

Now, Beloved Brethren of the laity, it behooves you to console your worthy Pastors in their arduous mission, by your fidelity to your religious duties, by frequently approaching the sacraments of Penance and Holy Eucharist, by hearing Mass as often as your circumstances will permit; by retirement from the world, by withdrawing from company, by alms deeds, by giving more time to prayer, meditation, pious reading, in a word by the sanctity and holiness of your lives. Let profane swearing, the degrading vice of drunkenness, and the shameful passion of impurity be banished for ever, from among the Catholics of this Diocese. Let peace and charity reign among all the members of the great Christian family. Let parents carefully watch over those committed to their charge, instructing them, setting them good example, and bringing them up in the fear of God. Let children be more obedient and respectful to those, to whom, under God, they owe everything. Let those advanced in years, atone for the misdeeds of their youth, by spending their remaining days in the practice of a penitential life. Let the young remember the warning of the Holy Ghost: "My son give me thy heart," and that they have been placed on this earth solely to serve, to obey and to love their Creator. Let women keep up the honor of their sex by their piety and fervor, by discretion in speech, by mildness of temper, and by modesty in dress and behaviour. Let men be more punctual in their religious duties, more guarded in their discourses, more just in their dealings, and more free from the excesses of intemperance. In a word, let all Catholics in whatever situation Providence may have placed them, consider that Lent ought to be for all, days of prayer and penance, days of grace and salvation.

With a view to carry out the spirit of penance, which is the characteristic of this holy season, the following regulations are yearly published for the Catholics of the Diocese of Sandwich:

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

2d. In virtue of a special Indult of the Holy See, we are to abstain from the use of flesh meat, 1st, on Ash Wednesday and the three following days; 2d, on the Wednesdays, Fridays and Saturdays in Lent; 3d, on Palm Sunday and the six other days of Holy Week.

3d. The same Indult allows the use of flesh meat at all meals, on every Sunday in Lent, and at the one meal only of the Mondays, Tuesdays and Thursdays of the five first weeks.

4th. The use of flesh and fish at the same time is not allowed in Lent.

Are exempted from abstinence, 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.

The season within which all who have attained the proper age, are obliged to make the Paschal Communion, commences on Ash Wednesday and terminates on Trinity Sunday.

Clergymen will do well during Lent, to appoint in their respective congregations, some spiritual exercises and instructions, once or twice in the week, inviting their people to attend. They are hereby authorized to give, on those occasions, the Benediction of the Blessed Sacrament.

This Circular is appointed to be read in all the Churches and Chapels of the Diocese of Sandwich, at the earliest opportunity of each Missionary.

Given in Sandwich, on the 23d day of February, Feast of St. Peter Damian, A. D., 1867.

J. M. BRUYERE, V. G.

Administrator of the Diocese of Sandwich.