

# FESTIVALS, FAST DAYS, ETC.

## FESTIVALS OF OBLIGATION THROUGHOUT THE ARCHDIOCESE OF TORONTO

All Sundays in the year.

The Circumcision of our Lord, JANUARY 1st.

The Epiphany of our Lord, JANUARY 6th.

The Ascension of our Lord.

All-Saints' Day, NOVEMBER 1st.

The Immaculate Conception of the Blessed Virgin Mary, 8th of  
DECEMBER.

Christmas Day, DECEMBER 25th.

## FAST DAYS OF OBLIGATION IN THE PROVINCE AS REGULATED BY VARIOUS INDULTS GRANTED BY THE HOLY SEE

1st. The Ember days, or the Wednesdays, Fridays, and Saturdays immediately following in the same week the first Sunday of Lent, Whit Sunday, the 14th September, and the 13th December.

2nd. Every day in Lent, except Sundays.

3rd. Every Wednesday and Friday in Advent.

4th. The Vigils of Christmas Day, of Whit Sunday, of the Assumption of the B. V. Mary, and of All-Saints' Day.

N.B.—If any of these feasts happen to fall on a Monday, the fast and vigil are to be kept on the preceding Saturday. The Assumption being solemnized always on the first Sunday of the Octave, the fast is kept on the Saturday preceding the solemnity.

## DAYS OF ABSTINENCE FROM FLESH MEAT ACCORDING TO THE INDULTS ABOVE MENTIONED

1st. The Ember days.

2nd. Every Friday in the year except it be Christmas day.

3rd. The Vigils, on which a fast is commanded.

4th. Every Wednesday and Friday of Lent, Ember Saturday and Holy Saturday.

5th. Every Wednesday and Friday in Advent.

By the same Indults the Holy See *allows* the use of flesh meat:

1st. On all the Sundays of Lent.

2nd. On all the Mondays, Tuesdays, Thursdays and Saturdays of Lent, except Ember Saturday and Holy Saturday, but under the conditions that flesh meat be used at one meal only, and forbidding to make use of fish with flesh at the same meal.

The solemnisation of marriage is forbidden from the first Sunday of Advent till the Epiphany inclusively, and from Ash Wednesday till Low Sunday, also inclusively.