



## THE CATHOLIC DIOCESE OF ROCKVILLE CENTRE

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### Office of Communications

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## STATEMENT

**DATE:** March 7, 2023

**RE:** 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 of 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<sup>th</sup> (St. Patrick's Day), please substitute some other penance, prayer, and work of charity in its place.

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