



**Diocese of Arlington  
DECREE**

The obligation to abstain from meat on the Fridays of Lent is an important element of the Church's observance of the penitential nature of this holy season.

This year, the Memorial of Saint Patrick falls on Friday, March 17. This is traditionally an occasion for joy-filled celebrations in this diocese.

Therefore, I decree that on Friday, March 17, 2023, all Catholics of the Diocese of Arlington, no matter where they may be, as well as any visitors or travelers who may be physically present within the territory of this diocese, are, by my authority, dispensed from the obligation of abstinence from meat (can. 87 §1).

Those taking advantage of this dispensation, however, are exhorted to undertake a work of charity, an exercise of piety, or an act of comparable penance on some other occasion during the Third Week of Lent.

Given on this sixth day of February, in the Year of Our Lord 2023, in the Diocese of Arlington.

*+ Michael F. Burbidge*

Most Reverend Michael F. Burbidge  
Bishop of Arlington

*Robert J. Rippy*

Very Reverend Robert J. Rippy  
Chancellor