

Catholic Parishes in Partnership

St. Bonaventure, Raeville | St. Boniface, Elgin | St. John the Baptist, Deloit
St. John the Baptist, Petersburg | St. Peter de Alcántara, Ewing | St. Theresa, Clearwater

The Seventh Sunday in Ordinary Time

February 19, 2023



St. Peter, Ewing
SATURDAY 5:30 PM



St. John the Baptist, Petersburg
SATURDAY 7:00 PM



St. Bonaventure, Raeville
SUNDAY 8:00 AM



St. Boniface, Elgin
SUNDAY 10:00 AM



St. Theresa, Clearwater
SUNDAY 10:00 AM



St. John the Baptist, Deloit
SUNDAY 11:30 AM

WEBSITE: CPPNEBRASKA.ORG

<https://www.facebook.com/cppnebraska>

Fr. John Norman, Pastor PO Box B-Elgin NE 402-843-2345

Email: jmnorman@archomaha.org

Fr. Joseph Sund, Assoc. Pastor PO Box B- Elgin 402-843-2345

Email: jrsund@archomaha.org

Emergencies (medical emergencies or death of family member)
call 402-578-0626. *Non-emergencies for priests, please call office and leave a message in their personal mailbox.*

Elgin Location Office

Michele Reicks
Linda Moser
Ann Kurpgeweit
Becky Kerkman

402-843-2345

mreicks@cppnebraska.org
lmoser@cppnebraska.org
akurpgeweit@cppnebraska.org
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Petersburg Location Office

Jaci Hoefler jhoefler@archomaha.org 402-386-5580

Ewing Location Office

Helen Larson hlarson@cppnebraska.org 402-626-7605

Lent
BEGINS

St. Boniface Elgin

Financial Stewardship- St. Boniface- Elgin

Sunday (37 Env)	\$2,353.50
KC Respect Life	\$10.00
Home & Foreign Mission	\$100.00
Sunday Collection as of Fiscal Week 33	
Budgeted Total	\$148,823.40
Actual Total	\$163,572.50
Amount Ahead	\$14,749.10

St. Boniface, St. Bonaventure: Please Remember In Your Prayers: Jolene Lichty, Terry Dinslage, Dave Shrader, Chris Stargel, Matt Golden, John King, Janet Sorenson, Judy Stiemle, Vicky Kolterman, Infant Graham Sayers, Lucy Knievel, Gary Hamik, Juli Patrowsky, Marcia Redler, Al Schmid, Patricia Wilkinson, Aubree Lemke, Adam Kester, Helen Dvorak, Brenda Papstein, Buggs Henn, Tristian Dredge, Connie Jessen, Robbie Evans, Barbara Ann Ziegler, Marlene (Hoefler) Hughes, Larry DeMuth, Ron Saathoff, Al Haines, Geraldine Wardyn, Darrell Getzfred, Infant Paul Bell. **Parishioners:** Neil Childers, Marie Cheatum, Loretta Zegers, Donna Mackel, Juan Hoefler, Gloria Lordemann, Marin Schindler, Chris Baum, George Childers, Diane Kerkman, Phyllis Tharnish, Ann Beckman, Karen Eischeid, Bernadine Hoefler, Gene Heithoff, Infant Fallon Sue Heying. **Please let us know if name can be removed, 843-2345.**

ELGIN PRAYER LINE REQUESTS St. Boniface: Call Mary Jane Boes 402-843-2379/JoAnn Beckman 402-843-6287

SNOW AND ICE REMOVAL – Men’s Circles

Mon CIRCLE 1 Tues CIRCLE 2 Wed CIRCLE 3
Thur CIRCLE 4 Fri CIRCLE 5 Sat CIRCLE 6

SUNDAYS – ALL CIRCLES to make sure clear by Mass

This is for the walkways/steps/ramps as well as the drives and parking areas for every entrance of the Church, Office, Convent, Sister's Resident, and Gym *Please remember the rectory/office south and north steps, the entrance students use to Lunch Room on Northwest corner of church, and for the ramp door, where commodities are delivered.

