

REGULATIONS FOR LENT

Unless dispensed or exempted from the law, all people between the ages of 21 and 60 are obliged to fast every day in Lent except on Sunday.

Meat may be eaten on Mondays, Tuesdays, Thursdays, and Saturdays at the PRINCIPAL MEAL.

Wednesdays and Fridays and the forenoon of Holy Saturday are days of FAST and ABSTINENCE.

The Ember Days come during the second week of Lent making the Saturday of that week also a day of ABSTINENCE.

Those who fast may take but one full meal either at the noon hour or in the evening. Their breakfast may not exceed 2 ounces of bread taken with coffee, tea, thin chocolate or similar drinks. Their third meal, taken at noon or in the evening must be without meat and may not exceed 8 ounces. Liquids do not break the fast.

The Church permits the use of drippings or the lard of any animal in the preparation of foods. Cooks who taste the food they are preparing do not break their fast.

A special Indult from Rome permits the head of the family, who works hard, to have meat at the principal meal every day in Lent except Ash Wednesday, Fridays, Wednesday of Holy Week, and the forenoon of Holy Saturday. The same persons are dispensed from ABSTINENCE on the Ember Days of the year, and on all Vigils except the Vigil of Christmas. With the head of the family all members who eat at the same table are also dispensed. This Indult relates to ABSTINENCE only, hence those who must fast are allowed only one full meal.

Those who are dispensed or exempted from fasting may have meat as often as they want it on those days on which meat is allowed at the principal meal. On the days on which it is not allowed, they may take three full meals, BUT MAY NOT EAT MEAT.

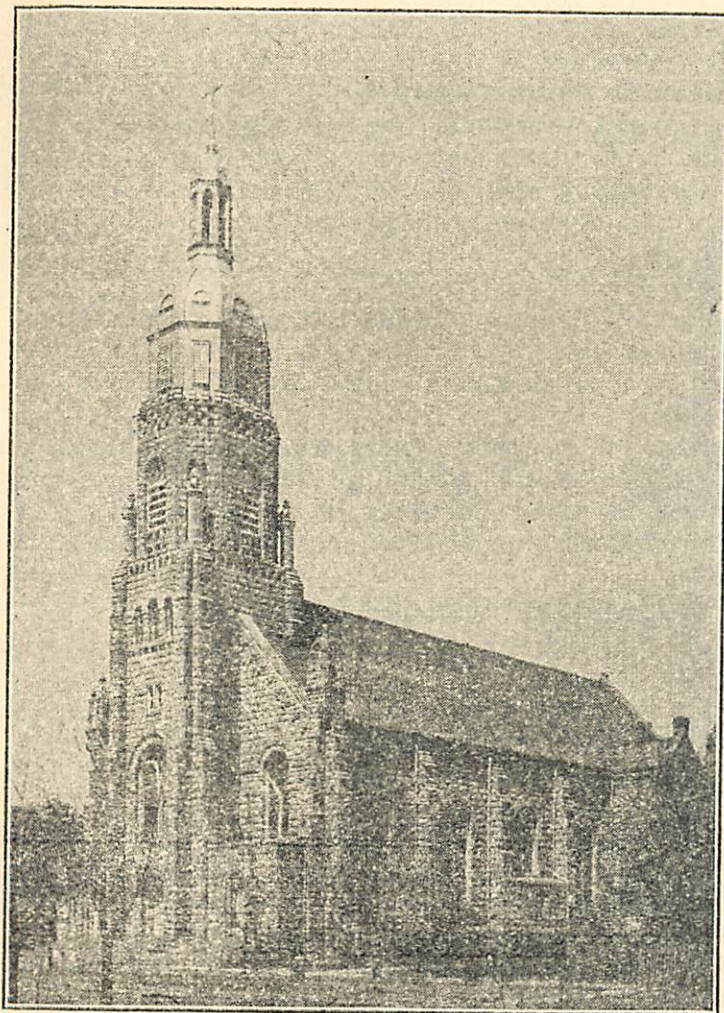
Reasons for asking your Confessor for Dispensation from fasting: Strenuous work, whether mental or manual, poor health, etc. SETTLE YOUR DOUBTS IN THE BEGINNING OF LENT.

