



# Archdiocese of Detroit

## ADVISORY

DEPARTMENT OF COMMUNICATIONS  
OFFICE OF PUBLIC RELATIONS  
305 Michigan Avenue  
Detroit, Michigan 48226  
[www.AODcommunications.org](http://www.AODcommunications.org)  
TEL 313-237-5943  
FAX 313-237-4644

**To:** All Pastors  
**From:** Archdiocesan Communications  
**Date:** March 8, 2006  
**RE:** Eating Meat on St. Patrick's Day, Friday, March 17  
Clarification on Rules of Fast and Abstinence

For those Catholics desiring some pastoral guidance regarding whether it is permitted to eat meat on St. Patrick's Day, Friday, March 17, Cardinal Maida grants his blessing and permission **to do so to all Roman Catholics in the Archdiocese of Detroit, both parishioners and visitors."**

Even as he grants permission, the cardinal reminds all Catholics of the importance of choosing to perform some personal acts of penance, especially during these days of Lent; prayer, fasting and almsgiving are traditional Lenten Penances.

**An important part of the Church's tradition during Lent is fasting on Ash Wednesday and Good Friday, as well as abstaining from meat on Ash Wednesday, the Fridays of Lent, and Good Friday. Those under the age of fourteen do not have to abstain; those under the age of eighteen do not have to fast. The obligation to fast ends when a person enters his or her sixtieth year but the obligation to abstain from meat continues for the duration of one's life unless there are medical concerns.**