



LENTEN REGULATIONS AND LITURGICAL NOTES 2022

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 during a Liturgy of the Word or other liturgical service. However, ashes may never be distributed apart from a liturgical service. Extraordinary 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** (those preparing for Baptism at the Easter Vigil) will be celebrated by Bishop McManus on Sunday, March 6th 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 in the name of the Church to the Easter sacraments. Online registration is available at: worcesterdioocese.org/rcia. Registration is due February 18. Baptized candidates are also welcome on March 6th to the celebration of the **Rite of Calling the Candidates to Continuing Conversion**.

LENTEN RITES FOR INITIATION OF ADULTS

The Scrutinies, celebrated on the third, fourth and fifth Sundays of Lent, are mandatory for the elect who will be initiated at the Easter Vigil. A dispensation from the Bishop is required for any of the elect who miss a celebration of a Scrutiny. If they were not anticipated during the catechumenate, 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 the *Rite of Christian Initiation of Adults*, paragraphs 141 through 205 and also to our diocesan guidelines, *Journey in Faith*, paragraphs 40 through 43.