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LENTEN PRACTICES

Throughout the year it is the custom of most Catholics to go to Mass only on Sunday. During Lent they should try to go every day. Throughout the year most Catholics attend public devotions only on Sunday evenings. During Lent they should attend also on week days.

Parish Chronicle



ST. JOSEPH CHURCH,

HAYS, KANSAS

The Rev. Father Gregory, O. M. Cap., PASTOR

Rev. Father Casimir, O. M. Cap. Rev. Father Cletus, O. M. Cap. ASSISTANTS

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PARISH CHRONICLE

St. Joseph Church

Hays, Kansas.

ANNOUNCEMENTS

This afternoon at 2 o'clock Instructions and Benediction.

This evening at 7:30 Holy Name Vespers and Benediction: afterwards meeting of the Society in the school.

Next Sunday is Communion Sunday for the Christian Mothers Confraternity and the Junior Holy Name Society.

Wednesday is Ash-Wednesday: Solemn High Mass at 8 o'clock. Blessing and distribution of Ashes before Mass and after the evening services.

Wednesday at 7:30 short Way of the Cross, English Lenten sermon and Benediction.

Thursday at 6 o'clock Requiem for the deceased of the Allendorf family.

Friday at 3 o'clock and at 7:30 Way of the Cross and Benediction.

Saturday at 10 o'clock Instructions for the children who do not attend the Parochial school.

Friday evening after services choir rehearsal.

Next Sunday Annual Collection for the Negro and Indian Missions.

Heute Abend um 7:30 Hl. Namen Vesper und Hl. Segen.

Nachsten Sonntag ist Kommunion Sonntag fuer die christlichen Muetter.

Mittwoch ist Aschermittwoch. Um 6 Uhr ist feierliches Amt. Vor dem Amte ist Aschenweihe und Austeilung derselben. Desgleichen wird die geweihte Asche erteilt abends nach dem Gottesdienst.

Mittwoch Abend Englische Fastenpredigt und Hl. Segen. Kreuzwegandacht in deutsche Sprache Freitag Abend um 7:30 und Hl. Segen.

Am nachsten Sonntag ist die jaehrliche Kollekte fuer die Neger und Indianer Missionen.

Die deutschen Fastenpredigten werden beim Hochamt an den Fastensonntagen gehalten.

Baptisms.

Dolores, daughter of Simon Korbe and Catherine nee Dechant, born Jan. 31, baptized Feb. 3.

Francis Joseph, son of Joseph Boos and Catherine nee Kronewitter, born Feb. 1, baptized Feb. 3.

LENTEN SAVINGS

Throughout the year most people spend considerable money on the movies, on candies, refreshments, and tobacco. During Lent let them save the money which they would otherwise spend on such things, and devote it toward their obligations to their Church.

We are making a special appeal for your savings during Lent in order to relieve our Church debts. Your savings during Lent are recorded in the Treasure Book of Heaven only if you record them in your check book with the pen of Sacrifice.

What a surprising amount would be saved if each family and each wage-earner were to save a quarter a week! Do you realize---that would be less than 5 cents a day? And yet how it would help to relieve our financial difficulties!

Payment of \$1.00 toward Monthly Collection in Envelope.
 Franke Haffamcier, J.F. Schenk, M.P. Dinges, John D. Korbe,
 Alex E. Bissing, Mary E. Jordan, Lidwina Bissing, H.J. Palen,
 Clements Unrein, R.M. Drees.

Income during January 1929---(Corrections)
 J.F. Start \$27.50, Mrs. P. Quint \$19.50, Bessie Leahy \$23.20
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Home-Work

Attention is called to the cooperation needed between Parents and the School. Be severe in seeing to it most conscientiously that your children do the Home-work assigned to them. Neglect of this may cause your child to fail. Your insistence is your child's gain.

Children over 7 years of age are bound by the law of ABSTINENCE during Lent on the days of ABSTINENCE.

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WILL YOU BE ONE OF THE MANY WHO WILL COME TO THE 7 O'CLOCK MASS DAILY DURING LENT?

Parents!

Half of the School year is past. Does the report of your child give you the assurance that it will make its grade this year? or does it point to failure? If the latter is to be feared, consider it your duty to insist that your child devote enough time to its studies.