



Simla Chandigarh Diocese

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DIOCESAN REGULATIONS – 2016

Dear Brothers and Sisters in Christ,

All Christ's faithful are obliged by divine law, each in his or her own way, to do penance. The Church, however, prescribes some days when all the faithful are in a special manner to devote themselves to prayer, to engage in works of piety and charity and to deny themselves, especially by observing the fast and abstinence (c.1249). Following Church Law and in accordance with the Apostolic Constitution "*Penitemini*" of Feb 27, 1966, some regulations and instructions for the year 2016 are given below. They are to be faithfully observed in our Diocese:

1. DAYS OF FAST AND ABSTINENCE: ASH WEDNESDAY, (FEBRUARY 10) and GOOD FRIDAY (MARCH 25). All Fridays of Lent are recommended as days of fast and abstinence in our Diocese.

Abstinence becomes mandatory from the age of 14, and fast from the age of 18 to 60.

2. DAYS OF PENANCE: ALL FRIDAYS OF THE YEAR, DAYS OF LENT AND ADVENT. Since on these days, one is no more bound by law to fast and abstain, a penitential work must substitute them. Substitution may be one of the following devotional practices and good works or similar ones:

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| a). Assisting at Holy Mass with devotion | b). Visit to the Church |
| c). Eucharistic Adoration | d). Reception of Communion |
| e). Stations of the Cross | f). Alms-giving |
| g). Visiting the poor | h). Reading the Bible or Spiritual Books |
| i). The Family Rosary | j). Bearing sickness or suffering patiently |
| k). Visiting the sick either at home or in the hospital | l). Engaging in other corporeal works of mercy |
| m). Abstaining from watching movies or from smoking or from alcoholic drinks or such other means of recreation or luxury. | |

3. The USUAL FACULTIES OF PARISH PRIESTS OR CONFESSORS are still in force for dispensing substitutes, even in case of No. 1.

4. The TIME FOR FULFILLING THE EASTER DUTY begins on Ash Wednesday, i.e. February 10 and ends on The Solemnity of Most Holy Trinity i.e. May 22.

5. SUNDAYS AND HOLYDAYS OF OBLIGATION: All Sundays of the year, Christmas (25th December) and Feast of the Assumption of the Blessed Virgin Mary (15th August).

The obligation of assisting at Mass is satisfied whenever Mass is celebrated in a Catholic Rite, either on a Sunday or Holyday itself or the previous evening (after 4.00 p.m.). ***One who has received Holy Communion may receive it once more on the same day only within a Eucharistic celebration in which he/she participates (Can. 917).*** In other words, a person who assists at two or three Masses, say on All Souls' Day or Christmas Day, may receive Holy Communion at two Masses.



6. Days on which Parish Priests are obliged to offer **MASSES (MISSA PRO POPULO) FOR THE FAITHFUL:**
(a) All the Sundays of the Year, (b) Christmas Day (Dec 25) (c) The Assumption of the Blessed Virgin Mary (Aug 15)

7. The following **COLLECTIONS FOR THE UNIVERSAL CHURCH** must be made on the days mentioned in all the Churches and Institutions and sent to our Diocesan Curia:

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| A. For the Society of the Holy Childhood | - 14 th February 2016 |
| B. For St. Peter's Pence | - 21 st August 2016 (Justice Sunday) |
| C. For Campaign against Hunger & Disease | - During Lent (Maundy Thursday, 24 th March 2016) |
| D. For the maintenance of Holy Land | - Good Friday, 25 th March 2016 |
| E. For the Society of St. Peter the Apostle | - 29 th June 2016 |
| F. For the Society of the Propagation of Faith | - Mission Sunday, 16 th October 2016 |

N.B. On other Sundays of the year and Holydays of obligation, the collection should be taken for the maintenance of the church. Priests who take their monthly allowance from the Diocese must send the Sunday collection to the Curia. Other priests who do not take the monthly allowance from the Diocese may retain the Sunday collection for Church maintenance.

8. SPECIAL DAYS DURING THE YEAR:

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|------------------------|-----------------------------|-----------------------------|------------------------------|
| a. World Day of Peace | - 1 st January | b. Day of Consecrated Life | - 02 nd February |
| c. Holy Childhood Day | - 14 th February | d. World Day of the Sick | - 11 th February |
| e. Divine Mercy Sunday | - 03 rd April | f. Laity Sunday | - 21 st June |
| g. Justice Sunday | - 21 st August | h. Day of the Girl Child | - 08 th September |
| i. Mission Sunday | - 16 th October | j. World Communications Day | - 08 th May |

9. CHURCH UNITY OCTAVE - January 18 to 25 every year.

10. The following Churches are declared to be **PLACES OF PILGRIMAGE IN THE DIOCESE:**

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| a. Christ the King Cathedral | - Chandigarh | b. St. Michael's Cathedral | - Simla |
| c. Holy Redeemer Church | - Ambala | d. Our Lady of Fatima Church | - Patiala |
| e. Holy Rosary Church | - Bhatinda | f. Immaculate Heart Church | - Karnal |

Yours Sincerely in Christ,

+Ignatius L. Mascarenhas
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