

Archdiocese of Newark

OFFICE OF THE VICAR GENERAL & MODERATOR OF THE CURIA

Entering the
Third Millennium,
proclaiming in faith and love
the mission of
Christ the Redeemer!

ARCHDIOCESE OF NEWARK

2017 LENTEN REGULATIONS

1. The days of both Fast and Abstinence during Lent are Ash Wednesday and Good Friday. If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus, and to prepare ourselves to share more fully and to celebrate more readily His Resurrection. The other Fridays of Lent are days of Abstinence.

On a day of Fast, only one (1) full meal is permitted, **and two (2) smaller meals, which, if added together, would not exceed the main meal in quantity.**

Those between the ages of 18 and 59 are obliged to fast.

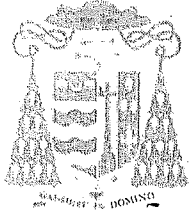
On a day of Abstinence, no meat may be eaten. Those who have reached the age of 14 are obliged by the law of abstinence.

2. The obligation to observe the laws of Fast and Abstinence "substantially", or as a whole, is a serious obligation.
3. The Fridays of the year, outside of Lent, are designated as days of penance, but each individual may substitute for the traditional abstinence from meat some other practice of voluntary self-denial as penance.
4. The time for fulfilling the Paschal Precept (Easter Duty*) extends from the **First Sunday of Lent, March 5, 2017** to **The Solemnity of the Most Holy Trinity, June 11, 2017.**

*Canon 920, §1. *All the faithful, after they have been initiated into the Most Holy Eucharist, are bound by the obligation of receiving Communion at least once a year.*

ARCHDIOCESAN CENTER

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Archdiocese of Newark

OFFICE OF THE ARCHBISHOP

February, 23, 2017

My Dear Brothers and Sisters in Christ,

This year, the celebration of the Feast of St. Patrick -- March 17, 2017 -- falls on the Friday of the Second Week of Lent.

After due consideration of a number of requests, I dispense the people of the Archdiocese of Newark from the obligation to abstain from meat on Friday, March 17, 2017.

I remind Catholics who avail themselves of this dispensation that the Church highly encourages you to substitute some other act of penance, such as special prayer, acts of piety or works of charity on March 17th.

Please share this information with all in your parish and school communities. I also encourage you to take advantage of the opportunity to remind your communities of the Lenten Regulations, a copy of which is attached.

Sincerely in Christ the Redeemer,

Cardinal Joseph W. Tobin, C.Ss.R.
Archbishop of Newark

Archdiocesan Center