



## DIocese OF OGDENSBURG

### Office of the Bishop

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### LENTEN REGULATIONS 2021

*February 17, 2021 is Ash Wednesday, which marks the beginning of the Season of Lent.*

#### ABSTINENCE

All Catholics who have reached their 14<sup>th</sup> birthday are bound to abstain totally from meat on the following days: **Ash Wednesday, Fridays of Lent, & Good Friday**. Note: This year, the Solemnity of St. Joseph (March 19) falls on a Friday of Lent. Abstinance from meat is not required on solemnities according to Canon 1251.

#### FASTING

All Catholics between the ages of 18 and 59 are bound also to observe the Law of Fast on the following days: **Ash Wednesday (February 17) and Good Friday (April 2)**. Fasting, that is, eating less, involves limiting oneself to a single full meal and avoiding food between meals. Lighter nourishment may be taken on two other occasions in the course of the day.

#### PRAYER & PENANCE

The entire season of Lent should be observed in a spirit of prayer and penance. Spending extra time in prayer or Bible study, attending daily Mass, voluntary sacrifice and self-denial, combined with works of charity and service to others, are all excellent ways to obey the Lord's command to reform our lives and to prepare for the joyful celebration of Easter. *Parishes are highly encouraged to offer periods of Eucharistic Adoration during the Lenten Season, as well as, the traditional devotions of the Stations of the Cross and the recitation of the Rosary.*

#### SACRAMENT OF PENANCE

Parishes throughout the Diocese are encouraged to offer increased opportunities for the Sacrament of Penance. Due to the pandemic many parishes are not offering their customary Penance Services. Instead, parishes are finding success offering different times for confessions (e.g. after a weekday evening Mass or with a Day of Mercy—with confessions throughout the day). Priests who are elderly and/or with compromised immune systems are encouraged to reach out to neighboring priests for assistance covering hours of confession. In addition, other occasions for the Sacrament of Penance should be made available during the Lenten Season and the Sacred Triduum.

In a reflection on the Sacrament of Penance, the Apostolic Penitentiary stated:

Where the individual faithful find themselves in the painful impossibility of receiving sacramental absolution, it should be remembered that perfect contrition, coming from the

love of God, beloved above all things, expressed by a sincere request for forgiveness (that which the penitent is at present able to express) and accompanied by *votum confessionis*, that is, by the firm resolution to have recourse, as soon as possible, to sacramental confession, obtains forgiveness of sins, even mortal ones (cf. *CCC*, no. 1452). [Note from the Apostolic Penitentiary on the Sacrament of Reconciliation in the current pandemic \(vatican.va\)](http://www.vatican.va)

## **EASTER DUTY**

All Catholics who have reached the age of reason must confess their serious sins in the Sacrament of Penance at least once a year. They must also receive Holy Communion at least once each year between the **First Sunday of Lent (February 21)** and **Trinity Sunday (May 30)**.

## **MARRIAGE**

Although other seasons are more suitable, the celebration of marriage and the Nuptial Mass are not forbidden during Lent, according to *The Code of Canon Law*. When liturgical rules permit, the Ritual Mass for the Celebration of Marriage may be used, and the nuptial blessing may be given. However, you should advise the spouses and their guests to exercise proper restraint in accord with the penitential character of Lent.

## **OBLIGATION**

All Christ's faithful are obliged by divine law to do penance. The days set aside for fast and abstinence in Lent are special ways of doing penance and are an expression of unity for all the Church.

## **CHRISM MASS**

Due to the pandemic, participation in this year's Chrism Mass is reserved to the clergy, religious, deacon candidates and seminarians. It will be celebrated at St. Mary's Cathedral in Ogdensburg on Tuesday of Holy Week March 30<sup>th</sup> at 1.00pm. The Faithful will be able to participate via livestream at <https://www.rcdony.org/livemass>. Details pertaining to this event will be forthcoming.

## **FUNERALS DURING THE SACRED TRIDUUM**

On Holy Thursday, Good Friday, and Holy Saturday, Funeral Masses may not be celebrated. However, a Funeral Service consisting of the Liturgy of the Word and the Final Commendation may be held in Church.

*Please bring these Lenten Regulations to the attention of your people by publishing them in the bulletin and by reminders in oral announcements. Thank You!*

February 15, 2021