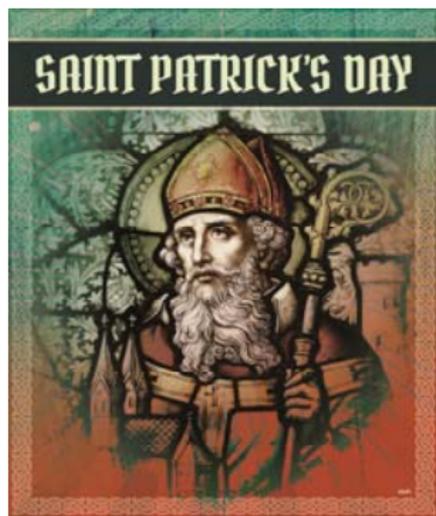


# AN IMPORTANT MESSAGE FROM THE DIOCESE



## SAINT PATRICK'S DAY AND THE OBLIGATION TO ABSTAIN FROM EATING MEAT.

The holy Season of Lent  
is a time of spiritual

preparation for the celebration of our Lord's  
Passion, Death and Resurrection at Easter,  
the holiest of days. Through prayer, fasting  
and works of charity, we draw closer to the  
Lord, deepen our faith and prepare for eternal  
life.

The obligation for abstinence from meat on  
Fridays of Lent is an important element of the  
Church's observance of the penitential nature  
of this holy season. However, if you choose  
not to abstain from meat on March 17  
(Saint Patrick's Day), please substitute some  
other penance, prayer and work of charity in  
its place.