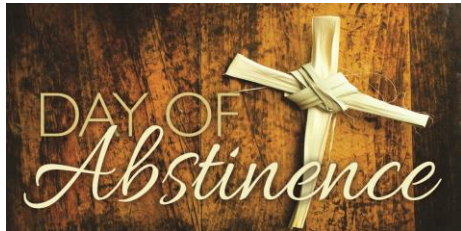
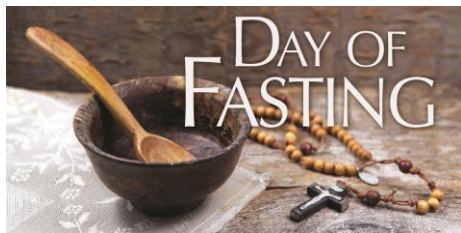


LENTEN REGULATIONS *For those whose health permits*



ABSTINENCE from meat is to be observed by all Catholics 14 years old and older on Ash Wednesday, Good Friday, and all Fridays of Lent.



FASTING is to be observed on Ash Wednesday and Good Friday by all Catholics who are 18 years of age but not yet 59. Those who are bound by this may take only one full meal. Two smaller meals are permitted if necessary. Eating of solid food between meals is not permitted.