




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!

MEMORANDUM

TO: Pastors and Administrators

FROM: Reverend Monsignor John E. Doran
Vicar General, Moderator and Chancellor 

DATE: January 15, 2010

RE: **LENTEN REGULATIONS**

Lent is the time for the faithful to be “ever more attentive to the word of God and prayer, to prepare themselves by penance for the renewal of their baptismal promises” at Easter (cf. *Paschalis Solemnitatis*, 6). The virtue and practice of penance is a necessary part of the preparation for Easter. Penitential practices such as fasting and abstinence are to be encouraged by the Church.

You are asked to publish the attached *Archdiocesan Lenten Regulations* in your parish bulletin on **Sunday, February 14, 2010** prior to Ash Wednesday, February 17, 2010.

The Code of Canon Law allows the pastor to dispense in individual cases from eating meat on Friday during the Lenten Season. Please advise your parishioners to contact you regarding any questions concerning eating meat on a Friday.

Thank you.

Attachment

ARCHDIOCESAN CENTER

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2010 LENTEN REGULATIONS

1. The days of both Fast and Abstinence during Lent are Ash Wednesday and Good Friday. The other Fridays of Lent are days of Abstinence.

On a day of Fast, only one (1) full meal is permitted. 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, February 21, 2010 to the Solemnity of the Holy Trinity, May 30, 2010.**

**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.*