

## LENTEN & OTHER REGULATIONS FOR THE ARCHDIOCESE OF DELHI

1. **Days of fast and abstinence:** Ash Wednesday and Good Friday.  
Abstinence becomes mandatory from the age of 14, and the law of fasting binds those who have attained their majority (18) years until the beginning of their sixtieth year (canon 1252).  
Eggs, milk, butter etc. are allowed even on fast days.
2. **Days of Penance:** All the Fridays of the year and the days of Lent.  
Since on these days one is no more bound to fast and abstain, a penitential work must substitute for them. Substitution may be any one of the following devotional practices and good works or similar ones:-
  - Assisting at Mass out of devotion
  - Visit to the church/ Blessed Sacrament
  - Reception of Holy Communion
  - Stations of the Cross
  - Almsgiving
  - Visiting the poor
  - Visiting the sick, either at home or in hospitals
  - Reading the Bible or a spiritual book
  - The family Rosary
  - Abstaining from alcohol/smoking/going to the cinema
  - Bearing sickness or suffering patiently

**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.

**Hunger and Disease Campaign:** 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.

+ **Vincent M. Concessao**  
ARCHBISHOP OF DELHI

Given at  
**Archbishop's House**  
New Delhi – 110001.