



The Christian faithful from time immemorial have set apart Friday for special penitential observance, by which we willingly suffer with Christ so that we may one day be glorified with Him. This loving desire is at the heart of the tradition of abstinence from meat on Fridays in Lent. Notwithstanding the privileged place of this penitential practice in the spiritual life, it is at times outweighed by the call even in Lent to celebrate with rejoicing and praise, such as on days with the rank of “solemnity.”

Hoping to benefit from the graces associated with the extraordinary Year of Saint Joseph in this Archdiocese and throughout the Universal Church, and recalling his patronage of our Archdiocesan Synod Process, the Faithful of this Local Church have in the past 15 months embraced additional spiritual exercises that have drawn us closer to Saint Joseph, such as the monthly meditations on the wonders of Saint Joseph through the *Cuppa Joe* series and pilgrimages to parishes dedicated to Saint Joseph throughout the Archdiocese.

NOW THEREFORE

Considering that the liturgical celebration of the Solemnity of Saint Joseph this year begins on the third Friday of Lent, March 18, 2022; and

Having determined that fostering a spirit of thanksgiving for the abundant graces received through the celebration of the Year of Saint Joseph in this Archdiocese would be for the spiritual benefit of the faithful; with this decree I hereby

DISPENSE FROM THE OBLIGATION OF ABSTINENCE FROM MEAT

Those faithful domiciled or physically present in the territory of the Archdiocese who would ordinarily be bound to observe abstinence on the Fridays of the season of Lent and who have chosen to begin their celebration of Solemnity of Saint Joseph, Husband of Mary on Friday, March 18, 2022, either by praying Evening Prayer I, which is in honor of Saint Joseph, or by participating at an anticipatory Mass of the solemnity on that evening.

We undertake these spiritual efforts in order to unite and encourage the Archdiocesan family under the patronage of Saint Joseph, guardian of the Holy Family, to more perfectly cooperate in the work of salvation. Saint Joseph, pillar of families, comfort of the afflicted, and protector of the holy Church, pray for us!

Given at Saint Paul, Minnesota, on this 10th day of March, in the Year of Our Lord 2022.


Susan Mulheron

Chancellor for Canonical Affairs



Most Reverend Bernard A. Hebda
Archbishop of Saint Paul and Minneapolis

L.S.