia.org](http://www.saintspeterandpaulionia.org)  
Email: [parishoffice@ssppcatholic.com](mailto:parishoffice@ssppcatholic.com)

## February 21, 2021 First Sunday of Lent

**Pastor:** Fr. Tom Brown  
616-527-3610, ext. 12  
616-755-1742 (evening)

**Associate Pastor:** Fr. Oscar Londoño, mxy  
616-527-3610, ext. 14  
616-755-2279 (cellular)

**Parish Office Hours**  
Monday - Friday: 8:30 a.m. to 4:30 p.m.

**Weekend Mass Schedule**  
Saturday: 4:00 p.m.  
Sunday: 8 & 11:30 a.m., and 1 p.m. in Spanish

**Weekday Mass Schedule**  
English: Mon & Wed, Mass at 12:10 p.m.  
Tues, Communion Service at 7:30 a.m.  
Thurs, Mass at 8:00 a.m.  
Fri, Mass at 7:30 a.m.  
Spanish: Wed, Mass at 7:00 p.m.

**Reconciliation Schedule**  
English: Saturday 3:00-3:45 p.m.  
Spanish: Wednesday 6:00-6:45 p.m.

For questions regarding Baptism, Marriage, Anointing of the Sick, or any other sacrament, please call the parish office: 616-527-3610

**Prayer Chain**  
If you have a prayer request for immediate need, please call 616-522-0279, or 616-527-0438.



DIOCESE OF GRAND RAPIDS  
Office of the Bishop

February 2021

Dear Friends in Christ,

Lent is a time of repentance and of reconnecting with Christ. During these 40 days, we focus inwardly to change ourselves, but we also look outward to see how we can be the light of Christ in our world. During this holy season, CRS Rice Bowl, Catholic Relief Services' Lenten faith in action program, invites us to reflect on how caring for our neighbor is caring for Christ.

The COVID-19 pandemic has stressed the financial situation for many. Here in our community, you helped individuals in need through your donations to the CRS Rice Bowl campaign last year. Funds collected were given to Bread of Life Food Pantry through St. Ann - St. Ignatius Parish in Baldwin, Community Food Club's Local Agriculture and Healthy Produce program, and Dégagé Ministries' Healthy Meals program. Twenty-five percent of donations to CRS Rice Bowl each year stay here in West Michigan to support hunger and poverty alleviation efforts.

Incorporating CRS Rice Bowl into your Lenten practices will connect you with our brothers and sisters in Christ. Alms donated through CRS Rice Bowl support the work of CRS in more than 100 countries each year. Since its inception in 1975, CRS Rice Bowl has raised nearly \$300 million. Thank you for your generosity in ensuring our brothers and sisters around the world have access to food and resources that allow them to live.

Visit [crsricebowl.org](http://crsricebowl.org) to discover the many resources available for your Lenten journey. Thank you for participating and sharing generously over the years through CRS Rice Bowl.

Sincerely yours in Christ,

*+ David J. Walkowiak*

Most Reverend David J. Walkowiak  
Bishop of Grand Rapids

SAINTS PETER AND PAUL

FEBRUARY 21, 2021

FIRST SUNDAY OF LENT

Please remember to wear your mask!

**First Sunday of Lent**  
*Gn 9:8-15/Ps 25:4-9/1 Pt 3:18-22/Mk 1:12-15*  
**Saturday, February 20**  
4:00 p.m. Eugene Dietrich (Barb Dietrich)

**Sunday, February 21**  
8:00 a.m. Marcia Cook (Susie Wohlscheid Koenigsknecht)  
11:30 a.m. Intention of Tony Baumgartner (RCIA Rite of Sending at 11:30 Mass)  
1:00 p.m. Misa en español

**Monday, February 22—The Chair of St. Peter the Apostle**  
*1 Pt 5:1-4/Ps 23:1-6/Mt 16:13-19*  
12:10 p.m. People of SS. Peter. & Paul Parish

**Tuesday, February 23—St. Polycarp, Bishop & Martyr**  
*Is 55:10-11/Ps 34:4-7, 16-19/Mt 6:7-15*  
7:30 a.m. Communion Service

**Wednesday, February 24—Lenten Weekday**  
*Jon 3:1-10/Ps 51:3-4, 12-13, 18-19/Lk 11:29-32*  
12:10 p.m. Fr. Thomas McKinney  
1-7 p.m. Eucharistic Adoration  
7:00 p.m. Misa en español

