

5th. Fish and flesh meat may not be used at any one meal, whether on Sundays or week days within the Lent.

6th. Pastors are required to hold in their respective churches, at least twice in the week during Lent, devotions and instructions suited to the holy season, and they should earnestly exhort their people to attend these public devotions. They are hereby authorized to give on these occasions Benediction of the Blessed Sacrament. Besides the public devotions, family prayers, especially the holy Rosary of the Blessed Virgin, should be recited in every household of the diocese.

7th. The time for making the Easter Communion dates from Ash Wednesday and terminates on Trinity Sunday.

The grace of our Lord Jesus Christ, and the charity of God, and the communication of the Holy Ghost, be with you all. (II Cor., c. 13, v. 13.)

This pastoral shall be read in all the churches of the Archdiocese, and at chapter in our religious communities on the first Sunday after its reception; or if found too long for one Sunday, its reading may be continued on the following Sunday.

Given at St. Michael's Palace, Toronto, on the 15th of February, A.D. 1898.

† JOHN WALSH,
Archbishop of Toronto.

By order of His Grace.

JAMES WALSH, Secretary.