

1. STATIONS OF THE CROSS and Benediction of the Most Blessed Sacrament every Friday during Lent at 7:00 P.M. Those who can, should make every effort to attend these very special services.
2. Wednesday, Friday and Saturday of this week are the Spring Ember Days, and are days of Fast and Abstinence. The Abstinence is partial on Wednesday and Saturday, and meat may be served at the main meal on those days.

EMBER DAYS: - - - Ember Days are the days at the beginning of the Seasons, ordered by the Church as days of Fast and Abstinence. They were definitely arranged and prescribed for the entire Church by Pope Gregory VII for the Wednesday, Friday, and Saturday after December 13 (Feast of St. Lucy), after Ash-Wednesday, after Pentecost Sunday, and after September 14 (Feast of the Exaltation of the Holy Cross). The purpose of their introduction was both to thank God for the gifts of nature, and to beg for a bountiful harvest. They are, as well, occasions to thank God for His merciful protection in time of storm, sickness, pestilence, fire, flood, and every form of evil.

(Under the present crisis of structure in the Catholic Church, it can hardly be said that failure to observe the rule of Fast and of Abstinence is seriously sinful. At most this instruction is more of a suggestion than it is an order to be followed. However, if neglected in a spirit of bad will, or maliciousness or disrespect, it would be safe to assume sin.

3. Confessions are heard before Masses on Sunday. Serious effort in the matter of confession - especially during Lent - simply has to be emphasized as a matter of real importance. To consider the Sacrament of Penance - confession - as a matter of small or no consequence, is surely presumptuous and foolhardy.

4. **MASSES FOR THE WEEK: (Abbot Leonard's Schedule Only)**

SUNDAY: For the People of the Chapels
 MONDAY: Welfare Rpbert and Diane Nenninger
 TUESDAY: Dec. of Michael Cavanaugh Family
 WEDNESDAY: For Wendell Pang and Family
 THURSDAY: Welfare Anne Coady
 FRIDAY: Dec. Leo Willen
 SATURDAY: For the Spiritual Guidance of All Priests

5. Packets of Blessed Ashes are available at all Masses today.

As suggested in last week's Bulletin, scatter the Ashes around and about your houses, and in true Catholic Faith, ask for God's protection from all harm.

EARLY SCHEDULE FOR HOLY WEEK SERVICES:

PALM SUNDAY: Abbey Church - Cullman at 10:00 A.M. There will be no Mass in St. Pius Chapel in Birmingham.

Holy Week Masses: Monday, Tuesday, Wednesday at 6:00 A.M. in the Abbey Church.

HOLY WEDNESDAY: TENEBRAE SERVICE - Solemn Recitation of the Divine Office of Matins and Lauds by the Monks. Abbey Church 7:00 P.M.

HOLY THURSDAY: Solemn Holy Thursday Liturgy - Mass, Procession Abbey Church 7:00 P.M.
 All night Adoration of the Most Blessed Sacrament. Adoration continues on Good Friday until the time to Begin the Good Friday Services.

GOOD FRIDAY: Good Friday Services begin at 12:00 Noon. Stations of the Cross will follow the Good Friday Liturgy; Abbey Church.
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 There will be NO STATIONS OF THE CROSS GOOD FRIDAY EVENING.

HOLY SATURDAY: Blessing of the New Fire begins at 7:00 P.M. Weather Permitting outside of the Abbey Church. All Holy Saturday Services follow the Blessing of Fire.

EASTER SUNDAY: MASS SCHEDULE:

St. Francis Chapel: 6:00 A.M. and 10:00 A.M.
 Abbey Church.
 St. Pius V Chapel: 9:00 A.M.
 Our Lady of Lourdes Chapel: 11:30A.M.