

Lenten Regulations **Suggested by the Diocese**

Abstinence-Catholics 14 and over are bound to abstain totally from meat on Ash Wednesday, all Fridays of Lent and Good Friday.

Fasting- Catholics between 18 and 59 year are also bound to observe the Law of Fast on the following days: Ash Wednesday and Good Friday. This practice involves limiting oneself to a single full meal and avoiding food between meals. Light sustenance may be taken on two occasions during the day.

Easter Duty-After any Catholic has been initiated into the Most Holy Eucharist, all the faithful are bound by the obligation of receiving Communion at least once a year. This precept must be fulfilled during the Easter season, unless for a good reason it is fulfilled at another time during the year. This obligation may be fulfilled between February 26 (First Sunday in Lent) and June 3 (Trinity Sunday).

The following should also be noted:

Reconciliation: Catholics are bound by an obligation to confess serious sins at least once a year(Canon989). Other Fridays of the year: Catholics should be reminded that all other Fridays of the year remain as days of penance and in prayerful remembrance of the Passion of Jesus.

Obligation: The obligation which we have as members of the Church to do penance is a serious one. Furthermore, the obligation to observe, as a whole or “substantially”, the penitential days specified by the Church is a serious one. While no one should hold himself lightly excused, one should not become unduly scrupulous. Failure to observe individual days of penance is less serious than the failure to observe any penitential days at all or a substantial number of such days.

An Invitation: In the name of peace, and in union with the Bishops of our country, the Faithful of this Diocese are invited to add voluntary fasting to the practice of penance during the Fridays of the year. Together with works of charity and service toward our neighbors, this practice would become a sign of our commitment to conversion, reconciliation and peace. (The Challenge of Peace, Art 298).