**Thursday, February 25—Lenten Weekday**  
*Est C:12, 14-16, 23-25/Ps 138:1-3, 7-8/Mt 7:7-12*  
8:00 a.m. Brian Lyons

**Friday, February 26—Lenten Weekday**  
*Ez 18:21-28/Ps 130:1-8/Mt 5:20-26*  
7:30 a.m. Souls in Purgatory

**Saturday, February 27—Lenten Weekday**  
*Dt 26:16-19/Ps 119:1-2, 4-5, 7-8/Mt 5:43-48*  
8:30 a.m. Scriptural Rosary  
3:00 p.m. Confessions

**Second Sunday of Lent**  
*Gn 22:1-2, 9-13, 15-18/Ps 116:10, 15-19/Rom 8:31-34/Mk 9:2-10*  
**Saturday, February 27**  
4:00 p.m. Joann Witter (Tom & Julie Bennett)

**Sunday, February 28**  
8:00 a.m. Shirley Tuttle (Hemenway family)  
11:30 a.m. Ron Blundy (Marie White)  
1:00 p.m. Misa en español  
6:00 p.m. Bilingual Mass—People of SS. Peter & Paul Parish

**GOD’S HOUSEKEEPERS—WEEK OF FEB. 21**

**GENERAL CLEANING:**  
Kip Geldhof, Terri Nurenberg, Colleen Pierce

**VACUUMING:**  
Ken North, Bruce Sibert

AH = Apostles’ Hall  
CR = Cornerstone Room  
SC = School  
BC = Basement Chapel

CH = Church  
PO = Parish Office  
VR = Veritas Room  
UP = Upper Room

**Sunday, February 21**  
9:15 a.m. RCIA (via Zoom)  
3:00 p.m. RCIA Rite of Election (Cathedral)

**Monday, February 22**

**Tuesday, February 23**

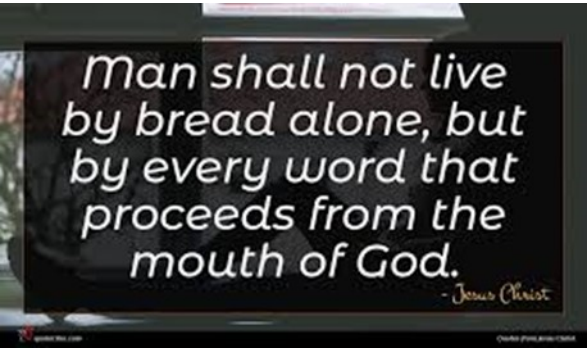
**Wednesday, February 24**  
6:30 p.m. Auction Meeting (via Zoom)

**Thursday, February 25**  
2:00 p.m. Adult Faith Sharing (via Zoom)

**Friday, February 26**  
6:00 p.m. Stations of the Cross (English)  
7:00 p.m. Stations of the Cross (Spanish)

**Saturday, February 27**

**Sunday, February 28**  
9:15 a.m. RCIA (PO)  
10:15 a.m. Faith Formation for K-8 (SC)



<b>OUR PARISH OFFERING - February 13 &amp; 14, 2021</b>	
Regular offertory collection	\$4,588.00
Electronic Giving	2,690.00
<b>Total</b>	<b>\$7,278.00</b>
-5% Tithe	-363.90
Net Total	\$6,914.10

Budgeted Weekly: \$9,038.46  
**Deficit for the Week: \$1,760.46**

School Annual Appeal	\$363.00
Flowers	\$270.00
Catholic Relief Services	\$5.00

**July 1, 2020-February 14, 2021 Fiscal YTD Offertory Collection**  
Year-to-Date: \$288,060.15  
Budgeted Year-to-Date: \$298,269.18  
**Deficit Year-to-Date: \$10,209.03**