****To reserve the St. Boniface Ministry Room in the convent, call the Elgin Parish Office at 402-843-2345.**



NEW ROSARIES!!!

Unique beads, all colors and styles!

We have something for all ages. New Pastels, Browns, Couples Rosaries (great for wedding gift), Sports Rosaries, PLUS all our traditional rosaries for First Communion, Confirmation, etc. Elgin Parish Office during office hours.

Friends of St. Boniface School

Spring Raffle

6 Prizes:

(Three) \$1,000 Mastercard Gift Cards
(Three) \$500 Mastercard Gift Cards

Only 250 tickets are being sold, for \$100 each. **If you are interested in buying a spring raffle ticket from a student, please do so prior to March 7.** Otherwise, you can also contact the committee: Michael & Gina Moser, Kyle & Cassie Childers, Matt & Kara Pelster, Jeremy & Jessie Hoefler, Scott & Stephanie Stuhr, or the school office at 402-843-5325. The drawing will be held March 24, 2023. Need not be present to win. Thank you for your continued support of St. Boniface School.

**Please let Auction Committee know
what you can consign/donate
by February 24**

**St. Boniface
spring Benefit
Auction
Saturday, March 18**



Our St. Boniface Spring Benefit Auction is coming up in only a month, on March 18. Auction envelopes are available in each pew and at entrances of St. Boniface Church, if you didn't get one from a previous bulletin.

Each household in the parish are encouraged to donate something.

Men's circle leaders will be calling you! Families may group together for larger items. Each committee of the parish is being asked to contribute something, from its members. Please let the Auction Committee know what you are giving. All items will be tagged with donor's name.

All items subject to committee's acceptance. Items can be picked up and stored. **Let's be creative!**

Please contact a committee member to let them know what you can give or consign:

Matt Beckman 843-6045

Luke Beckman 843-0598

Kara Shavlik 843-8816

Craig & Jessica Niewohner 843-2247

Travis Eischeid 843-6680

Macaib Hoefler 843-0133

Ross Schindler 843-0232

Michael Moser 843-0391

Ted & JoAnn Baum 843-8370

Jason Hoefler 843-8054

Shane Beckman 395-2173

Tyler Childers 843-0536

Jay & Kristen Evans 640-8622

Austin Mitchell 843-6443

Andy & Nicole Starman 380-2153

Every St. Boniface parish household is asked to consign or donate something, and to return your envelope by February 24 so the committee can get things organized.

THANK YOU!

St. Boniface Altar Society Meeting is scheduled for this Monday, February 20 at 7:00 pm.

The Magnificat

Another order will soon be placed for bulk subscriptions to the Magnificat. This prayer book contains the Mass readings, morning, evening and night prayer of the Church, along with daily info about the lives of the saints. Meditations each day are chosen to help us grow deeper in our spiritual journey. The cost has gone up to \$39. If it is ordered singly the cost is \$51. There are some sample copies in the back of church for you to take. **Please let Pam Dinslage know by February 24th if you wish to subscribe. Cell Phone: 402-929-0668.**

This Week in Our Parishes...

Day	Date	Time	Events
Sunday	February 19	6:00 pm	Taste of Italy with Fr. John at St. Dominic's Hall Ewing (adv. tickets only)
Mon/Tues/Thurs	Feb. 20-21-23	If necessary	SNOW/ICE REMOVAL prior to Basketball Subdistrict Tourney in St. Bon. Gym
Monday	February 20	6:30 pm	St. John's Deloit Rosary /Meditation (Note Time)
Monday	February 20	7:00 pm	St. John's Deloit Christian Mother's Meeting
Monday	February 20	7:00 pm	St. Boniface Altar Society Meeting in Convent
Tuesday	February 21	Noon	MARCH Calendar Items and Feb 26 Bulletin Deadline
Tuesday	February 21	-----	Cancelled KC Fat Tuesday Spaghetti Feed
Wednesday	February 21	9am-3pm	Pope John Hosts Bloodmobile at Elgin KC Hall
Wednesday	February 22	9:30 am	Bible Study at St. Dominic's Hall in Ewing
Wednesday	February 22	-----	NO Confessions at St. Boniface Church
Wednesday	February 22	-----	No PRE Classes at St. Mike's Albion (attend Ash Wed. Mass Albion 5:30 pm)
Friday	February 24	-----	Timeline for Auction Items/Donations to be submitted
Friday	February 24	3:00 pm	Grade School Stations at St. Boniface Church
Friday	February 24	7:00 pm	Stations of the Cross at St. John's Petersburg by Deacon John
Sat/Sun	Febr. 25-26	-----	Pennies from Heaven Containers at All Church Entrances



