



March 9, 2025

First Sunday of Lent

SUNDAY ANNOUNCEMENTS

- **Here are the Lenten Regulations regarding Fast and Abstinence:**
 - *Everyone, 18 years of age and older, is bound to abstain from meat on Ash Wednesday, all Fridays of Lent and Good Friday.*
 - ***Fasting:*** *Everyone 18 years and older but under the age of 60 is also bound to **FAST** on Ash Wednesday and Good Friday. On these two days, the law of Fast allows only 1 full meal a day. Drinking liquids during the day is permitted. If you are sick, the law does not oblige. **In the spirit of Lenten penance, please do not lightly excuse yourselves from this obligation.***
- We invite you to the Station of the Cross every Friday of Lent at 6:30pm followed by Confession. Every Friday of Lent is a Day of Abstinence.
- We are inviting you to join the 2025 Jubilee Year Pilgrimage of Hope, featuring the Holy Doors and Blessed Carlo Acutis, on October 20 to 30, 2025 with Father Doming Orimaco as Tour Chaplain. If you are interested in joining the pilgrimage, contact Mariche Yu-Fernandez, the tour coordinator. Kindly pickup pilgrimage flyers in the vestibule.
- We notice that some Missalettes in the pew racks are missing and being taken home. By doing that, you are depriving the people in the Church of their prayer and scripture guides.
- If you would like to make an e-contribution, please check the QR code on the back of the Missalette. Please drop off or mail your **Offertory Envelopes to the Parish Office** if you cannot come to Church. Thank you for your generosity and continued support to Our Lady of Mercy.