*Please pray for:*

Debbie Wirtz	Betty& Doug McGinnis	Lawrence Sharp
Peter Gallagher	Irene Kneale	Pamela Coggan
Tyler Weger	Jerry & Maribeth Fritz	Kathy Coughlin
Gloria Hozeski	Jim Zigray	Mike Nelson
Jim Mulnix	Lisa Allen	Rachel Cross
Theresa Sullivan	Sherry Palmer & family	Vickie Lykins
Mike O’Connor	Susan Montgomery	Joe Drysdale
Carol Gallagher	Ken Peabody	Jack & Jo Wirtz
Alyka Datema	Tom Peacock	Phil & Carol Fox
Ali Laninga	Lucille Downes	Glenna Miller
Marcia Sweet	Tim Perry	Annette Krycinski
Alvina Badillo	Kay O’Connor	Barbara Bennett
Jacklynn Gallagher	Tom O’Connor	Nichole Munsell
Ben Wesley	Charmain Hull	Jace Peterson
Della Arbour	Jane Dipzinski	Pat McKinstry
Alice Samani-Zozo	Carol Cope	Georgia Sibert
Isaac Fletcher	Tom White	John McKay
Nancy Wizorek	Toni Montgomery	Deborah Kaminski
Clara Butler	Roger Dunigan	Sue Swinehart
Jane Baeger	Ric Morley	Larry Lafler
Aaron Rhines	Clark Reeder	
Jackson Hayden	Pat MacLachlan	

*We continue to pray for all who need healing in body, mind, or spirit. If you would like to add or remove a name, please call the parish office. Be sure you have the consent of the person or a family member. Names will remain on the prayer list for three months and may then be removed. Requests may be renewed.*

**Lector Schedule for February 20—28, 2021**

<b>Saturday, Feb. 20</b>	<b>4:00 p.m.</b>	<b>Phill Wizorek</b>	<b>Saturday, Feb. 27</b>	<b>4:00 p.m.</b>	<b>Sue Wizorek</b>
<b>Sunday, Feb. 21</b>	<b>8:00 a.m.</b>	<b>Steve O’Mara</b>	<b>Sunday, Feb. 28</b>	<b>8:00 a.m.</b>	<b>Jamie Meyer</b>
<b>Sunday, Feb. 21</b>	<b>11:30 a.m.</b>	<b>Nancy Wilson</b>	<b>Sunday, Feb. 28</b>	<b>11:30 a.m.</b>	<b>Rick Esparza</b>
			<b>Sunday, Feb. 28</b>	<b>6:00 p.m.</b>	<b>Volunteers</b>
Monday, Feb. 22	12:10 p.m.	Adam Rewa			
Tuesday, Feb. 23	7:30 a.m. C.S.	Cecilia Luke			
Wednesday, Feb. 24	12:10 p.m.	Adam Rewa			
Thursday, Feb. 25	8:00 a.m.	School Lector			
Friday, Feb. 26	7:30 a.m.	Cecilia Luke			

**SS. Peter & Paul Parish Staff**  
Permanent Deacon Zenon Cardenas 527-8942  
Secretary Cecilia Luke ext. 10  
Office Manager Adam Rewa ext. 11  
Pastoral Services Toni McKay ext. 13  
Music Director Whitney Crooks 527-3610  
Maintenance Rod Bergeron 527-3610  
Cemetery Sexton Aaren Perry 527-3610

**SS. Peter and Paul School** **(616) 527-3561**  
**www.ssppcatholic.com**  
Principal Jenny Leik ext. 18  
Secretary Diane Grummet ext. 23  
Pre-School Barb Voet ext. 20  
Daycare Audra Searfoss ext. 19

**SS. Peter & Paul Parish - Pastoral Council**  
Chris Brown, Chairman Alice Samani-Zozo  
Deb Campbell Deb Trierweiler  
David Fitzpatrick Tim Wall  
Miguel Pilar (Youth Rep)

**SS. Peter & Paul Parish - Finance Council**  
Chris Christensen Matt Johnson Dave O’Mara  
Jane Hemenway John Klein Denise Peabody

**SS. Peter & Paul School - Board of Education**  
Tracey Bergeron Kevin Heinlein Kristi Wizorek  
Vanessa Booth Brian Siemen  
Nick Cusack Melissa Wall

