



# DIOCESE OF DALLAS

Office of the Bishop

## RESCRIPT GRANTING DISPENSATION FROM ABSTINENCE ON THE MEMORIAL OF SAINT PATRICK

Canon 1250 of the Code of Canon Law states that Fridays of Lent are penitential days, which require abstinence from meat for all who have completed their fourteenth year. The United States Conference of Catholic Bishops (USCCB) notes similarly that “Fridays during Lent are obligatory days of abstinence” (USCCB, “Fast & Abstinence”).

The Church calls for abstinence so that we might imitate “the example of the spotless Son of God Himself, concerning Whom the Sacred Scriptures tell us that He went into the desert to fast and to pray for forty days (Mk 1:13)” (National Conference of Catholic Bishops, Statement, November 18, 1966, n. 3).

Bishops may dispense of this Friday obligation during Lent, especially when “certain feasts occur which the liturgy or local custom traditionally exempts from the Lenten spirit of penance” (NCCB, Statement, n. 16).

Because the Memorial of Saint Patrick is a common celebratory day in the United States and locally, I hereby decree that on Friday, March 17, 2023, all Catholics of the Diocese of Dallas, no matter where they may be, and all other Catholics actually present in the Diocese on that day, are dispensed from the obligation to abstain from meat (can. 87 §1).

Catholics are not required to utilize this dispensation and may continue the laudable practice of abstaining from meat on this Friday of Lent. If one chooses to make use of this dispensation, he or she is strongly encouraged, though not required, to alternate or substitute another penance in place of abstinence from meat on this day.

May God continue to bless the faithful and all the people of the Diocese of Dallas during this holy and penitential season.

Given at Dallas this 3<sup>rd</sup> day of March, 2023.

  
+Most Reverend Edward J. Burns  
Bishop of Dallas

  
Gregory Caridi  
Chancellor

