



THE DIOCESE OF YAKIMA • PASTORAL OFFICE
LA DIÓCESIS DE YAKIMA • CENTRO PASTORAL

March 1, 2022

Dear Brothers and Sisters in Christ,

In the season of Lent, we seek to draw closer to our Lord Jesus. We do so through prayer, fasting and almsgiving. We also practice abstinence from eating meat on all Fridays of Lent, as well as on Ash Wednesday and on Good Friday. The law of abstinence binds all those who have attained the age of fourteen.

Praying for the intercession of the saints and modeling our lives after them is also an important part of our Lenten journey. The law of abstinence does not bind on Solemnities during Lent. The most notable of these is Friday, March 25, the Solemnity of the Annunciation of the Lord.

This year, the season of Lent coincides with the Memorial of Saint Patrick (Thursday, March 17) and the Solemnity of Saint Joseph, husband of the Blessed Virgin Mary (Saturday, March 19). Both are feast days of great importance to the faithful and possess significant cultural and ethnic importance. While the Year of St. Joseph ended December 8, 2021, I have continued to visit all our parishes named after him for special Masses and retreats. Good Saint Joseph is the principal patron of our diocese.

Since these feast days in 2022 are observed near a Friday, the celebrations may include events and festive gatherings on Friday, March 18. Therefore, in response to the faithful who have asked for a dispensation from the Friday Lenten abstinence, I hereby dispense Catholics in the Diocese of Yakima from the obligation of abstinence on Friday, March 18, 2022. I happily do so.

As we enjoy a festive meal with family and friends, let us be mindful of our brothers and sisters in the world who will not eat or do not have enough to eat. I ask you to consider a donation to one of the many food banks in the diocese as another fitting way to commemorate the Memorial of Saint Patrick and the Solemnity of Saint Joseph, husband of the Blessed Virgin Mary.

Entrusting you to the care of Our Lady of Guadalupe, with every best wish and blessing,

Sincerely in Christ,

Most Rev. Joseph J. Tyson
Bishop of Yakima

[signature applied electronically]

JJT/rs