

DIOCESE OF SACRAMENTO

2010 LENTEN REGULATIONS AND ADMONITIONS

Another Lenten journey of further conversion will begin on Ash Wednesday, February 17, 2010. Lent prepares the faithful to celebrate the Paschal Mystery of Christ's suffering, death and resurrection. It is a time for reflection and spiritual renewal, a time to examine one's relationships with God and with others. The church also calls Catholics to a spirit of penance, above all fasting, prayer and almsgiving, "which express conversion in relation to oneself, to God, and to others."

Fast and Abstinence (self-denial). To foster the spirit of penance and of reparation for sin, to encourage self-denial, and to guide us in the footsteps of Jesus, Church law requires the observance of fast and abstinence.

Abstinence: All persons who have already celebrated their 14th birthday are bound to abstain from meat on Ash Wednesday and all Fridays of Lent.

Fasting: Everyone, from the celebration of their 18th birthday to their 59th birthday, is bound to fast on Ash Wednesday and Good Friday. Voluntary fasting on other weekdays of Lent, especially one full meal each day. Two other partial meals, sufficient to maintain strength, may be taken; but together they should not equal another full meal.

Prayer: In order to deepen one's love for Christ, Catholics are urged to read and pray over sacred Scripture; to study the Catechism of the Catholic Church; to participate in devotions offered by the parish; and to pray more fervently---individually, as families, and in common with others. The faithful are exhorted to pray the rosary, to make private visits to the Blessed Sacrament.

Sacrament of Penance and Reconciliation: Lent is privileged time for celebrating this sacrament. Parishes generally make readily available the Sacrament of Penance, including its communal celebration.

Lenten Mass Schedule: Daily Mass during Lent are so scheduled so as to facilitate the attendance and spiritual growth of the faithful. The faithful are urged to attend Mass on weekdays as often as possible.

The stations of the Cross: are celebrated publicly in each parish on Fridays during the Lenten season. Parishioners are urged to participate.

Day of penance and prayer, Wednesday, March 10: "A day of penance for negative attitudes and Discrimination toward people of differing cultures, ethnicity and race; and prayer for unity in our diversity, for equality, mutual respect and peace among all people.

Wedding Masses may not be celebrated during the Easter Triduum, on Sunday of Lent, Ash Wednesday, or during Holy Week. Marriages may take place at other times during Lent.

Funeral Masses may not be celebrated on Holy Thursday, Good Friday, or Holy Saturday, nor on the Sundays of Lent.

Mass may not be offered on Holy Saturday, April 3, except the Easter vigil, which may be celebrated only after nightfall, in darkness. This year, **the Easter vigil Mass should not begin before 8pm.**

Almsgiving. The act of giving to the poor, in the most ancient tradition of the Church, is an expression of penance, a form of piety, a witness of fraternal charity and an expression of Lenten conversion. Therefore, all Catholics are urged to support generously the charitable works of the church.