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## NOTICE

The season of Lent begins this year on Ash Wednesday, March 6, 2019 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 18, 2019.

The following regulations are promulgated and binding for all Latin Rite Catholics in the Diocese of Erie for Lent and the Paschal Triduum, 2019. 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 eating meat for those 14 years of age and older.
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 Bishop Persico.
5. Although it does not include the Liturgy of the Eucharist, by its very nature the **GOOD FRIDAY** service is celebrated by a priest only.
6. All celebrations of the **EASTER VIGIL** are to begin *after nightfall* (which is defined as approximately one hour after local sunset.) Nightfall is about 9:00 pm this year. Thus, all Easter Vigil celebrations in the Diocese of Erie this year are to begin at 9:00 pm or later. However, where necessary, Bishop Persico will permit the Vigil to begin as early as 8:30 pm. Any start time earlier than 8:30 pm must receive express approval from the Bishop.

By order of the Most Reverend Bishop  
January 14, 2019

Sincerely,  
*Christopher J. Singer*  
The Rev. Christopher J. Singer, JCL  
Chancellor