

LENTEN PENANCE

DAYS OF PENANCE

- 1.** Abstinence from meat, and fasting, *must be* observed on Ash Wednesday and Good Friday. All who have completed their eighteenth year and have not yet begun their sixtieth year are bound to fast. All who have completed their fourteenth year are bound to abstain.

- 2.** On all other Fridays of the year including the Fridays of Lent, the law of the common practice of penance is fulfilled by performing *any one* of the following:
 - (a)** prayer – for example, Mass attendance; family prayer; a visit to a church or chapel; reading the Bible; making the Stations of the Cross; praying the rosary.

 - (b)** self-denial – for example, not eating meat; not eating sweets or dessert; giving up entertainment to spend time with the family; limiting food and drink so as to give to the poor of one's own country.

 - (c)** helping others – for example, special attention to someone who is poor, sick, elderly, lonely or overburdened.

LENT LASTS FROM ASH WEDNESDAY (14th FEBRUARY) TO THE MASS OF THE LORD'S SUPPER (29th MARCH). ON GOOD FRIDAY AND, IF POSSIBLE, ALSO ON HOLY SATURDAY UNTIL THE EASTER VIGIL, THE EASTER FAST IS OBSERVED.

PASCHAL PRECEPT

Each of the faithful is obliged to receive Holy Communion at least once a year. This is to be done between Ash Wednesday, 14th February, and Trinity Sunday, 27th May, 2018 unless for a good reason it is done at another time during the year. All the faithful are obliged to confess their grave sins at least once a year.

**Australian Catholic Bishops Conference Liturgical and Prayer Resources for
Days of Fasting and Reparation following the Royal Commission into
Institutional Responses to Child Sexual Abuse Lent 2018**

**SAMPLE PRAYERS AND PENITENTIAL LITANY FOR
VICTIMS OF SEXUAL ABUSE
PRAYER FROM THE PONTIFICAL COUNCIL FOR
THE PROTECTION OF MINORS (alt.)**

Father,

Since your mercy has been revealed in the tenderness of your Son Jesus Christ, who said to his disciples: "Let the little children come to me", we pray that your Church may be a secure home where all children and vulnerable adults are brought closer to your Beloved Son.

May all those who have been abused physically, emotionally and sexually by your ministers, be respected and accompanied by tangible gestures of justice and reparation so that they may feel healed with the balm of your compassion. We ask this through Jesus Christ our Lord, Amen.

Heavenly Father,

who loves and cares for all of your children, especially the smallest and most vulnerable, we entrust to you the lives of the many children and vulnerable adults, who have been sexually abused, and whose trust and innocence have been destroyed. Help us to hear their cries of pain and to take responsibility for so many broken lives. We pray that within their communities and families they may find understanding and support and take responsibility so that with the help of your grace their wounds may be healed, and they may again know peace.

Grant this through our Lord Jesus Christ, your Son, who shared our weakness in all things but sin, and lives and reigns with you in the unity of the Holy Spirit, for ever and ever, Amen.

**Source: <http://www.catholicreligiousaustralia.org.au> –
These prayers were first published in www.protectionofminors.va**