



## ROMAN CATHOLIC DIOCESE OF PROVIDENCE

### AD2021 GUIDELINES FOR LENT

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#### *Lenten Fast and Abstinence Regulations*

*As Lent approaches on Ash Wednesday (February 17), all pastors are asked to please make their parishioners aware of the following Lenten Regulations:*

Abstinence from meat on Ash Wednesday and the Fridays of Lent (for those 14 and older) is required by Church law. Also, Ash Wednesday and Good Friday are days of fasting: those between the ages of 18 and 59 should eat less, meaning, take no solid food between meals and only one full meal that day. Serious health conditions excuse a person from these precepts.

Pastors and parents are encouraged by the law of the Church to ensure that minors who are not bound by the law of fast and abstinence are educated nonetheless in an authentic sense of penance.

Following the implementation of the revised *Code of Canon Law* on November 27, 1983, the National Conference of Catholic Bishops in the United States determined that the rules of fast and abstinence which have existed for the last several years in this country be maintained. Namely, that the faithful observe suitable penitential practices on all Fridays throughout the year. These penitential practices need not include abstaining from meat. However, as indicated above, the faithful must not eat meat on all the Fridays of Lent as well as on Ash Wednesday. They must also observe faithfully the fast regulations as they have been stated above in accord with the universal law of the Church (Cf. *Code of Canon Law*, Canons 1250-1252).

Em Português:

## **Regulamentos para o jejum e abstinência durante a Quaresma**

*Com a época da Quaresma, que começa o 17 de fevereiro, pedimos a todos os sacerdotes por favor assegure que os paroquianos estão cientes das seguintes normas:*

*A lei da Igreja exige **abstinência** de carne (para os 14 anos de idade ou mais) na Quarta-feira de Cinzas e Sexta-feira Santa, e todas as sextas-feiras da Quaresma. Além disso, na Quarta-feira de Cinzas e Sexta-feira Santa são dias de jejum: aqueles entre as idades de 18-59 devem comer menos, ou seja, não devem comer alimentos sólidos entre as refeições e apenas uma refeição completa naquele dia. Aquelles que têm motivos graves, como a saúde, pode ser dispensado.*

*A lei da Igreja também quer incentivar os párocos e os pais para garantir que as crianças que não estão sob a lei do jejum e da abstinência, são educados em um autêntico sentido da penitência.*

*Após a implementação da revisão do Código de Direito Canônico de 27 de Novembro de 1983, a Conferência Nacional dos Bispos Católicos dos Estados Unidos determinou que as regras do jejum e da abstinência que existiram nos últimos anos neste país são mantidos; isto é, **que o crente deve observar práticas de penitência adequada todas as Sextas-feiras durante o ano.** Estas práticas de penitência não tem que ser abstenção de carne. No entanto, como mencionado acima, o crente não deve comer carne durante a Quaresma todas as sextas-feiras nem na Quarta-feira de Cinzas. Também eles devem observar fielmente as regras do jejum, como indicado, de acordo com a lei Universal da Igreja.*

En Español:

## Regulaciones Para El Ayuno y Abstinencia durante La Cuaresma

Con la época de Cuaresma que comienza el 17 febrero, queremos pedir a todos los sacerdotes que por favor se aseguren que los feligreses estén conscientes de las siguientes regulaciones:

La ley de la Iglesia requiere la abstinencia de carne (para aquellos de 14 años de edad o mayores) el Miércoles de Ceniza y el Viernes Santo, y todos los viernes de Cuaresma. Además, el Miércoles de Ceniza y el Viernes Santo son días de ayuno: aquellos entre las edades de 18 a 59 deben comer menos, o sea, no deben comer alimentos sólidos entre comidas y solamente una comida completa ese día. Los que tengan razones serias, por ejemplo de salud, podrán ser disculpados.

La ley de la Iglesia también quiere estimular a los sacerdotes y a los padres para que se aseguren que menores que no están bajo la ley de ayuno y abstinencia sean educados con un sentido auténtico de penitencia.

