

Remember  
You Are  
Dust...



**Holy Ghost Church**

<http://holyghostknoxville.org/>

**Ash Wednesday Masses (3/6/19)**

6:30 am, 8:00 am, 6:00 pm, 7:30 pm (Spanish)

**Confessions**

Sun: 45 min before each Mass; 1<sup>st</sup> Sat:  
7:15-7:45 am & 8:35 until finished;  
Mon-Fri: 7:00-7:45 am

**Stations of the Cross (Fridays of Lent)**

7:00 pm (Fish Dinner @ 5:30 pm)

**Pray to End Abortion at Planned Parenthood**

9:00 am – 6:00 pm Daily, Mar 6 – Apr 20  
(710 N Cherry St)

**Saint Albert the Great Church**

<http://www.satgknox.org/>

**Ash Wednesday Masses (3/6/19)**

9:00 am, 6:00 pm

**Eucharistic Adoration and Benediction**

9:30-10:00 following Monday 9:00 Masses

**Confessions**

Saturdays, 4:00-4:30 pm

**Stations of the Cross (Fridays of Lent)**

7:00 pm (Lenten Dinner @ 6:00 pm)

**Penance Service:** 7:00 pm, Tue, Mar 26

**Immaculate Conception Church**

<http://icknoxville.org/>

**Ash Wednesday Masses (3/6/19)**

8:00 am, 12:10 pm, 7:00 pm

**Confessions**

Mon-Fri 11:45-Noon; Sat 5:00-5:30 pm

**Stations of the Cross (Fridays of Lent)**

7:00 pm (Fish Dinner @ 6:00 pm)

**Penance Service:** 7:00 pm, Mon, Apr 8

WHAT		WHEN
<p><b>ABSTINENCE</b></p> <p><b>NO MEAT</b> <small>Mammals or Poultry</small></p> <p><b>FISH IS OK</b> <small>Sea and freshwater fish and shellfish</small></p>	<p><b>FASTING</b></p> <p><b>1 REGULAR MEAL</b> AND <b>2 SMALLER MEALS</b> <small>that together do not equal the regular meal in size</small></p> <p><b>NO SNACKS</b></p>	<p><b>FASTING AND ABSTINENCE</b></p> <p><b>ABSTINENCE</b></p>
		<p><b>WHO</b></p> <p><b>CATHOLICS 14+</b> ARE OBLIGED TO PRACTICE ABSTINENCE</p> <p><b>CATHOLICS 18-58</b> ARE OBLIGED TO FAST</p>