

Tridentine Rite

To give honor and glory
to God and to sanctify and edify the souls
of the faithful by preserving,
protecting, fostering, and defending the
Traditional Latin Mass and
sacraments as contained in the
Missale Romanum of 1962...

Fast and Abstinence

The 1983 Code of Canon Law:

Canon 1250. The days and times of penance for the universal Church are each Friday of the whole year and the season of Lent.

Canon 1251. Abstinence from meat or from some other food as determined by the Episcopal Conference, is to be observed on all Fridays, unless a solemnity should fall on a Friday. Abstinence and Fasting are to be observed on Ash Wednesday and Good Friday.

Canon 1252. The law of abstinence binds those who have completed their fourteenth year. The law of fasting binds those who have attained their majority, until the beginning of their sixtieth year. Pastors of souls and parents are to ensure that even those who by reason of their age are not bound by the law of fasting and abstinence, are taught the true meaning of penance.

Canon 1253. The Episcopal Conference can determine more particular ways in which fasting and abstinence are to be observed. In place of abstinence or fasting it can substitute, in whole or in part, other forms of penance, especially works of charity and exercises of piety.

Between 1917 and 1983 the Holy See granted permission for various modifications of the abstinence laws for workingmen and their families, for servicemen and their families, and for dioceses to transfer the Saturday abstinence to Wednesdays. In the United States it was quite common for bishops to dispense fasting and abstinence on the more important ethnic celebrations (e.g. St. Patrick, St. Joseph) as well as on the day following Thanksgiving.



This Sunday's Mass can be found in The Roman Missal pp. 309 or Roman Catholic Daily Missal pp. 298

TODAY'S MUSIC

Processional: (BB135) "Lord, Who Throughout these Forty Days"

Kyrie: XVI

Creed: I

Sanctus: XVIII

Agnus Dei: XVIII

Recessional: (BB125) "Parce Domine"

The Ordinary Chants can be found in the Roman Kyriale. If you are using the Roman Catholic Daily Missal (Angelus Press) or The Roman Missal (Baronius Press) the Kyriale can be found near the end; pages 1865 & 2147 respectively.

ORDO OF POPE BL. JOHN XXIII

+ Wednesday, Friday, & Saturday are Ember Days, Traditional Days of Fast & Abstinence.

+ On EACH of the Friday's of Lent, a Plenary Indulgence is granted to the faithful who, after Communion, recite the "Prayer Before a Crucifix."

Sunday, "1st Sunday of Lent"

Monday, "Feria of Lent"

Tuesday, "Feria of Lent"

Wednesday, "Ember Wednesday"

Thursday, "Feria of Lent"

Friday, "Ember Friday"

Saturday, "Ember Saturday"