Masses this Week

Day	Date	Time	Location	Cele	Intentions
Monday	February 20	8:15 am	Elgin	DW	Communion Service
Tuesday	February 21	8:15 am	Elgin	JS	+Kenneth Krause (Not a School Mass)
Tuesday	February 21	8:30 am	Petersb.	JN	Special Intention
Wednesday	February 22	6:30 am	Deloit	JN	+Bernadine Walnofer Ash Wednesday
Wednesday	February 22	8:15 am	Elgin	JS	+Russell Mitchell by PJ 7 th Gr. (Rosary follows) Ash Wednesday
Wednesday	February 22	-----	Elgin	--	NO Confessions at St. Boniface Church
Wednesday	February 22	6:30 pm	Clearw.	JN	+Alvin, Irene, Joe & Karlene Moser Ash Wednesday
Wednesday	February 22	7:00 pm	Petersb.	JS	+Larry Henn Ash Wednesday
Thursday	February 23	8:30 am	Ewing	JN	+Jerome Starman <i>Stations follow</i>
Thursday	February 23	8:30 am	Raeville	JS	+Dick & Mona Veik
Friday	February 24	8:15 am	Elgin	JS	+LaVern & LuVerna Jochum & Linda Dinslage
Friday	February 24	8:30 am	Deloit	JN	+Tillie & Louie Zweiner <i>Stations follow</i>
Saturday	February 25	5:30 pm	Ewing	JN	+Bev Thrumer
Saturday	February 25	7:00 pm	Peters.	JS	+Donna Chavanu
Sunday	February 26	8:00 am	Raeville	JS	+Bob, Verna & Koreen Benda
Sunday	February 26	10:00 am	Elgin	JS	+Tony Schiltmeyer
Sunday	February 26	10:00 am	Clearw.	JN	+Arnold & Mary Ann Thiele
Sunday	February 26	11:30 am	Deloit	JN	For The People of Our Parishes

Our Six Parishes - New Mass Cancellation Policy For the safety of YOU, our parishioners:

If the School District in which your parish is located, has a late start or cancels school due to inclement weather, that day's Mass is cancelled at that church. The intention of those Masses will still be celebrated, but privately by the priest that day. You can find out if school is cancelled by going to the school's Facebook page, or on local radio or NCN news stations.

Procedure Refresher: For those who take care of the Pennies from Heaven monies collected each month at their parish, we have a refresher on the procedure on how to handle the money. Money should be placed in a separate numbered clear money bag, and both the bag and the tear strip should be marked with the following: **DATE, your PARISH name and PENNIES from HEAVEN.** The tear strip needs to be placed in the bag before sealed. The bag then needs to be sent along with the priest as is the regular collection. Thanks!



YOUR PARISH needs MONEY for UTILITIES!!! UTILITIES Collection - FEBRUARY 26th

This is a budgeted income for YOUR parish and if each envelope holder gives something, it would make a great impact!

It's a SCAM!!!!!! The texts are going around (again) by scammers using our pastor's name, asking for gift cards for cancer patients that seem very real. But they are not. The priests would never ask for gift cards.



