

溫哥華天主教聖方濟堂

St. Francis Xavier Parish

ASH 聖灰禮儀 WEDNESDAY

FEB 14, 2024 (WEDNESDAY)
2024年2月14日 (星期三)

9:05 am	English School Mass with distribution of ashes 學校英語彌撒及聖灰禮儀，彌撒中舉行施放聖灰
7:00 pm	Communal Penitential Rite 團體修和聖事
8:00 pm	Chinese Mass with distribution of ashes 中文彌撒及聖灰禮儀，彌撒中舉行祝福及施放聖灰

Fasting

For members of the Catholic Church, the norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Catholic Church from age 14 onwards.

守齋

當日教友須按教會規定守大、小齋。
所有十四歲以上的教友須守小齋，即當天應放棄取用熱血動物的肉類食品。所有十八至五十九歲的教友須守大齋，即除了放棄取用熱血動物的肉類食品外，當天只可以飽食一餐，其餘時間只可飲用流質飲品，但不能進食其他食物。(藥物除外)

