



DIocese OF OGDENSBURG

Episcopal Vicar for Worship & Priestly Formation

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LENTEN REGULATIONS 2012

February 22, 2012 is Ash Wednesday, which marks the beginning of the Season of Lent.

ABSTINENCE: All Catholics who have reached their 14th birthday are bound to abstain totally from meat on the following days: **Ash Wednesday, all Fridays of Lent, & Good Friday.**

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 (Feb. 22) and Good Friday (April 6).** 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.

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.*

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 during the Easter season, which this year extends from February 26th, the First Sunday of Lent, until Trinity Sunday, June 3rd.

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.

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 3, 2012