



## DIocese OF OGDENSBURG

### Office of the Bishop

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### **LENTEN REGULATIONS 2018**

*February 14, 2018 is Ash Wednesday, which marks the beginning of the Season of Lent.*

#### **ABSTINENCE**

All Catholics who have reached their 14<sup>th</sup> birthday are bound to abstain totally from meat on the following days: **Ash Wednesday, Fridays of Lent, & Good Friday. It is particularly important to be mindful of this obligation with the occurrence of St. Valentine's Day on Ash Wednesday, as well as the proximity of St. Patrick's Day to the Friday of the Fourth Week of Lent.**

#### **FASTING**

All Catholics between the ages of 18 and 59 are bound also to observe the Law of Fast on the following days: **Ash Wednesday (February 14) and Good Friday (March 30)**. Fasting, that is, eating less, involves limiting oneself to a single full meal and avoiding food between meals. Lighter nourishment may be taken on two other occasions in the course of the day. **It is important to be mindful of this obligation on Ash Wednesday when St. Valentine's Day celebrations may be highly publicized.**

#### **PRAYER & PENANCE**

The entire season of Lent should be observed in a spirit of prayer and penance. Spending extra time in prayer or Bible study, attending daily Mass, voluntary sacrifice and self-denial, combined with works of charity and service to others, are all excellent ways to obey the Lord's command to reform our lives and to prepare for the joyful celebration of Easter. **Parishes are highly encouraged to offer periods of Eucharistic Adoration during the Lenten Season, as well as, the traditional devotions of the Stations of the Cross and the recitation of the Rosary.**

#### **SACRAMENT OF PENANCE**

Bishop LaValley encourages parishes throughout the Diocese to join Pope Francis in the **"24 hours for the Lord"** initiative from **Friday, March 9 through Saturday, March 10** offering an opportunity for **Eucharistic Adoration** and the **Sacrament of Penance**. In addition, other occasions for the Sacrament of Penance should be made available during the Lenten Season and the Sacred Triduum.

## **EASTER DUTY**

All Catholics who have reached the age of reason must confess their serious sins in the Sacrament of Penance at least once a year. They must also receive Holy Communion at least once each year between the **First Sunday of Lent (February 18)** and **Trinity Sunday (May 27)**.

## **MARRIAGE**

Although other seasons are more suitable, the celebration of marriage and the Nuptial Mass are not forbidden during Lent, according to *The Code of Canon Law*. When liturgical rules permit, the Ritual Mass for the Celebration of Marriage may be used and the nuptial blessing may be given. However, you should advise the spouses and their guests to exercise proper restraint in accord with the penitential character of Lent.

## **OBLIGATION**

All Christ's faithful are obliged by divine law to do penance. The days set aside for fast and abstinence in Lent are special ways of doing penance and are an expression of unity for all the Church.

## **CHRISM MASS**

A reminder that this year's Chrism Mass will be celebrated on **Thursday, March 22nd at 11:00 am** at St. Mary's Cathedral in Ogdensburg. Details pertaining to this event will be forthcoming.

## **FUNERALS DURING THE SACRED TRIDUUM**

On Holy Thursday, Good Friday, and Holy Saturday, Funeral Masses may not be celebrated. However, a Funeral Service consisting of the Liturgy of the Word and the Final Commendation may be held in Church.

*Please bring these Lenten Regulations to the attention of your people by publishing them in the bulletin and by reminders in oral announcements. Thank You!*

January 26, 2018

