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LENTEN REGULATIONS FOR THE ARCHDIOCESE OF ARMAGH

THE Lenten Regulations for Archdiocese of Armagh this year are:—

1 (a) Ash Wednesday and the week-days of Holy Week will be fast days. This year, owing to the hardship and illness caused by the exceptionally severe winter, the Lenten Fast is dispensed on all the other days of Lent.

(b) Ash Wednesday and the Fridays of Lent will be days of Abstinence.

2. The Law of Fasting prescribes that on Fast Days only one principal meal be taken, but permits a collation morning and evening. At the combined collations about twelve ounces of food are permitted in all cases. Should it be necessary for the discharge of one's duties this amount may be increased, according to the necessity, up to eighteen ounces. The division of this amount between the morning and evening repasts is left to the discretion of each individual. As regards quality, any food may be taken at the collations other than meat and its extracts. One egg may be taken both in the morning and evening, so also may butter, cheese, milk, fish, fruit, and cereals.
3. Fish and flesh may be used at the principal meal on Fast Days.
4. All who have completed their twenty-first year, and who have not yet entered their sixtieth year, are bound by the Law of Fasting, unless excused by exhausting labour, infirmity, or their destitute condition.
5. The Law of Abstinence forbids the use of flesh meat and its products, such as soup or broth. It does not forbid the use of milk, butter, cheese, or eggs. The products of meat such as lard, dripping, or suet may be used as condiments, or for cooking purposes.
6. All over the age of seven years are bound by the Law of Abstinence.
7. Those who are seriously ill are not bound to fast or abstain.
8. Parish Priests, for a reasonable cause, and in individual cases, can dispense their parishioners, even while these are outside the parish, and outsiders while in the parish, and can dispense also individual families from the Fast or Abstinence, or both. The same privilege is hereby granted to Administrators, and to Heads of Colleges, in respect of those who live in the College; and to Superiors of Religious Communities of Priests, who may dispense their subjects, and all others who are attached to, or live with the Community. Confessors, secular and regular, may dispense their penitents intra tribunale when none of these previously mentioned can be approached in time to meet the needs of a particular case.
9. The time for complying with the precept of the Pashcal Communion begins on Ash Wednesday and ends on Trinity Sunday, June 9th. Under pain of grievous sin, the Church commands all her children who have come to the use of reason, to receive worthily during that time. All should receive the Paschal Communion in their own parish. If they receive it elsewhere, they should notify their Parish Priest. A Plenary Indulgence may be gained on the usual conditions by all who fulfil this precept not later than Low Sunday, which is the first Sunday after Easter.
10. The Novena in honour of St. Patrick shall begin on March 8th with devotions consisting of the Rosary, the Litany of the Irish Saints or the Litany of Loreto, the prayer to St. Patrick, and Benediction with the Blessed Sacrament. The object of the Novena is to implore the intercession of our National Apostle for the spread of Temperance in Ireland, and for the general welfare of our country.
11. Special Lenten devotions are to be held on at least one evening of the week in addition to the Sunday evening. On the week-day devotions should consist of the Stations of the Cross with a brief discourse on some aspect of the Passion of Our Blessed Lord.
12. On Passion Sunday, the Anniversary of the Solemn Consecration of Ireland to the Sacred Heart of Jesus, the prayer appointed for the annual renewal of the Consecration shall be read at the principal Masses in all the churches. Wherever possible, arrangements should be made on that day for Exposition of the Most Holy Sacrament from last Mass till the evening devotions, at which the Act of Consecration should be again recited. The faithful should pray with special earnestness on this great Feast for the Church of Silence.

✠ **WILLIAM CONWAY.**
Titular Bishop of Neve
Vicar Capitular

Dundalk, February 18th, 1963.

CONFERENCES—1963

Dundalk, Monday, February 25th; Armagh, Thursday, February 28th; Dungannon, Thursday, March 7th; Drogheda, Monday 27th; Armagh—Dispensed; Dungannon, Thursday, May 30th; Dundalk, Monday, September 16th; Armagh, Wednesday, Sept. 18th; Dungannon, Thursday, Sept. 26th; Drogheda, Monday, October 14th; Armagh, Wednesday, Oct. 16th; Dungannon, Thursday, Oct. 24th.

CONFIRMATIONS

Armagh—Low Sunday, April 21st; Mullaghbawn — Tuesday, April 23rd; Drogheda—Thursday, April 25th; Cullyhanna—Monday, April 29th; Dromintee—Tuesday, April 30th; Lower Killeavy—Thursday, May 2nd; Crossmaglen—Monday, May 6th; Ballymacnab—Tuesday, May 7th; Tynan—Thrusday, May 9th; Derrynoose—Sunday, May 12th; Loughgilly—Tuesday, May 14th; Tandragee—Thursday, May 16th; Drumcree—Sunday, May 19th, Upper Killeavy—Tuesday, May 21st; Loughgall—Wednesday, May 22nd; Kilmore—Tuesday, May 28th.

gained in stature and it would not be presumptious to assume that Monday night will again see an influx of whist fans from many contres.

This year's welcome lental relaxation will assure that the ladies committee will be able to continue serving supper as usual, and all the old favourites and some new ones will again be in evidence.

A popular optional whist feature, based on personal whist scores takes on a new aspect.

Instead of the single line and full house as formerly the winners will be known at the interval. Participation in this is strongly recommended as it will add to the general enjoyment.

Ballygawley Livestock Sales

TRADE was keen at Ballygawley Mart on Friday 22nd inst with buyers and sellers present from a wide area. Strong bullocks in forward condition fetched to £67-10s. with less well finished animals to £56-10s. Forward heifers to £60. Sixquarter bullocks were in keen demand at up to £47-10s and heifers to £44. Stirks were slower at £28 to £32. Good quality bull calves to £16 and heifers to £14. Calved cows to £70 with poorer quality to £55.

Pig Sale on Friday 1st March.