

# Lenten regulations:

The season of Lent begins this year on Ash Wednesday, March 6<sup>th</sup> and concludes when the Paschal Triduum of the passion, death and resurrection of the Lord begins prior to the start of the Evening Mass of the Lord's Supper on Holy Thursday evening, April 18<sup>th</sup>.

The following regulations are promulgated and binding for all Latin Rite Catholics in the Diocese of Erie for Lent and the Paschal Triduum, 2009. Eastern Rite Catholics who may be attending Latin Rite parishes have their own proper regulations and should consult their own eparchy or parish.

1. Traditional Lenten practices of PRAYER, FASTING and ALMSGIVING and other forms of self-denial are recommended most warmly by the Church.

2. The faithful observance of Lent should manifest itself especially in the imitation of Christ in daily life and in the readiness to sacrifice time and talent whenever possible in personal, parish and community efforts on behalf of those in spiritual or material need. The spiritual hunger of the unchurched locally and in mission lands can be the focus of prayer and charitable giving.

3. ASH WEDNESDAY and GOOD FRIDAY are days of abstinence from meat for those 14 years of age and older. They are also days of fasting for those ages 18 to 59 inclusive.

4. ALL FRIDAYS IN LENT are days of abstinence from meat for those 14 years of age and older. In their planning for observances, organizations and individuals are requested to offer meatless alternatives for Catholics in attendance.

5. ALL FRIDAYS THROUGHOUT THE YEAR (except solemnities) outside of Lent remain days of penance. The United States bishops highly recommend the traditional abstinence from meat, together with fasting, for the cause of peace in the world. However, some other practice of voluntary self-denial or personal penance may be substituted.

