

USEFUL TABLES.

First Sunday in Lent,—immediately after the 14th of September after the Third Sunday of

MAIN FEASTS; viz., of Whit-tion, of All-Saints, and of

g-day falls upon a Sunday, it before. To fast consists in eat, and eating only one full must not be before noon. or light refreshment is al- All who have completed their lged to observe the fasts of ge of sixty, unless exempted ee.

ed dioceses of New Orleans, Friday of the Ember-days is ent on which there is an ob-

Abstinence.

ENT. pt when Christmas falls upon

cept those Saturdays which of December and the 2d of Dispensation, however, to eat rdays "not restricted by a his Holiness Pope Gregory he United States for the space 140.

stinence is that on which we ash-meat. All who have at- ason are obliged to observe

USEFUL TABLES.

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The Ordinary Prayers.

The Prayers, &c., of most necessary and common use will be found as follows:

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