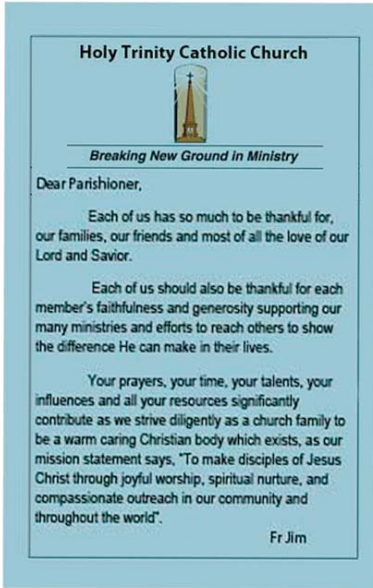


# FRED F. WALTZ COMPANY, INC.

## Welcome To Our Mailing Program

### Growth of 1% to 3% in "Financial Stewardship"

with regular communication inserted in mailed sets that stimulate members' participation and support. This also reduces church postal expense and staff time to prepare and mail. There are three options:



"Size" and "Fold" of 5 1/2" x 8 1/2" Newsletter makes excellent presentation with mailed sets

### Preprinted Lenten Card

Front

MARCH						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

**Lenten Regulations for 2011**  
**Ash Wednesday and Good Friday:** Days of Fast and Abstinence. Limit of one full meal on these days for all who have completed their 18th year and have not reached their 60th year.

**Days of Abstinence: (All Fridays in Lent),** For all who have completed their 14th year.

APRIL						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

**Week Days of Lent:** There is no obligation to fast. However, voluntary acts of self-denial are recommended.

**Easter Duty Obligations.** Must be made from the first Sunday in Lent (March 13th) through Trinity Sunday (June 19th) (OVER)

Back

**VOLUNTARY SELF DENIAL:** May include, in addition to fasting, participation in daily Mass, spiritual studies, Lenten Devotions, Stations of the Cross, saying the Rosary, deeds of mercy and kindness.

**VIGILS and EMBERS DAYS:** While there is no longer an obligation for fast or abstinence on "vigil days", Catholics are expected to practice self denial on a voluntary basis. Vigils have been traditionally marked as a day of penance before a Feast such as Christmas and Easter, while Ember Days came four times a year and date from the fifth century, probably as Christian replacements for seasonal festivals of agrarian cults.

*Teach us, good Lord, to serve Thee as Thou deservest:  
 To give and not to count the cost;  
 To fight and not to heed the wounds;  
 To toil and not to seek for rest;  
 To labor and not ask for a reward  
 Save that of knowing that we do Thy will.  
 St. Ignatius Loyola*

### Custom Card

Front

Customize to your specifications

Back

Options to print on both sides