2017 Lent Event & Schedule (美華天主堂四旬期陶成)	
3/1 (Wed)	Ash Wednesday (abstinence and fasting)聖灰日(守大小齋) (Mass: 8:30AM; 12:15PM and 7:30PM)
Every Fri.	Station of the Cross (<u>every Friday</u>) 拜苦路(每週五) (6:30PM 中文; 7:00PM English)
3/3	First Fri. Eucharistic Adoration 朝拜聖體 (7:30PM)
3/18 (Sat)	Retreat with Sr. Peng (in Mandarin) 彭育申修女家庭靈修講座（中文）9:30AM to 4:30PM
3/25 (Sat)	Retreat with Fr. Huber for Council members and Ministry Leaders (8:30AM to 6:30PM; in English) 諮議委員及善會領袖避靜
3/31 (Fri)	Communal Penitential Rite (individual confession) (7:30PM-10PM) 團體和好聖事（個別告解）
4/7	First Fri. Eucharistic Adoration 朝拜聖體 (7:30PM)
4/9	Palm Sunday 聖枝主日
4/13 (Thur)	Holy Thursday 聖週四主的晚餐(彌撒 7:30PM) (Mass: 7:30PM; Eucharistic Adoration till 12AM)
4/14 (Fri)	Good Friday (abstinence and fasting)聖週五主受難日(守大小齋) (Station of the Cross 拜苦路 2PM; Cele-bration of the Passion of Christ 主受難日禮儀: 3PM)
4/15 (Sat)	Easter Vigil 聖週六復活前夕 (Mass 8:30PM)
4/16 (Sun)	Easter Sunday 復活主日 (Mass: 9AM and 11AM) Lunch Celebration

Days of fasting and abstinence: Ash Wed. & Good Fri. A person (18-59 year old), when fasting, is permitted to eat one full meal, and two smaller meals that together are not equal to a full meal. Fridays are days for abstinence from meat for all age 14 & up.

守齋：18-59 歲的信友應在聖灰日及主受難日守大小齋：大齋即三餐只吃一餐飽，另兩餐之總量不超過飽餐之量；滿十四歲者在四旬期每週五要守小齋，即不吃肉。