

LENTEN FAST

Breakfast: May choose 1 or 2 of the following:

- 2 slices of toast (with butter and/or jelly)
- 1 standard bowl of cereal
- 1 egg

AND

Beverage: 1 glass of juice

AND

- 1 cup of coffee **OR** 1 cup of tea **OR** 1 glass of milk
- [may use cream and/or sugar in coffee or tea]

Lunch: May choose either #1 **OR** #2:

1. 1 standard-size bowl of each - soup **AND** salad
1 piece of bread, roll or crackers

2. 1 sandwich [no larger than 6" hoagie] **AND** 1 piece of fruit

Beverage: 1 cup of coffee **OR** 1 cup of tea **OR**

1 glass of milk **OR** 1 glass of juice.

[may use cream and/or sugar in coffee or tea]

Dinner: May choose either #1 **OR** #2:

1. A piece of meat **OR** fish **OR** poultry - not to exceed ½ lb.
[On Fridays you may substitute the meat with fish or eggs]
1 serving of starch [potato, rice, pasta, etc.]
1 serving of vegetables
1 piece of bread or roll

2. 1 dinner size portion of a main dish [casserole, stew, pasta, etc.]
1 piece of bread or roll

Beverage: 1 cup of coffee **OR** 1 cup of tea **OR**

1 glass of milk **OR** 1 glass of juice.

[may use cream and/or sugar in coffee or tea]

Snack: 1 piece of fruit that fits in palm of hand **OR** 1 glass of milk

~ **NO SWEETS OF ANY KIND Monday – Saturday.** On Sundays you may have one dessert or treat of your choice [i.e. 1 standard piece of cake or pie, single serving of chips, pretzels, cookies, etc.].

~ You may have water or juice between meals.

~ For Wednesdays during the fast, you may have soup in addition to beverages [milk, coffee, tea or juice].

~ If you are over 60 years of age, you are not required to fast.

~ If you are pregnant or nursing, please eat your normal meals.

**Please see your Superior with any questions concerning the fast –
not the Undershepherd or your House Pastor.**

WRITTEN CULPA PROCEDURE

Use Letter Size (8½ x 11) Paper

Proper Heading:

* † † † † †
J.M.J.

Br./Sr. (Name) and Chapter #

** Psalter Week (I), on the
(28th) Day of (Month),
In The Year of Our Lord,
(Two Thousand and Two)

Begin Culpa . . .

* Number of crosses according to your state in Chapter:
† = Aspirant, †† = Postulant, ††† = Novice, †††† = Professed.

** Fill in the proper Psalter Week, day, month and year.

Written Culpas are to be given to your Superior, who will then pass it on to the Priest. Please do not give Culpas to the Priest yourself.

Include a self-addressed, stamped envelope folded inside with your culpa so that the Priest can mail it back to you in a sealed envelope. Please use your full Legal name, including last name.

During Lent and Advent Chapter members may miss one Culpa before needing to do a written Culpa. However, this does not apply for the three Culpas prior to St. Francis Day.