Liturgical Schedule for Ash Wednesday, February 22, 2023

Weekend	Servers	Ushers	Greeters-Elg. Rosary Ldrs-Rae. Money – Petersb.	Gift Bearers	Lectors	Music	E.M.H.C.
Wednesday FEBRUARY 22 6:30 am St. John's DELOIT Ash Wednesday	Volunteers	Volunteers	-----	Volunteers	Volunteer	Follow Schedule	Volunteer
Wednesday FEBRUARY 22 8:15 am St. Boniface ELGIN Ash Wednesday	ASH WEDNESDAY All School Mass at St. Boniface Church						
Wednesday FEBRUARY 22 6:30 pm St. Theresa's CLEARWATER Ash Wednesday	Shaylie Kester Claire Kester	Joe Thiele Tom Thiele	-----	Jennie Schrage Family	Deb Schlecht	Follow Schedule	Jennifer Kester
Wednesday FEBRUARY 22 7:00 pm St. John's PETERSBURG Ash Wednesday	Katelyn Krohn Natalie Pelster	Gene Knust & Volunteer	Money: Jay Pelster Clyde Stuhr	-----	Anita Krohn	Volunteer	Deacon John Starman

Liturgical Schedule for Saturday-Sunday, February 25-26, 2023

Weekend	Servers	Ushers	Greeters-Elg. Rosary Ldrs-Rae. Money – Petersb.	Gift Bearers	Lectors	Music	E.M.H.C. *To the Homebound Prec. Blood only 1 st full weekend of mo.
Saturday FEBRUARY 25 5:30 pm St. Peter's EWING	Michael Koenig	Denis Bergstrom Aaron Hoke	-----	Mike & Tammy Summers	Kevin Koenig	Follow Schedule	Gina Koenig
Saturday FEBRUARY 25 7:00 pm St. John's PETERSBURG	Kaci Wies Karli Wies	Kevin Schumacher Dale Salber	Money: Clyde Stuhr Adam Wies	-----	Rod Stuhr	Guitar Group	Deacon John Starman To the Homebound: Rod Stuhr
Sunday FEBRUARY 26 8:00 am St. Bonaventure RAEVILLE	Samantha Stuhr Liam Pelster	Bryan Bode Jake Grundmayer	Rosary Leaders Fred & Mary Fangman	Eric & Jenna Lordemann Family	Brian Stuhr	Paul Kuhlman	Tami Schrage
Sunday FEBRUARY 26 10:00 am St. Boniface ELGIN	Brooke Kinney James Lodge	Phil Kluthe Bob Koenig Ryan Lodge Bill Mescher	Terry & Michele Reicks- W Jeff & Tracey Schindler- N & S	Joe & Lori Beckman	Cale Kinney	Mark Moser	Pastor, Deacon Dennis, To the Homebound: *Linda Kerkman *Tyler Childers
Sunday FEBRUARY 26 10:00 am St. Theresa's CLEARWATER	Kyah Bruhn Ruby Ahlers	Ron Thiele Jarod Bearinger	-----	Jerry & Sharon Stamp	Carol Kester	Follow Schedule	Koryn Koinzan
Sunday FEBRUARY 26 11:30 am St. John's DELOIT	Cecelia Mlnarik JB Mlnarik	Jason Schindler Chris Tagel	-----	Allen & Kelsi Schueth Family	Marilyn Sehi	Follow Schedule	Jeanette Kerkman

You are asked to please find a replacement if you cannot fulfil your ministry obligation.

**St. Peter's St. Theresa's
St. John's Deloit**

**Financial Stewardship
St. Peter's Ewing**

February 12: \$894.00
 Utilities: \$100.00 Building Fund \$100.00
 Black & Indian Mission: \$50.00
 Seminary: \$20.00 College Ministry: \$100.00

St. John's Deloit

February 12: \$876.00
 Seminary: \$20.00
 Home & Foreign Mission: \$20.00
 Respect Life: \$20.00

St. Theresa's

February 12: \$1,048.00
 Home & Foreign Mission: \$25.00

FOR ALL HAVING SPECIAL NEEDS

St. Peter's: Infant Nash Koenig, Bob Walnofer, Nicki Dougherty, Kathi Retwisch, Sister Joseph, Yvonne Duggan, Marie Vandernick. (To start prayerline, call Lavonne Sisson 402-626-7755).

