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

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January 22, 2023

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 (*CIC §1252*).

Praying for the intercession of the saints and modeling our lives after them is also an important part of our Lenten journey. This year, the Memorial of Saint Patrick March 17 coincides with a Lenten Friday. It is a feast day of great importance to the faithful and possess significant cultural and ethnic importance. 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 17, 2022 (*CIC §85*). 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. Other possible penances could include:

- a prayerful visit to Christ in the Blessed Sacrament;
- fasting from watching a television show;
- visiting someone who is sick or in prison.

We do penance in imitation of Jesus' fast of 40 days in the desert, eager to draw nearer to him in love.

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