

# Lenten practices and regulations

The season of Lent begins this year on Ash Wednesday, March 1, and concludes with the start of the Paschal Triduum, which begins with the evening Mass of the Lord's Supper on Holy Thursday, April 13.

Traditional Lenten practices of prayer, fasting and almsgiving and other forms of self-denial are recommended by the church. Daily Mass is particularly encouraged.

## Lenten observances:

■ **ASH WEDNESDAY, ALL FRIDAYS IN LENT** and **GOOD FRIDAY** are days of abstinence from meat for those 14 years of age and older.

\*St. Patrick's Day (March 17) is the principal patronal feast day of the Diocese of Erie. This year, it falls on a Friday during Lent. In recognition of the importance of this day for the faithful, Bishop Lawrence Persico has dispensed all Latin Catholics from the requirement of abstinence from eating meat on March 17, 2017, within the territory of the Diocese of Erie.

■ **ASH WEDNESDAY AND GOOD FRIDAY** also are days of fasting for those ages 18 to 58, inclusive. On these days, those bound by the law of fasting may take one full meal. Two smaller meals, sufficient to maintain strength according to one's needs, also are permitted, and liquids including milk and fruit juices are allowed. When health or work is seriously affected, the law does not oblige.