St. John's: Darlene Schueth (To start prayer line, call Jeanne Knievel 402-929-0847).

St. Theresa's: Bob Mattini, Leo Starman, Nate Thiele and Adam Kester. (To start prayer line, call Teresa Kester 402-750-0262)

St. John's Deloit Christian Mothers Meeting will be held on Monday, February 20 at 7:00 pm.

***Rosary/Meditation will be at 6:30 pm ***

St. Peter's Christian Mother's meeting is scheduled for Friday, March 3 at 10:00 am at St. Dominics Hall, Ewing. We will be planning and hosting the April RNW Deanery meeting, bring lunch ideas and recipes.



Sons of Legion, Clearwater, will have their annual Fish Fry on Ash Wednesday, February 22nd from 5-8:00 pm. Serving: Fish, Coleslaw, Mac & Cheese, French Fries, Buns, Drinks. Free Will Donation and everyone is welcome.

St. John's Deloit

Men's Club GUN RAFFLE Winners:

Grady Higgins from Newman Grove

Brian Keegan from Neligh

Thanks to all who purchased tickets!

St. John's Petersburg

**Financial Stewardship
St. John's Petersburg**

February 11: \$2,137.00
 Utilities: \$20.00

Petersburg Prayer Line Requests for St. John the Baptist: Call Kathy Koch 402-386-5481 or Kelly Starman 402-386-5570.

**St. John's Snow Removal Schedule for February
Last Names R-Z (includes Cemetery)**

St. Bonaventure Raeville

**Financial Stewardship
St. Bonaventure Raeville**

Sunday Collection (17 Env.)	\$1,212.00
Sunday Collection as of Fiscal Week 33	
Budgeted Total	\$33,000.00
Actual Total	\$35,642.23
Amount Ahead	\$2,642.23



**St. Bonaventure Parish
"RAES OF SUNLIGHT"**

Goal: \$75,000.00

Amount received to date: \$66,784.00

St. Bonaventure's, to date is \$8,216.00 short of covering the Rae's of Sunshine window covering expense.



**St. Bonaventure Parish
Breakfast/Raffle**

Sunday, March 5, 2023

8:30 a.m. to Noon

Free Will Offering

Serving Pancakes, French Toast, Sausage, Ham, Dessert and Beverages



If you have not done so already, parishioners are asked to pick up your raffle tickets from church. Thank you for selling them. You may return any unused tickets to the church or JoAnn Mattner.

Anyone that donated a Christmas flower at St. Bonaventure Church may pick them up after church or during the week. They will be in the boy's sacristy. Plastic Bags are provided, so they don't freeze for you to transport home.

Prayer Line Requests at St. Bonaventure: Call Mary Ann Fangman 402-843-6129 or Dianne Scholl 402-386-5256.



Upcoming TEC Weekend

(Teens Encounter Christ)

March 18-20, 2023

at Glad Tidings, Bloomfield

Weekends are specifically designed for those currently juniors and seniors in high school to age 23. Retreat fee is \$75. FORMS are now available in the entrances of ALL our churches to register. **If you have questions, please contact Becky Kerkman at 843-6043.** This intergenerational movement helps youth transition into young adulthood. TEC draws participants into the heart of the Catholic faith: Christ's Paschal Mystery (His passion, death, and resurrection) lived out in the Church while also reflecting on the person of Christ and who He is in their lives, and experience meaningful relationships with others.

Raffle

St. Bonaventure Raffle tickets are available in the back of all churches. Please join us March 5th for our Breakfast and Raffle. Thank you for your support.



**LIVE
Lent
TOGETHER**

**Lent doesn't
have to be a
solo effort!**

Our parishes are offering "Live Lent Together"

Starting February 22

There are people thirsting for good news.....what if we invited them to a deeper encounter with Jesus?

Resources are being offered in our parishes to equip you to lead a small group of friends, family, neighbors or co-workers and break open God's Word. You can informally meet in a coffeeshop, your living room or man-cave, or even find an available room in your *parish.

Contact *Becky Kerkman* for more info. bkerkman@cppnebraska.org or 402-843-6043.

