

Moveable Fasting-Days.

All *Fridays*, except from *Christmas-Day* till after the Octave of *Epiphany*, and between *Easter* and *Whitsun-Eve*, and those on which a Festival of Obligation falls, unless it be in *Lent* or *Ember-Week*.

Ember-Days four Times in the Year, viz. *Wednesday*, *Friday*, and *Saturday*.

1. Next after the *First Sunday of Lent*.
2. In *Whitsun-Week*.
3. Next after the Fourteenth of *September*, being the *Exaltation* of the *Cross*.
4. Next after the Thirteenth of *December*, being *St. Lucy's Day*.

Days of Abstinence from FLESH, tho'
not F A S T S.

The *Fridays* above excepted from Fasts.

All *Saturdays*, except those in *Lent*, and those on which *Eves* and *Ember-Days* fall.

All *Sundays* in *Lent*.

The three *Rogation-Days*; viz. *Monday*, *Tuesday*, and *Wednesday* before *Ascension-Day*.

St. Mark's Day, out of the Diocese of *Canterbury*, except it falls in *Easter-Week*.

If *Christmas-Day* falls on *Friday* or *Saturday*, it is not kept with Abstinence from Flesh.

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