Tridentine Community News

April 6, 2025 - Passion Sunday

Infographics About Our Lord's Passion

Old Fasting Regulations for Lent

These two illustrations explain the timing and locations of Our Lord's Passion, so vividly recalled during Holy Week.





It may be of interest to you to read the more strict Lenten fasting regulations that were in force prior to 1951. A full history of fasting regulations is here: https://fatima.org/history-and-norms-of-fasting/

Regulations for Lent

- The Lenien fast and abstinence begin on Ash Wednesday and cease on Holy Saturday at midday.
 - 3. On Sundays there is neither fast nor abstinence.
- All the days of Lent except Sundays are fast days of precept, on which only one meal is allowed.
 - 4. Days of both fast and abstinence are the following:
 - (a) Each Friday of Lent;
 - (b) Ember Saturday and until noon on Holy Saturday;
 - (c) Each Wednesday with the exception of Wednesday of Holy Week.
- 5. The use of fiesh-meat is allowed at the principal meal on Monday, Tuesday, Thursday and Saturday except Ember Saturday and Holy Saturday forenoon.
- Flesh-meat and fish may be taken at the same meal on days on which the use of flesh-meat is allowed.
- Those who are exempt from the precept of fasting may eat meat at each meal on the days on which meat is allowed at the principal meal.
 - 8. Dripping and lard may be used in preparing food.
- Regs, milk, butter and cheese may be used every day in Lent at the principal meal shd also at the moderate collation in the evening.
- 10. Bread, with coffee, tea or chocolate may be taken in the morning.
- Where the principal meal cannot conveniently be taken at noonlighe order may be inverted—and the collation may be taken in the morning and the dinner in the evening.
- 12. By virtue of an Apostolic Indult, the Most Reverend Bishop dispenses working people, who cannot conveniently observe the common law of the Church, from the obligation of ABSTINENCE on all days of the year except Pridays, Ash Wednesday, Vigil of Christmas and the forencom of Holy Saturday. This dispensation does not exempt from additional obligation of fasting where such exists. It includes, however, not only the individual workingmen in whose favor it is granted, but all the members of their families as well. In return, it is expected that those who avail themselves of this indult will endeavor to enter into the spirit of the Holy Season of Lent by voluntary acts of mortification and penance.
- 13. Paschal Communion in this discuss should be received between the first Sunday of Lent and Trinity Sunday.

Correction Regarding Our Lady of Fatima Shrine

Leaders of Our Lady of Fatima Shrine, the Blue Army Shrine in Riverview, Michigan, have asked us to inform our readers that unlike the other privately owned churches in the Archdiocese of Detroit listed in our March 23, 2025 column, Our Lady of Fatima Shrine has always been independently owned and run by a board since its founding. It was not purchased from the Archdiocese of Detroit.

Tridentine Masses This Coming Week

Sun. 04/13 8:15 AM: High Mass at OCLMA/Orchard Lake Shrine Chapel (Palm Sunday) — Mass begins 45 minutes earlier than usual.