

The fast begins Wednesday, November 25, 2009.
Chapter is excused from the fast for Thanksgiving weekend (Thursday, Nov. 26th to Sunday Nov. 29th) and each Sunday of Advent.

ADVENT FAST - 2009

Breakfast: May choose 1 or 2 of the following:
1 slice of toast (with butter and/or jelly)
1 standard bowl of cereal
1 egg

AND

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]

Lunch: 1 cup any type of salad **OR** 1 cup of soup **OR**
1 sandwich [no larger than 6" hoagie]
AND
1/2 cup of fruit
2 crackers **OR** 1 piece of bread [omit if choosing sandwich]
Beverage: same as breakfast

Dinner: May choose either #1 **OR** #2:
1. 1/4 lb. of meat or fish **OR** 2 eggs
1/2 cup of starch [potato, rice, pasta, etc.]
1 cup of vegetables **OR** 1 cup of salad

2. 2 cups of a main dish [casserole, stew, pasta, etc.]
Beverage: same as breakfast

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

~ **NO SWEETS OF ANY KIND.**

~ 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 ask your Superior any questions concerning the fast -- not the Undershepherd or your House Pastor.**

WRITTEN CULPA

Use Letter Size (8 1/2 x 11) Paper

Proper Heading:

* t t t t t
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:
t = Aspirant, t t = Postulant, t t t = Novice, t t t t = Professed.

** Fill in 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 include 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.