Siguiendo la implementación del Código revisado de la Ley Canónica del 27 de Noviembre de 1983, La Conferencia Nacional de Obispos Católicos en los Estados Unidos determinó que las reglas de ayuno y abstinencia que han existido durante los últimos años en este país se mantengan; es decir, **que el creyente debe observar las prácticas de penitencia conveniente durante todos los viernes del año.** Estas prácticas de penitencia no tienen que ser de abstención de carne. Sin embargo, como indicamos anteriormente, el creyente no debe comer carne durante todos los viernes de Cuaresma como tampoco el Miércoles de Ceniza. También deben observar fielmente las reglas de ayuno según indicadas, de acuerdo con la ley universal de la Iglesia.

## PASTORS PLEASE NOTE FOR YOUR PLANNING:

### Imposition of Ashes on Ash Wednesday

On January 12, 2021 the *Congregation for Divine Worship and the Discipline of the Sacraments* issued a "Note" with the following modifications for the imposition of ashes:

- 1) *The Priest says the prayer for blessing the ashes. He sprinkles the ashes with holy water, without saying anything. Then he addresses all those present and only once says the formula as it appears in the Roman Missal, applying it to all in general: "Repent, and believe in the Gospel" or "Remember that you are dust, and to dust you shall return";*
- 2) *the faithful may either process to the priest to receive the ashes or, "if appropriate", the priest may go to those who remain standing in their places;*
- 3) *the priest, wearing a face mask, distributes the ashes without saying anything;*
- 4) *the ashes are distributed by "sprinkling" them on each person's head.*

After consultation with the USCCB and the Congregation for Divine Worship, it has been made clear that this variation is meant to be applied without exception. It is intended as an exceptional measure for the duration of the pandemic and hopefully for this year only.

Pastors should be diligent about instructing the lay faithful on the proper meaning and use of this sacramental. As an outward sign of our interior disposition and need for repentance, ashes are imposed on the head according an ancient custom. Similarly, the lay faithful should be reminded that the reception of ashes is not required, and may opt not to receive them.

Please note, the custom here in the United States and in other countries to "rub" ashes on the forehead in the form a cross is not a universal practice, but has been suspended for this year in light of the pandemic.

In light of the current health and safety guidelines, it may be more prudent to distribute Ashes outside of Mass following a celebration of the *Liturgy of the Word*. The Book of Blessings provides instructions for the distribution of ashes outside of Mass (nos. 1656-1678).

As a reminder, during Mass, the penitential Act is omitted, however the *Kyrie Eleison* (Lord, have mercy) is said following the sign of the cross and greeting.

### Solemnity, Saint Joseph the Spouse of the Blessed Virgin Mary

Friday, March 19, 2021 - Given that this year has been designated as the year of Saint Joseph, it is fitting that parishes and schools observe this Solemnity with greater emphasis.

### Palm Sunday of the Lord's Passion

At this time, there is no restriction on the distribution of palms. This would only change if the Department of Health or the Governor's office intervenes, however this is still unknown but not anticipated. Pastors can plan on the distribution as normal while keeping in mind the current health and safety guidelines.

### The Chrism Mass

The Chrism Mass is scheduled for **Monday, March 29, 2021 at 5:00PM** in the *Cathedral of Saints Peter & Paul*. All priests are strongly encouraged to attend this important celebration.

### The Easter Vigil in the Holy Night

Sunset the night of the Easter Vigil, April 3, 2021, is 7:14 PM (19:14) EST.

**No Vigil Celebration should take place prior to 7:30 PM.**

Serious consideration should be given to this principle according to the *Universal Norms of the General Roman Calendar*.