**Fat Tuesday
KC Spaghetti Feed
CANCELLED**

St. Boniface School Calendar Lottery Winners:

02-06-23	Chris Price	\$60.00
02-07-23	Cora Pelster	\$60.00
02-08-23	Pat & Ashley Stuhr	\$60.00
02-09-23	Denis & Janette Henn	\$60.00
02-10-23	Monica McMahon	\$60.00
02-11-23	Harlie Bode	\$60.00
02-12-23	Aubrey Starman	\$60.00
02-13-23	Ben & Jaime Hupp	\$60.00
02-14-23	Tom Eischeid	\$60.00
02-15-23	Morgan Henn	\$60.00
02-16-23	Tonya Kallhoff	\$60.00
02-17-23	Lydia Ryan	\$60.00
02-18-23	Ross Tegeler	\$60.00
02-19-23	Dave & Dee Hart	\$75.00



**Elgin Community Christian Church
Soup Luncheon**

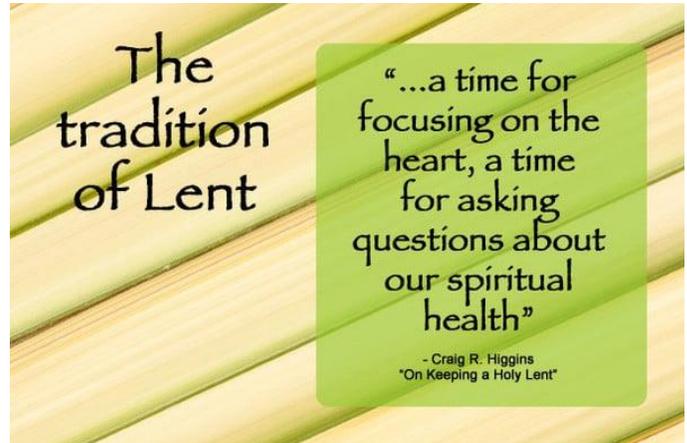
Sunday, Febr. 26

Fellowship Hall

(former Methodist Church, 110 N 4th St.)

11am – 2pm

Serving: Chili, Chicken Noodle Soups, Pies & Desserts. Free Will Donation.



Bible Study Videos Available

Want to get a group started?

St. Boniface/St. Bonaventure has the following Bible Study Videos that you may want to check-out to use, from the Elgin Parish Office.

The Mass (CD & DVD) 4 Sessions

Mary (DVD) 8 Sessions

Walk Through Eternity (CD & DVD) 8 Sessions

Unlocking the Mystery of the Bible (CD & DVD) 8 Sessions

Psalms (CD & DVD) 10 Sessions

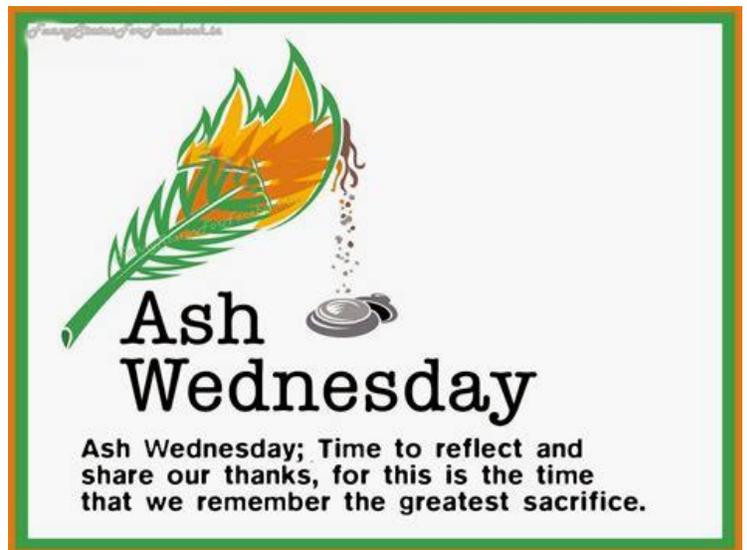
James (CD & DVD) 10 Sessions

Revelations (CD & DVD) 11 Sessions

Matthew (CD & DVD) 24 Sessions

Bible Timeline (CD & DVD) 26 Sessions

Unlocking the Mystery of the Bible (DVD) 8 Sessions



Lenten Offerings

Ash Wednesday February 22nd

- 6:30 am St. John's, Deloit (JN)
- 8:15 am St. Boniface, Elgin (JS)
- 6:30 pm St. Theresa's, Clearwater (JN)
- 7:00 pm St. John's, Petersburg (JS)

