

**LENT 2010 GUIDELINES**  
**The Solemnity of St. Joseph, March 19**

The Solemnity of St. Joseph, March 19, falls on a Friday this year. The question arises regarding the requirement of abstinence from meat. Since St. Joseph's Day holds the rank of a solemnity and the character of a solemnity is one of rejoicing, penitential practices such as abstinence from meat are not required. People may choose voluntarily to abstain from meat on March 19 but it is not required. Hence, Catholics are able to participate in a St. Joseph Table without worrying about breaking the penitential discipline of Lent.

See Canon 1251: "Abstinence from eating meat or another food according to the prescriptions of the conference of bishops is to be observed on Fridays throughout the year unless they are solemnities; abstinence and fast are to be observed on Ash Wednesday and on the Friday of the Passion and Death of Our Lord Jesus Christ."