

LENT



DEANERY 4 PARISHES OFFER MANY OPPORTUNITIES TO RECEIVE THE HEALING GRACES OF THE SACRAMENT OF RECONCILIATION (CONFESSION) THIS LENTEN SEASON:

ABSECON - St. Elizabeth Ann Seton

Saturday 4-4:30pm and 6-6:30pm
Communal Penance Service April 4th at 7pm*

ATLANTIC CITY - Parish of St. Monica

Our Lady Star of the Sea Church (2651 Atlantic Ave.)
Monday - Friday at 5pm and Saturday at 3:15pm
St. Nicholas of Tolentine Church (1409 Pacific Ave.)
Saturday at 3:15pm
Confessions are also heard in Spanish 30 minutes before all Spanish Masses

BRIGANTINE - St. Thomas the Apostle

Saturday 3:30pm
Holy Saturday, April 15th, 10:30-11:30am

EGG HARBOR TWP. - St. Katharine Drexel

Wednesday at 7pm in the Rectory
Penance Service March 29th at 7pm in Drexel Hall

GALLOWAY - Our Lady of Perpetual Help

Assumption Church - Every Saturday 3-3:30pm
Monday, April 10th from 6:30 pm - 7:30 pm
St. Nicholas Church - Every Saturday 3:30-4pm
Communal Penance Service at St. Elizabeth Ann Seton*

HAMMONTON - St. Mary of Mt. Carmel

Mission & Penance Service March 2nd at 7pm
Penance Service March 30th at 7pm

LINWOOD - Our Lady of Sorrows

Saturday at 3:45pm
Communal Penance Service, April 4th at 7:30pm

MARGATE - Holy Trinity

Trinity Chapel - Mon.- Sat. after morning Mass
St. James Church (Ventor) - March 4th at 3:30pm
Epiphany Church (Longport) - March 4th at 4:30pm

MAYS LANDING - St. Vincent de Paul

Saturday at 4pm
Penance Service April 5th at 7pm

NORTHFIELD - St. Gianna Beretta Molla

Friday 6-6:45pm (Sp.) - Saturday 3:30-4:15pm (Eng.)
April 11th after the 8:30am Mass
Parish Mission April 10th-12th at 7pm
Confessions before and after each day: 5-7pm
and immediately following the Mission Service

SOMERS POINT - St. Joseph

Saturday 4:30-5pm

DEANERY 4 CONFESSIONS - HAMILTON MALL

Thursday, March 16th, 23rd & 30th - 10am-4pm



LENTEN RULES AND REGULATIONS

Weekdays of Lent:

There is no obligation to fast. However, voluntary acts of self-denial are recommended.

Ash Wednesday and Good Friday:

These are days of **Fast and Abstinence from meat**. There is a limit of **one** full meal on these days for all between the ages of 18 and 59 inclusive.

Days of Abstinence: (All Fridays in Lent)

All who have reached their 14th year are bound to abstain totally from meat.

Easter Duty Obligation:

After they have received their First Holy Communion, Catholics are bound by the obligation of receiving Holy Communion at least once a year. This precept should be fulfilled during the Easter Season. Catholics are also bound to confess serious (mortal) sins at least once a year, but this is not limited to the Lenten/Easter Season