Modifications of schedule will be shown in bulletin

Stations of the Cross

Friday afternoons 3:00 pm (with St. Bon. Students)

- February 24 3:00 pm with Students (SBE)
- March 17 3:00 pm with Students (SBE)
- March 24 3:00 pm with Students (SBE)
- March 31 3:00 pm with Students (SBE)

Fridays Evenings 7:00 pm (SOUTHERN)

- February 24 St. John's, Petersburg (Dcn. John)
- March 3 St. Boniface, Elgin (Dcn. John)
- March 10 St. Boniface, Elgin (Dcn. Dennis)
- March 17 St. Bonaventure, Raeville (Dcn. Dennis)
- March 24 St. John's, Petersburg (Dcn. Dennis)
- March 31 St. Boniface, Elgin (Dcn. John)

Mornings following daily Mass, approx. 9:00 am (NORTHERN)

beginning first full week of Lent

- Wednesdays - St. Theresa's, Clearwater
- Thursdays - St. Peter's, Ewing
- Fridays - St. John's, Deloit

Parish Penance Services

- | | | |
|------------------|---------|-----------------------|
| Sunday, March 12 | 2:00 pm | St. Peter's, Ewing |
| Sunday, March 12 | 3:30 pm | St. Theresa's, Clw. |
| Sunday, March 26 | 2:00 pm | St. Michael's, Albion |
| Sunday, March 26 | 4:30 pm | St. Boniface, Elgin |

Individual Confessions

- Wednesdays 5- 5:30 pm St. Boniface, Elgin
and prior to Weekend
Masses



Holy Week / Easter 2023

Holy Thursday Mass of the Lord's Supper Thursday, April 6

- 7:00 pm St. Theresa's, Clearwater (JS)
- 7:00 pm St. Bonaventure, Raeville (JN)

Following the services adoration will be held at these churches.

Good Friday Celebration of the Lord's Passion Friday, April 7

- 3:00 pm St. John's, Deloit (JS)
- 7:00 pm St. Peter's, Ewing (JS)
- 7:00 pm St. John's, Petersburg (JN)

Easter Vigil Saturday, April 8

- 8:30 pm St. Theresa's, Clearwater (JN, JS)
- *There will be no confessions prior to Mass.*

Easter Sunday Masses Sunday, April 9

- 8:00 am St. John's, Petersburg (JN)
- 8:00 am St. Peter's, Ewing (JS)
- 10:00 am St. Boniface Elgin (JN)
- 10:00 am St. Theresa's, Clw (JS)
- 11:30 am St. Bonaventure's, Raeville (JN)
- 11:30 am St. John's, Deloit (JS)

**There will be no confessions prior to Mass.*

FISH FRYS-Catholic Parishes in Partnership by Parishes or KC's

Times and menus are listed in the weekly bulletin, in addition to other area Fish Frys.

Fat Tuesday Spaghetti Feed Cancelled

Friday, Mar. 3 - Elgin KC's

Friday, Mar. 24 - St. John's, Deloit

Friday, March 31 - Elgin Men's Charitable Organization at Elgin KC Hall
for benefit of Elgin K of C

Fasting Regulations:

Fasting - Those between the ages of 18 and 59 are to fast on Ash Wednesday and Good Friday. This consists of 1 full meal and 2 smaller meals during the day, without snacks. If one cannot for health reasons, they are exempt.

Abstinence from Meat - Those age 14 and older are required to not eat meat on Ash Wednesday, Good Friday, and all Fridays of Lent.