



# Lenten Regulations

## DAYS OF FAST AND ABSTINENCE

ASH WEDNESDAY, FEBRUARY 26TH

GOOD FRIDAY, APRIL 10TH

## DAYS OF ABSTINENCE

ALL FRIDAYS OF LENT

### RULES OF FASTING

Fasting is to be observed by all 18 years of age and older who have not yet celebrated their 59th birthday. On a day of fasting, one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted, but liquids, including milk and juices, are allowed.

Note that when health or ability to work would be seriously affected, the law does not oblige. When in doubt concerning fast and abstinence, please consult Fr. Byrd.

### RULES OF ABSTINENCE

Abstinence is to be observed by all 14 years of age until death. Abstinence requires one to abstain from eating meat. Meat is considered to be the flesh and organs of mammals and fowl. Moral theologians have traditionally considered this also to forbid soups or gravies made from them. Salt and freshwater species of fish, amphibians, reptiles and shellfish are permitted, as are animal-derived products such as margarine and gelatin which do not have any meat taste.

## RECOMMENDATIONS FOR OBSERVING LENT

Lent should be a time of self-denial and penance, preparing the way for baptism or for the renewal of baptism at Easter. Besides doing what the Church requires, each person should voluntarily perform other acts of penance. Herewith, some suggestions:

- Daily participation in the Mass
- Daily recitation of the Rosary
- Participation in the Stations of the Cross
- Fasting at least once a week
- Personal service to the aged or the sick

Dear parishioners,

My name is Deacon Greg Orf, and I am blessed to be newly assigned by our Bishops to serve the parish of Our Lady of the Mountains. I am grateful to Fr. Byrd, the staff and parishioners for the kindness you have welcomed me with. Following my ordination in 2017, I began serving the parish of Good Samaritan in Ellijay, and I will now split my time between the two parishes. Along with my parish assignments, I am active in prison ministry, serve the Archdiocese on several boards and most excitedly, I am associated with the Disabilities Ministry and actively serve as a chaplain for the Annual Toni's Camp. I live in Ellijay and have been married to my wife Kristi for 31 years, we have two adult children and three grandchildren. I enjoy plenty of time in the great outdoors as well as family time, and traveling. However, my true passion is for God, especially expressed in the liturgical Rites of our beautiful Catholic faith. I have been most impressed with the dignity and joy that the parish of OLM worships God and I hope that my service may draw us even closer to Him. I promise that I shall pray for you all, and I ask for your prayers as I begin this new ministry. I look forward to getting to know you all, so please say hello.

Your brother in Christ,  
Deacon Greg Orf