## THE HOLY SEASON OF LENT

--- For pastoral consideration ---

- **Lent** runs from Ash Wednesday up to, but excluding, the Mass of the Lord's Supper on Holy Thursday.
- **Prayer, Fasting, Almsgiving:** Lent is above all a time of prayer. To enhance the practice of prayer, the Church invites her members to follow the custom of fasting and to accompany that fasting with an increase of almsgiving for the needs of the poor. St. Augustine, in a sermon on Lent, teaches that:

*Through humility and charity, fasting and almsgiving, abstaining and forgiving, avoiding evil and doing good, our prayer seeks peace and achieves it (Sermon 206).*

- **RCIA:** Lent is a time of final preparation for those adults and children of catechetical age who are being prepared to be baptized and/or received into full communion with the Catholic Church. The Rite of Christian Initiation of Adults (RCIA) is the process by which these adults and children are prepared. This process is normative. Therefore, the following is to be observed:
  - 1) **Those preparing for baptism and/or full communion are to participate in the Rite of Election & Enrollment at the Cathedral on the First Sunday of Lent.** In the Rite, the individual's relationship to the wider Church is made manifest. This is not an optional process for the RCIA.
  - 2) Adults preparing for baptism and/or full communion must receive the Sacrament of Confirmation and first Holy Eucharist within the Easter Vigil Mass.
- **The Alleluia is not said or sung** from the beginning of Lent until the Easter Vigil; nor is the *Te Deum* sung or said at the Office of Readings on Lenten ferias.
- **Penitential Act:** During Lent the integrity of the Penitential Act is to be respected. It may not be suppressed or used as part of the Entrance Procession. A parish might consider using the Confiteor for the Penitential Act (option A), or option B (Have mercy on us O, Lord...) which is an appropriate way to highlight the themes of Lent. In both cases the *Kyrie* (Lord have Mercy) should follow.

- **Memorials:** During the Lenten season all Memorials of saints are observed as *optional* or *commemorations*. Therefore, if the Memorial is in fact to be celebrated, the Collect given for that date is used as the “opening prayer” for Mass. The other prayers (Prayer over the Offerings & Prayer after Communion) are taken from the Lenten weekday. The preface is always taken from Lent I-IV. If the Universal Prayer is offered at daily Mass, the concluding prayer for the prayer of the faithful may be taken from the collect of the Lenten Weekday, having been omitted in favor of the optional memorial. In all cases violet vestments are worn, even if the optional memorial is celebrated.
  
- **On Lenten Weekdays,** at the end of Mass and before the final blessing, the *Prayer over the People* indicated for each day may be used. This prayer is optional, and used at the discretion of the priest-celebrant. *The use of the Prayer over the People on Lenten Sundays is not an option and must be used.*
  
- **The Eucharistic Prayers for Reconciliation** are appropriate to use during **Lenten Weekdays**. The preface for Lent I-IV may be used with these prayers even though a proper preface is provided.
  
- **In Lent** the Altar and the Church may not be decorated with flowers. *Laetare* Sunday, Solemnities and Feasts are an exception to this rule.
  
- **The Veiling of Images and Crosses in the Church:** The laudable practice of veiling images beginning on the **Fifth Sunday of Lent** (Passiontide) may be observed according to tradition. Statues remain covered until the beginning of the Easter Vigil whereas crosses are unveiled following the celebration of the Lord’s Passion (Good Friday). Pastoral sensitivity suggests that proper catechesis would be appropriate for parishes that have not been accustomed to this practice.
  
- **If weddings are scheduled during Lent,** couples are to be reminded that wedding plans should respect the nature of this liturgical season. They should refrain from excessive pomp or display and the Church should remain without floral decorations.

- **Lent calls the People of God** to repentance as they prepare to renew their baptismal promises at the Easter Vigil. It is therefore most appropriate that a Penitential Celebration offering the opportunity for individual reconciliation should take place prior to the Paschal Triduum. **However, where there is genuine pastoral need**, the Sacrament of Penance may be celebrated on Good Friday and Holy Saturday.
  
- **Holy Thursday – Mass of the Lord’s Supper:** Pastors and Chaplains are reminded of the modification to the rubrics regarding the “washing of the feet” *RM no. 10 Mass of the Lord’s Supper* in the Roman Missal. A clarification as to the significance to this rite has been given by the Congregation of Divine Worship and therefore has sought to include the following wording which replaces the above-mentioned rubric: *Those chosen from among the People of God are accompanied by the ministers...*
  - Within the current regulations regarding health and safety in light of COVID-19, pastors are encouraged to omit this ritual practice.