

<b>LENTEN AND OTHER REGULATIONS ARCHDIOCESE OF DELHI</b>
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Dear Brothers and Sisters in Christ,

As an annual practice at the beginning of the Season of Lent, I have the pleasure to apprise you of the “Lenten and Other Regulations in the Archdiocese of Delhi” as follows:

1. **Penitential Law:** With regard to the days of Penance, canon 1251 states that abstinence from flesh meat is to be observed on all Fridays of the year. We shall observe this canonical norm in our Archdiocese, but let us remember that more than “abstaining from meat” what we have to pray for is a ‘clean heart’, a ‘new heart’. The Gospel is not a set of laws to be observed but the surrender of our hearts to God in conversion. Each one of us will look for many other ways of “abstinence” from the pleasurable things of life that our heart is inclined to.
2. **Mandatory Days of fast and abstinence in Lent:** Ash Wednesday; Good Friday. Abstinence becomes mandatory from the age of 14, and the law of fasting and abstinence binds those who have attained their majority (18 years) until the beginning of their sixtieth year (canon 1252).
3. **Other Days of Penance in Lent:** fasting and abstinence are recommended on all the days of Lent and particularly on Fridays. These should be enhanced with devotional practices of our faith that manifest our deeper communion with the Lord e.g.
  - Daily participation in the Holy Eucharist
  - Regular visit to the Church/Blessed Sacrament
  - Stations of the Cross on Fridays/other days
  - Almsgiving
  - Visiting the poor
  - Visiting the sick, either at home or in hospitals
  - Reading the Bible
  - Reading a spiritual book
  - The family Rosary
  - Abstaining from alcohol/smoking/TV/cinema/partying
  - Bearing sickness or suffering patiently
  - etc
4. **Easter Duties:** The time for fulfilling the Easter Duties begins on Ash Wednesday and ends on Trinity Sunday. For a just reason the duties may be fulfilled outside this period.
5. **Holy Days of Obligation:** Regarding days of obligation, canon 1246 prescribes ten days of obligation besides Sundays. In India, Christmas and the Feast of the Assumption of Our Lady are observed as days of obligation. Three feasts– the Epiphany of Our Lord, the Ascension of Christ and the feast of the Body and Blood of Christ – have been transferred to Sunday. The other five solemnities- Mary, Mother of God, the Immaculate Conception, St. Joseph, the Apostles Peter and Paul, and All Saints – are not feast days of obligation in India.

The obligation of participating in the Holy Mass is satisfied whenever Mass is celebrated in a Catholic rite, either on a holy day itself or in the evening of the previous day... (Canon 1248). In India the obligation of participating in the Holy Mass can, therefore, be fulfilled on the previous Saturday evening (after 4.00 p.m. and on the eve of Christmas and the Assumption).

One who has received the Blessed Eucharist may receive it once more on the same day only within a Eucharistic celebration in which that person participates (canon 917). In other words, a person who takes part in two or three Masses, say on All Souls' Day, can receive Communion at two Masses.

6. **Collections:** The following collections must be made in all the churches:-

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| ➤ First Sunday of every month | : Seminary Fund                         |
| ➤ Second Sunday of February   | : Holy Childhood                        |
| ➤ Holy Thursday               | : Maintenance of the Holy See           |
| ➤ Good Friday                 | : Holy Land                             |
| ➤ Last Sunday of June         | : Peter's Pence                         |
| ➤ Any Sunday of July          | : Society of St. Peter the Apostle      |
| ➤ First Sunday of August      | : Vianney Sunday (Diocesan Clergy Fund) |
| ➤ Third Sunday of October     | : Mission Sunday                        |
| ➤ Any Sunday of November      | : Delhi Cemeteries                      |
| ➤ Christmas                   | : Missions in Africa                    |
| ➤ First Sunday of Advent      | : Communio India                        |

7. **Lenten Campaign against Hunger and Disease:** Lent has been set aside by the CBCI in order to fall in line with the Catholics of the whole world for the campaign against hunger and disease. All our people are requested to be generous in their contributions towards this cause. Half of the funds raised remain in the Diocese with Chetanalaya and the other half is sent to Caritas India.

On other Sundays of the year and feast days of obligation collections should be taken for the upkeep of the respective church. The faithful are requested on such days to contribute something also towards the upkeep of the poor children of the Archdiocese.

+ Anil Couto  
ARCHBISHOP OF DELHI

*Given on February 24, 2020  
at Archbishop's House  
New Delhi 110 001*