

# **LENTEN Regulations & LENTEN Liturgical Notes for 2010**

## **GUIDELINES FOR FAST AND ABSTINENCE**

### **ASH WEDNESDAY**

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## **LENTEN RITES FOR CHRISTIAN INITIATION OF ADULTS**

### **GUIDELINES FOR FAST AND ABSTINENCE**

Lenten fast and abstinence regulations for the Diocese of Worcester are as follows:

**Abstinence** from meat is to be observed by all Catholics fourteen (14) years of age and older on Ash Wednesday, Good Friday and all the Fridays of Lent.

**Fasting** is to be observed by all Catholics who are eighteen (18) years of age but not yet fifty-nine (59) years of age on Ash Wednesday and Good Friday.

Those who are bound to fast may take only one full meal. Two smaller meals are permitted if necessary to maintain strength according to one's needs, but eating solid foods between meals is not permitted. Catholics should not lightly excuse themselves from these prescribed Lenten penitential practices.

### **ASH WEDNESDAY**

The **Order for the Blessing and Distribution of Ashes** normally takes place during the celebration of Mass. However, when circumstances require, the blessing and distribution of ashes may take place outside of Mass. This latter celebration should always include a celebration of the liturgy of the word and blessing of the ashes. **Ashes may not be distributed apart from one of these liturgical services.** Special ministers of the Eucharist and other lay persons may assist in the imposition of ashes when there is a true pastoral need.

### **RITE OF ELECTION**

The **Rite of Election of Catechumens and Call to Continuing Conversion of Candidates** will be celebrated on **Sunday, February 21, at 3:00 P.M.** in Saint Paul's Cathedral. This celebration is among the mandatory rites of adult initiation, as the Bishop is the one who calls these catechumens and candidates in the name of the Church to Easter sacraments. Registration forms are in the *RCIA Worcester* February Newsletter which you have received. **Please return the forms to the Office Religious Education by Friday, February 17 .**

## **LENTEN RITES FOR CHRISTIAN INITIATION OF ADULTS**

The **Scrutinies** are to be celebrated for the elect who will be initiated at the Easter Vigil. These rites are celebrated on the 3rd, 4th and 5th Sundays of Lent respectively using the readings from Cycle A. **Presentations of the Creed** and the **Lord's Prayer** take place during the 3rd and 5th weeks of Lent. The celebration of the **Optional Rites for Holy Saturday** morning are also encouraged.

For detailed information on these rites refer to Rite of Christian Initiation of Adults, paragraphs 157 through 205 and also to our diocesan guidelines, Journey in Faith, paragraphs 40 through 43.