

FEASTS OF OBLIGATION.

ECCLIASTICAL PROVINCES OF QUEBEC AND MONTREAL.

(For the province of Ottawa, see further on)

FEASTS OF OBLIGATION.

- All Sundays in the year.
- The Circumcision of Our Lord, January 1st.
- The Epiphany of Our Lord, January 6th.
- The Annunciation of the Blessed Virgin Mary, March 25th. *When this festival is transferred to any other day than the 25th March, it ceases to be of obligation.*
- The Ascension of Our Lord.
- Corpus Christi.
- St. Peter and St. Paul, June 29th.
- All-Saints' Day, November 1st.
- The Immaculate Conception of the B. V. M., December 8th.
- Christmas Day, December 25th.

SOLEMNITIES TRANSFERRED TO THE SUNDAY.

- The feast of the Patron or Titular of parochial churches.
- The Purification of the Blessed Virgin, February 2nd.
- Saint Joseph, March 19th.
- Saint John-Baptist, June 24th.
- Saint Ann, July 26th.
- The Assumption of the Blessed Virgin, August 15th.
- The Nativity of the Blessed Virgin, September 8th.
- Saint Michael, September 29th.

FAST DAYS OF OBLIGATION.

- The Ember days (Wednesday, Friday and Saturday).
- Every day in Lent, except Sundays.
- Every Wednesday and Friday in Advent.
- The Vigils of Christmas Day, of Whit Sunday, of St. Peter and St. Paul, and of the solemnity of the Assumption of the B. V. Mary, and of All-Saints Day.

DAYS OF ABSTINENCE FROM FLESH MEAT.

- 1st. The Ember days.
- 2d. Every Friday in the year except it be Christmas day.
- 3d. The Vigils, on which a fast is commanded.
- 4th. Ash Wednesday and the three following days.
- 5th. Every Wednesday, Friday and Saturday, of the first five weeks of Lent.
- 6th. Palm Sunday and the six days of Holy Week.
- 7th. Every Wednesday and Friday in Advent.

N. B.—A. On those days of Lent, on which flesh meat is allowed, it can be made use of at one meal only, but the use of fish and flesh is forbidden at the same meal.

B. Every day of abstinence during the year, it is allowed to prepare food with grease or lard, that is, to substitute these for butter or oil, in frying, cooking or preparing fast meals.

C. On all fast days we may, in the morning, take about two ounces of bread with a little tea, coffee, chocolate or other beverage.