

In conclusion, dearly beloved brethren, let us earnestly exhort you to spend this holy and penitential season of Lent, in accordance with the spirit and requirements of the Church.

Let all perform their Easter duty by worthily receiving the Sacrament of Penance and the Blessed Eucharist, as we are commanded to do by the Church, under the gravest penalties! Let us sincerely repent of our sins, bemoaning them in the bitterness of our souls; let our cry ascend daily to God for mercy and forgiveness, beseeching him to look upon the face of His Christ, and for the sake of His bitter passion and death to have compassion on us whom He has redeemed in His precious blood. Let family prayers and the Rosary be punctually said in every household; let the public devotions of the Church be faithfully attended; let the passion and death of Christ be the subject of frequent thought and reflection; and in this way we shall spend Lent in a manner pleasing to God, and fruitful in blessings to ourselves; and we shall emerge from the gloom of Lent into Easter joys, happy in the consciousness of having honestly endeavored to promote God's glory, and the salvation of our souls.

The following are the Lenten regulations to be observed in this diocese.

1st. All days of Lent, Sundays excepted, are fast days.

2nd. By a special indult from the Holy See, A. D. 1884, meat is allowed on Sundays at every meal, and at one meal on Mondays, Tuesdays, Thursdays and Saturdays, except the Saturday of Ember Week and Holy Saturday.

3rd. The use of flesh and fish at the same time is not allowed in Lent.

The following persons are exempted from abstinence, viz.:—Children under seven years; and from fasting, persons under twenty-one; and from either or both, those who, on account of ill-health, advanced age, hard labors, or some other legitimate cause, cannot observe the law.

Lard may be used in preparing fasting food during the season of Lent, as also on all days of abstinence throughout the year by those who cannot easily procure butter.