

FASTING DAYS.

1°. All the days in Lent, except Sundays.

2°. The Ember-days, *or*,

The Wednesdays, Fridays, *and* Saturdays
next following,

The first Sunday of Lent.

Whit-Sunday.

The Exaltation of the Holy Cross,

And the third Sunday of Advent.

3°. The following Eves *or* Vigils,

Of Christmas-day.

Of Whit-Sunday.

Of St. John Baptist.

Of S. S. Peter *and* Paul.

Of St. Lawrence.

Of the Assumption of the B. V. M.

Of St. Matthew.

Of S. S. Simon *and* Jude.

Of All Saints.

Of St. Andrew.

N. B.—If any of these Eves fall upon a
Sunday, the fast day is to be kept upon the
Saturday before.

When the solemnity of a feast is translated
to the Sunday, the fast day is kept on
the Saturday, the eve of that feast.

If the feast fall on Saturday, the fast day
is kept on Friday.

Days of Abstinence from flesh meat,
though not fasts.

1. All Sundays in Lent.

2. St. Mark's day, unless it falls in Easter-
week.

3. Rogation-days, being the three days be-
fore Ascension-day.