

# LENTEN REGULATIONS.

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We give the following practical directions for the observance of this year's Lent in the Vicariate :

I. All the days of Lent, sundays excepted, are days of fast and abstinence for all persons that come under the fasting laws.

II. According to the tenor of an indult granted to the Vicariate on the 14th of January 1885, flesh meat is to be abstained from during Lent :

1. Every Wednesday and every Friday ;
2. The Saturday of Ember week and Holy Saturday
3. The use of flesh meat is allowed at all the meals on all Sundays, Palm Sunday included, and for all who are obliged to fast, once each day, at the principal meal, on *Monday, Tuesdays, Thursdays* and *Saturdays*, except, as above mentioned, Ember Saturday and Holy Saturday.

III. Custom permits :

1. On the morning of fast days, a few mouthfuls of bread with a cup of tea, coffee, chocolate or other beverage (except milk);

2. In the evening, a slight collation of about a quarter of an ordinary meal, and at this collation butter, eggs and cheese may be used ;

3. On the evenings of those fast-days, on which flesh meat is allowed at the principal meal, the use of even fat soup that remains over from dinner. (This permission extends to all sorts of persons.

IV. By virtue of an indult granted to all the ecclesiastical Province, on the 2nd of March 1873, it is permitted on days of abstinence to prepare any kind of meagre food and soup with the fat of pork, beef, mutton, and other animals.

V. It is forbidden to use fish (oysters included) and flesh meat at the same meal.

VI. The Church exempts from the law of fasting the following persons :

1. All who have not yet reached twenty-one years of age. Although the Church exempts from the obligation of fasting, the persons who have not yet reached this age, however she exhorts them to mortify themselves and master their passions by fasting and prayer ;

2. The sick, the infirm, the convalescent ;

3. Those who are obliged to hard work, which they could not perform if they fasted. In case of a doubt the persons of the two last categories, should consult a conscientious physician or their confessor ;

4. Aged persons ;

5. Women bearing or nursing children ;

6. All those whose health would be seriously impaired by fasting.

VII. All who are exempted by any legitimate cause from fasting may use flesh meat as often as they like on the days when those who are bound to fast, are allowed it at a single meal. We exhort them to satisfy the divine justice for their sins by prayer and alms-giving. For this end, we counsel them to recite each day five "Our Fathers" and five "Hail Marys" in honor of the five wounds of Our Lord Jesus-Christ, and to give something to the poor.

Pembroke, 27th February 1886.

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