

RELIGIOUS BULLETIN.

Feb. 25, 1925.
Regulations for Lent.

The following are the regulations for Lent in the diocese of Fort Wayne:

1. Those who are bound to fast may take only one full meal a day, Sundays excepted.
 2. A refreshment, commonly called a collation, is allowed in the evening but it should not exceed one-fourth of an ordinary meal, or eight ounces. It is permitted to take the collation at noon, and to put off the full meal until evening.
 3. Both fish and flesh may be used at the same time.
 4. At the collation, anything may be eaten except meat.
 5. In the morning, some warm liquid as tea, coffee, cocoa, or chocolate and a small piece of bread, not exceeding two ounces may be taken.
 6. Lard, suet or drippings of any kind of animal fat may be used in the cooking and seasoning of foods on days of abstinence.
 7. The use of flesh meat is allowed at any time on Sundays, and once a day on Mondays, Tuesdays, Thursdays and Saturdays, excepting the Saturday of Ember Week.
 8. The Lenten Season ends at noon on Holy Saturday.
 9. The following are exempt from the obligation of fasting: Those not twenty-one years old and those who have completed their fifty-ninth year, the sick, the infirm, and the convalescent; those who are engaged in hard labor or other duties that are a tax on their physical strength; those who, owing to their poverty, are unable to procure for the principal meal a sufficiency of food; women bearing or nursing children. All the foregoing do not come under the law of fasting and need not apply to the pastor or confessor for dispensation from law of fasting. However, they are not exempt from the precept of abstinence, which is binding on all the faithful over seven years of age.
 10. Persons not exempted either from the fast or the abstinence, doubting whether they have sufficient reason for exemption, should consult their pastors or confessors to commute these obligations into some other good works, or to grant an absolute dispensation.
 11. By virtue of an indult of the Holy See, granted June 3, 1915, for a period of ten years, we dispense the laboring classes from the law of abstinence from Ash Wednesday, 1925, to Ash Wednesday, 1926. However, they are not permitted to use flesh meat on all Fridays of the year, Ash Wednesday, Holy Saturday before noon, and Christmas Eve. If the breadwinner is entitled to the privilege granted to the laboring classes, then all the members of the family may also make use of the concession, but only at one meal, unless exempted from abstinence for some other reason. Those who make use of the above indult are requested to perform some work of penance, such as abstinence from intoxicating drinks, from the use of tobacco, foregoing pleasures, amusements, etc.
 12. Men serving in the Army or Navy, except when on furlough, are allowed by papal indult to eat meat on all days of the year except Ash Wednesday, Good Friday, the forenoon of Holy Saturday, and the vigils of Christmas and the Assumption.
 13. We dispense for one year, from Ash Wednesday, 1925, to Ash Wednesday, 1926, from abstinence on Saturdays, in virtue of the special permission granted by the Holy See to the Bishops of the United States. The dispensation, of course, does not include the Saturdays of the Ember Weeks, the forenoon of Holy Saturday, the Vigil of Pentecost, nor the days preceding the feasts of the Assumption, All Saints and Christmas, when they fall on Saturdays.
 14. We recommend that the faithful, if at all possible, observe a rigorous fast at least on Good Friday.
- The Paschal time, during which every practical Catholic is obliged to confess his sins and receive Holy Communion, extends from the first Sunday in Lent, March 1 to Trinity Sunday, June 7, both inclusive.