<div><div>Ionia Lock-Up Storage</div><div>3006 N. State Rd., Ionia</div><div>Call Duey Flinn: 527-5900</div></div>	<div><div>Lake Funeral Homes, Inc.</div><div></div><div>A Second Generation Funeral Home Robert B. Lake, II - Director - Manager Robert B. Lake - Director www.lakefuneralhomes.com</div><div>3521 S. State Road 527-0099</div></div>	<div><div>OUR LADY OF FATIMA CATHOLIC SUPPLIES</div><div></div><div>Mon. &amp; Sat. • 9:30am-3pm Tues. &amp; Wed. • 9:30am - 4pm Thurs. &amp; Fri. 9:30am-5:30 pm 989-593-2609 108 Main Street, Fowler</div></div>
<div><div>RDF Rental Properties</div><div>122 N. Depot Ionia</div><div>527-4360</div></div>	<div><div></div></div>	<div><div></div><div>Stephen O'Mara, AAMS®, CRPC® Financial Advisor 431 Swartz Ct Ste 100 Ionia, MI 48846 Bus: 616-522-0544 TF: 866-522-0544 Fax: 866-749-0752 steve.o'mara@edwardjones.com www.edwardjones.com</div><div>Edward Jones MAKING SENSE OF INVESTING</div></div>
		<div><div>CHRISTIAN SERVICE CENTER</div><div>301 W. Washington St., Box 396 Ionia 616-527-1530</div><div>OPEN Tuesday 9 am-noon &amp; 1-4 pm Wednesday &amp; Saturday 9 am-noon DONATIONS ACCEPTED WHEN OPEN</div></div>
<div><div>This Space Sponsored by an Anonymous Parish Family</div></div>	<div><div>LIVE LOCAL REALTY</div><div>LIVE LOCAL, SELL LOCAL, GIVE LOCAL.</div><div>616.527.3500 www.livelocal-realty.com</div><div>3% of Commissions Can Go Back to SSPPP!</div></div>	<div><div></div><div>PHOTOS BY Z</div><div>Zenon &amp; Phyllis</div><div>616-902-4030</div><div>Sports, Portraits and Events</div></div>



### Knights' Corner

In this year when so many things have been cancelled or postponed, we are happy to announce that we will be able to sponsor the K of C Free Throw Challenge. Boys and girls ages 9 through 14 are welcome to participate. Prizes include a brand new basketball for winners in each age group. The contest will be held on Sunday, March 21<sup>st</sup>, in the school gym. More details will be available as the date gets closer.

*Adam Rewa*, Grand Knight (527-3610)

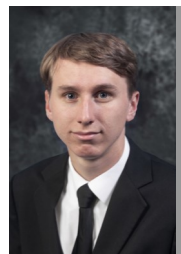
### Diaper Drive for PSIC

In honor of the 40 Days for Life campaign happening now, we will be collecting diapers and wipes for our local PSIC organization. Items may be placed in the portable crib located near the back of church. Larger sizes are consistently the biggest need. Thank you for your generosity! For more information on ways to support the Grand Rapids 40 Days for Life campaign, please visit [www.40daysforlife.com](http://www.40daysforlife.com).

### We're adding a Sunday Mass . . .

The Bishop's dispensation from the obligation of attending Sunday Mass expired on February 18. In his letter to parishioners, he invited all who are able to return to Mass to do so. (As always, those who cannot attend Mass in person because of health reasons or other excusing factors are dispensed of the obligation.) We expect many parishioners to return.

Since social distancing is still expected in our churches, Fr. Tom will be adding an extra Sunday Mass to our schedule from February 28 through March 28. The Masses will be at 6:00 p.m. on Sunday evenings and will be bilingual. This should alleviate some of the potential crowding at both the English and Spanish Masses.



### Pray for our Seminarians:

#### Peter B. Wasinski

St. John Vianney College Seminary  
2115 Summit Avenue  
St. Paul, MN 55105

Loving God,  
You call me to act justly, love tenderly, and walk humbly with you. Help me to know how to bring justice and love to a world desperately in need of you and your values. Strengthen us all with the courage to respond to your invitation to serve. Amen.

### Mark Your Calendars!

As we begin the season of Lent, the Diocese of Grand Rapids announces that it will once again offer a special opportunity to receive The Sacrament of Reconciliation.

**"The Light is ON for You:**

**An Evening of Penance"**

**Thursday, March 18, 5 - 8 p.m.**

**in almost every parish of the diocese**

Visit [GRdiocese.org/penance](http://GRdiocese.org/penance) for details.

### SSPP's 25th Annual Auction— Silver Celebration!

Dear friends and families of Saints Peter & Paul,

The Saints Peter & Paul annual auction is celebrating its 25th event this year! It is planned for **Saturday, May 8, 2021**. This fundraiser is a staple for our budget. We depend on these funds to keep our school running. The only way that we have been successful with this event is through the support we have continually received from our parish, school families, and community. For that, we are extremely grateful.

The auction committee would like to continue with this entertaining and exciting tradition. Due to COVID, we had to cancel the event last year with the expectation it would be "business as usual" this year. The committee was dedicated to having a live event. However, trying to plan a live event during a pandemic has proven to be a challenge. Even trying to plan it with a virtual backup plan has only produced more questions and issues. So, it is with a heavy heart that we have decided to have a **virtual only** event.

