



OFFICE OF THE BISHOP  
DIOCESE OF MEMPHIS

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Dear Brothers and Sisters in Christ,

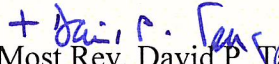
The Church requires all Catholics fourteen years of age and older to abstain from eating meat on Fridays of Lent as a means of bodily mortification for the sake of spiritual renewal.

This year, the commemoration of St. Patrick on March 17<sup>th</sup> occurs on a Friday of Lent. While I want Catholics to be able to celebrate on St. Patrick's Day, I also want to respect the important Lenten practices that spiritually prepare us for the coming celebration of Easter.

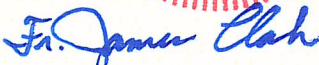
I, therefore, commute the obligation of abstinence from meat on March 17, 2023, such that those who choose to eat meat on St. Patrick's Day may fulfill the obligation to abstain from eating meat on any other day of that week.

This commutation is granted to all Catholics living in the Diocese of Memphis in Tennessee and any Catholics present in the Diocese on March 17<sup>th</sup>. I am yours

In the light and love of the Lord,

  
Most Rev. David P. Valley, M.S.W., J.C.D.  
Bishop of Memphis in Tennessee

Given at the Chancery on February 22, 2023

  
Very Rev. James Clark, J.C.L., J.V.  
Chancellor

