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## LENTEEN REGULATIONS

FAST

- All week-days of Lent up to noon of Holy Saturday are fast days.
- All persons who have completed their twenty-first year, and have not yet commenced their sixtieth year of age, are bound under pain of mortal sin to fast, unless they are exempted or dispensed.
- The law of fasting implies essentially that only one full meal a day be taken either at noon or in the evening. But the law also permits a very light breakfast of bread with coffee, tea or cocoa, as well as a lunch either at midday or in the evening.
- The following persons are exempt from the obligation of fasting: The sick and convalescent; pregnant and nursing women; those who do hard and exhausting labor; and those who cannot fast without doing grave injury to their health or without seriously interfering with their daily duties. Whoever is in doubt about the sufficiency of his excuse should seek the advice of his pastor or confessor.

ABSTINENCE

- The law of abstinence from flesh meat binds under pain of mortal sin everyone who has completed his seventh year.
- The days of abstinence during Lent are the Wednesdays, except the Wednesday of Holy Week, all the Fridays, the Saturdays of Ember Week, and the forenoon of Holy Saturdays.
- Lard, salt and drippings are permitted in the preparation of food for the days of abstinence.
- Those who are obliged to fast may eat meat only once in the week-days of Lent when the law of abstinence does not bind. But those who are exempt from the observance of the law of fasting are permitted to eat meat more than once on those days.
- A Pastor for just reason may dispense individuals or families from the law of fasting or from the law of abstinence, or from both laws. He cannot grant a general dispensation to his entire parish. Likewise a Confessor may dispense a penitent, but only in confession.

SPECIAL

By virtue of a Special Indult of the Holy See, His Excellency, the Most Reverend Bishop, dispenses working people, and also all the members of their families from the law of abstinence when they find real difficulty in observing the law of abstinence—except on Ash Wednesday, Fridays during Lent, and Holy Saturday up to noon. The same dispensation is extended to the other days of abstinence during the year, with the exceptions of all Fridays, and of the Vigil of Christmas.

However, those members of the family who are bound to fast may eat meat only once in the day for which the dispensation is granted.

## Special Services To Open Lenten Season

With special services arranged in churches throughout the diocese, the penitential season of Lent will begin on Wednesday of next week, Ash Wednesday, when the Blessed Sacrament will be distributed a special way.

## RALLY AT EASTMAN THEATER ATTRACTS REPRESENTATIVES OF THREE FAITHS HERE

Representatives of the three great religions of the world gathered at the Eastman Theater last night for a religious rally. The Rev. John J. Conroy, pastor of St. Patrick's Church, presided over the service. He was assisted by Rev. James J. Conroy, pastor of St. Vincent's Church, and Rev. Thomas J. Conroy, pastor of St. Anthony's Church. The Rev. Conroy spoke of the unity of the three religions and the common faith in God. He said that the three religions are the foundation of the human race and that they should be united in a common faith. The rally was a success and attracted a large audience.

## ST. PATRICK'S IN NEW YORK TO HAVE MAIN ALTAR

The main altar of St. Patrick's Church in New York City is to be dedicated to the Virgin Mary. The altar is to be made of bronze and will be the work of a famous sculptor. The dedication is to take place on the feast of the Assumption of the Virgin Mary. The altar is to be the center of the church and will be a beautiful work of art.

## Seek To Amend Laws On Mexican Schools

A group of Mexican parents in New York City are seeking to amend the laws governing Mexican schools. They are concerned that the current laws are not in the best interests of the children and that they need to be changed. They are asking for more control over the schools and for better educational standards. They are also asking for more resources to be made available to the schools.

## 34 Priests on Press Committee Respond To Year-Round Cooperation Call

### Crusade Results Point To Record Breaker As Orders Are Counted

Formation of the Priests' Committee which will coordinate the year-round cooperation campaign is the result of the success of the Crusade. The committee will be made up of 34 priests and will be responsible for the coordination of the campaign. The committee will be the first of its kind in the diocese and will be a major step in the development of the year-round cooperation campaign. The committee will be the first of its kind in the diocese and will be a major step in the development of the year-round cooperation campaign.



DISCUSSION CLUB AID—Ready to take part in Lenten Religious Discussion Clubs, members of the CATHOLIC COURIER look to study of 'The Redemption' pamphlet.

## Arch Bishop's Will Leaves \$2,000 Estate

The will of the late Archbishop of the diocese has been probated in court. The will leaves an estate of \$2,000 to be used for the benefit of the diocese. The will is a testament to the Archbishop's generosity and his desire to support the Church and its ministries.

## Discussion Program Opens Ash Wednesday

The discussion program for the Lenten season opens on Ash Wednesday. The program is designed to help the faithful understand the meaning of the Lenten season and to provide a forum for discussion and reflection. The program will be held in churches throughout the diocese.

## Negro, Indian Mission Appeal Set For Mar. 2

A mission appeal for the benefit of the Negro and Indian peoples is set for March 2. The appeal is being organized by the diocese and is a major step in the development of the year-round cooperation campaign. The appeal is designed to raise funds for the support of the mission and to provide a forum for discussion and reflection. The appeal will be held in churches throughout the diocese.

## CATHOLIC GROUP SCORES ANTI-NEGRO POLICIES

A group of Catholics in Chicago has scored the anti-Negro policies of the city government. The group is calling for an end to the policies and for the implementation of fair housing laws. The group is also calling for an end to the segregation of schools and for the implementation of desegregation laws. The group is a major step in the development of the year-round cooperation campaign.

## Mark Bible Revision On May 18th

### 'Biblical Sunday' To Lay Stress On Revised New Testament

WASHINGTON, (C.N.C.)—To focus attention of Catholics on the revised Bible, the National Council of Catholic Bishops has designated as "Biblical Sunday" the first Sunday after the revision of the New Testament will be published. The observance of the day is being arranged by the Episcopate in cooperation with the National Council of Catholic Bishops.

The observance of the day will be a major step in the development of the year-round cooperation campaign. The observance is designed to help the faithful understand the meaning of the Bible and to provide a forum for discussion and reflection. The observance will be held in churches throughout the diocese.

## Word 'Calvary' Goes Out Of New Testament

The word "Calvary" has been removed from the New Testament in the revised version. The change is a result of the efforts of the National Council of Catholic Bishops to make the Bible more understandable and more relevant to the modern world. The change is a major step in the development of the year-round cooperation campaign.

## Catholic Negroes Head Class Of 58 Graduate Nurses

A class of 58 Catholic graduate nurses has graduated from a nursing school. The class is headed by Catholic nurses and is a major step in the development of the year-round cooperation campaign. The class is a testament to the dedication and hard work of the nurses and to the support of the Church and its ministries.

## 1,100 Priests, Most Of Them Poles, In Nazi Prison Camps

An estimated 1,100 priests, most of them Poles, were held in Nazi prison camps during the war. The priests were held in the camps for their refusal to cooperate with the Nazis and for their support of the Polish resistance. The priests were a major step in the development of the year-round cooperation campaign.

## Priest Named Promoter Of Paper

A priest has been named as the promoter of a new paper. The priest is a major step in the development of the year-round cooperation campaign. The paper is a testament to the dedication and hard work of the priest and to the support of the Church and its ministries.