



429 East Grandview Boulevard
Post Office Box 10397
Erie, Pennsylvania 16514-0397
Phone 814-824-1135
FAX 814-824-1124

NOTICE

The season of Lent begins this year on Ash Wednesday, February 17, 2010 and concludes when the Paschal Triduum of the Passion, Death, and Resurrection of the Lord begins at the start of the Evening Mass of the Lord's Supper on Holy Thursday evening, April 1, 2010.

The following regulations are promulgated and binding for all Latin Rite Catholics in the Diocese of Erie for Lent and the Paschal Triduum, 2010. Eastern Rite Catholics who may be attending Latin Rite parishes have their own proper regulations and should consult their own eparchy or parish.

1. Traditional Lenten practices of **PRAYER, FASTING, and ALMSGIVING** and other forms of self-denial are recommended most warmly by the Church. Daily Mass is particularly encouraged.
2. **ASH WEDNESDAY, ALL FRIDAYS IN LENT, and GOOD FRIDAY** are days of **abstinence** from meat for those 14 years of age and older. In observance of the Solemnity of St. Joseph on March 19, Catholics are not obliged on that day to abstain from meat.
3. **ASH WEDNESDAY AND GOOD FRIDAY** are also 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, are also permitted. Eating between meals is not permitted, but liquids including milk and fruit juices are allowed. When health or work is seriously affected, the law does not oblige.)*
4. On **HOLY THURSDAY**, no celebration of the Mass is to begin anywhere in the diocese earlier than 4:30 p.m. without the express approval of the Bishop.
5. All celebrations of the **EASTER VIGIL** are to begin this year at **8:30 p.m.** everywhere in the diocese. The Bishop's express approval is required for any deviation from this schedule.
6. **ALL FRIDAYS THROUGHOUT THE YEAR** (except solemnities) outside of Lent remain days of penance. The United States Bishops highly recommend the traditional abstinence from meat, together with fasting, for the cause of peace in the world. However, some other practice of voluntary self-denial or personal penance may be substituted.

By order of the Most Reverend Bishop
January 25, 2010

Sincerely,
Rev. Edward M. Lohse, J.C.L.
Chancellor

Original with signature and seal is on file in the Chancery Office.