The auction committee has put a lot of thought into how to continue with a fun "social" event while apart. We will be sending out invitations and will have some available at the back of church in March. These invites will include information about accessing our auction and other details. We will need them returned by **May 1st** to allow us to prepare an Auction packet for you.

Having a virtual event means a few changes to our timeline. We will draw the raffles live on May 8th, but we will need to sell the tickets ahead of time in April. Also, we thought it would be fun to spread out the festivities by having our Silent Auction the week prior to our Live Auction. If you wish to make a donation to our Silent Auction, we will need the item, or be notified, by **April 21st**. If you wish to donate to our Live Auction, we will need your items by **April 30th**.

We do not wish to make anyone feel excluded from planning or participating in our event. Please contact me at **616-755-3193** or [jjohnson@ssppcatholic.com](mailto:jjohnson@ssppcatholic.com) and we'll do our best to assist you.

Thank you again for your support. We hope to "see" you On May 8th!

Joann Johnson, Auction Chairperson

### The RCIA Rites of Sending & Election

Across the entire world, Catholic bishops on this first Sunday of Lent welcome those catechumens and candidates sent by the parish to gather together with their sponsors in what is known as the *Rite of Election*. The *Rite of Sending* offers the parish community an opportunity to acknowledge the spiritual progress the catechumens and candidates have made, express approval of their election or recognition, and send them forth to the bishop with assurance of the parish's care and support.

To send a catechumen to the bishop means that a parish has discerned that the person is ready to enter the Catholic Church. In Sacred Scripture, the Book of Revelation makes reference to a "Book of Life" in which are written the names of those who have chosen to follow the Lord Jesus and be baptized. Those who are already baptized had their names written in the Book of Life at the time of Baptism. In the Rite of Sending, those preparing for Baptism are invited to come forward and sign a book called the "Book of the Elect" as a sign of their desire to be numbered among the chosen of God. The Book of the Elect is then presented to the bishop at the Rite of Election.

Please keep our catechumen, Tony Baumgartner, in your prayers as he, his sponsor, and RCIA catechist travel to the Cathedral of St. Andrew this weekend to celebrate the Rite of Election, and for his continued journey to initiation at Easter.



**Exposition of the Blessed Sacrament will be in the church on Wednesdays during Lent**, immediately following the 12:10 p.m. Mass until 7 p.m., when it will conclude with Benediction. *(Please note this change in the Adoration schedule from previous years.)*

We need your help in committing to be present for an hour or more on any or all of the Wednesdays of Lent (February 24, March 3, 10, 17, 24). Please sign up in church, or by calling the parish office.

### FAITH FORMATION NEWS

***Faith Formation in-person classes resume next Sunday, February 28!***

**WELCOME BACK!** We have been looking forward to this joyous time when we would once again be able to gather in our classrooms to share our faith with our young people! Thank you for your patience as we've journeyed these unprecedented and challenging times together.

**Classes will resume next Sunday, February 28<sup>th</sup>, from 10:15 to 11:15 a.m.**

**REMINDERS:** We will continue to follow the COVID-19 safety guidelines set forth by the diocese. Masks, social distancing, sanitization of hands, and signing in when entering our school building remain. Students, please remember to bring your textbooks, folders, and any other materials your catechists may have instructed you to bring upon returning to class.

We would love to hear your feedback on how you have been engaging in faith formation in your homes! We encourage you to share by sending an email message to your children's catechists or by contacting Toni McKay at the parish office.

### ZOOM FAITH SHARING SESSIONS

Thank you to those who have joined in! Our next session is scheduled for Thursday, February 25, at 2:00 p.m. If you wish to participate, you will need to contact the parish office so we can send an email invitation to you for the session, which will give you access to the ZOOM group. We'd love to have you join us!

Toni McKay

### Lenten Regulations for Fasting & Abstinence

The Church teaches that Catholics in good health are to observe the following practices during Lent unless for some serious reason they are unable to do so:

Catholics between the ages of 18 and 59 are obliged to fast on Ash Wednesday and Good Friday. In addition, all Catholics 14 years old or older must abstain from meat on Ash Wednesday, Good Friday, and all the Fridays of Lent.

Fasting, as explained by the U.S. bishops, means partaking of only one full meal and two smaller meals that do not equal the main meal. Abstinence forbids the use of meat, but not of eggs, milk products, or condiments made of animal fat.