



# Cathedral Basilica of Our Lady of Peace

Cathedral of the Honolulu Diocese • Founded 1843 • National Historic Register

## Ash Wednesday and the Season of Lent

March 5, 2025

Beloved Pilgrims of Hope,

Greetings of peace, love, joy and hope!

The Season of Lent is upon us. Please make time to come to Mass on Ash Wednesday, as we officially start our Lenten Journey. The blessing and imposition of ashes will be given in all three Masses here at the Cathedral Basilica of Our Lady of Peace. The Scheduled Masses are 6:30 AM and Noon, which are the regular Mass times, with Bishop Larry presiding at the Noon Mass and an additional Mass at 6:00 PM.

Dioceses in the United States indicate that Catholics aged 18 to 59 are required to fast on both Ash Wednesday and Good Friday. Fasting means consuming no more than one full meal per day, although smaller quantities of food at other customary mealtimes are permitted. Food and drink between meals (except for water and medicine) are not allowed on fast days.

Abstinence from meat is required for individuals aged 14 and older, observed on Ash Wednesday, Good Friday, and every Friday during Lent. To abstain means to refrain from eating beef, veal, pork, or poultry; however, eggs, dairy products, and condiments made from animal fat are allowed. The consumption of fish and shellfish is permitted.

Let us also remember that almsgiving is an essential practice during the Season of Lent. It involves doing acts of charity, especially for those who are most materially in need. You can join our Outreach Ministry or donate food and clothing to support our brothers and sisters. Ron Gochenouer, our Outreach Ministry coordinator, and his team carry out their mission every Saturday at our former Cathedral Academy on Nuuanu Street.

This Season of Grace ushers us into the spirit of conversion, repentance, and reconciliation as we recall the Lord's sacrifices for the expiation of our sins. Let us make every effort to renew our lives and offer goodness to others, our family, and all those who are in need, especially the poor and the oppressed. Have a blessed Lenten Journey!

Your fellow pilgrim in hope,

Fr. Pascual