



LENTEN "REGULATIONS"

The season of Lent begins this week on Ash Wednesday. Lent is the traditional period of sacrifice in the Catholic Church. Over the years the Church has become more and more lenient in what is asked of us. The following "regulations" now apply:

Abstinence: Everyone fourteen years of age and older is bound to abstain from meat on **Ash Wednesday**, all **Fridays** of Lent and **Good Friday**.

Fast: Everyone eighteen years of age and older but under the age of sixty is also bound to fast on **Ash Wednesday** and **Good Friday**. On these two days, the law of fast allows only one full meal a day, but does not prohibit taking some food during the day, so long as this does not constitute another full meal. Drinking liquids during the day is permitted.

When health or ability to work would be seriously affected, the law does not oblige. In doubt concerning fast or abstinence, a member of the clergy should be consulted. In the spirit of penance, the faithful should not lightly excuse themselves from this obligation.

In addition, all are urged to a more fervent way of life. We might go to daily Mass if this is possible - we have added a daily Mass at 12:10 p.m. to encourage this practice. We can make more personal sacrifices, such as saying the Stations of the Cross after Mass or saying the Rosary. All of these, when united to the suffering of Our Lord Jesus Christ are of great spiritual value.