



Archdiocese of Galveston-Houston

Office of the Auxiliary Bishop

January 31, 2018

My dear brother priests,

As you know, Ash Wednesday falls on February 14th this year, which of course is Valentine's Day. Ash Wednesday is a universal day of fasting and abstinence throughout the entire church. We have received several inquiries requesting dispensation from fasting and abstaining from meat because of Valentine's Day and also the Asian New Year (TET). Because of the importance of this day in the church, we will not grant any dispensations from fasting or abstaining from meat on Ash Wednesday, February 14, 2018.

Throughout the universal church, there are only two days of the year that we are required to observe abstinence and fasting, Ash Wednesday and Good Friday. In the United States, we are asked to abstain on all the Fridays during Lent.

May we all have a blessed and prayerful Lenten Season.

Fraternally in Christ,

+ *George A. Shultz*

Most Rev. George A. Shultz
Auxiliary Bishop & Chancellor
Archdiocese of Galveston-Houston



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