



# DIOCESE OF ALLAHABAD

Bishop's House, #32 Thornhill Road  
Allahabad 211 002, INDIA

DIOCESAN CIRCULAR NO 01/16

February 15, 2016



## MY PROGRAMME

### FEBRUARY 2016

02	Presides over Feast of the Presentation of the Lord & Closing of the Year of Consecrated Life
03	Joins Jubilarians Day Celebration at St. Joseph's Regional Seminary, Ald.
06	Presides over Golden Jubilee Celebrations at Mariampur, Kanpur & Silver Jubilee Celebrations at Nazareth Niwas, Muirabad
07	Administers Confirmation at Rihandnagar
10	Ash Wednesday Mass at St. Joseph's Cathedral, Alld
14	Holy Mass at Akbarpur
15	Presides over Annual School Day Function at Shankargarh
17	Diocesan Consultor's Meeting at 5:30 p.m.
18	Clergy Recollection at 9:30 a.m. & Priest Council Diocese of Alld (PCDA) Meeting at 3:30 p.m.

**My Dear Fathers, Sisters and Brothers,**

Grace and peace from God our Father and the Lord Jesus Christ!

### I. LENTEN REFLECTION

Lenten Season is a very special, grace-filled and challenging time of the year. It is a time during which we surrender ourselves more and more to God so that **"Christ may be formed"** in us through the work of the Holy Spirit (Gal 4:19). Like John the Baptist we say, **"He must increase and I must decrease"** (Jn 3:30). Through the threefold means of prayer, almsgiving and fasting, we try to eradicate our ego and sinful tendencies and let the Christ in us increase. During Lent we make special efforts to practice the virtue of justice. By prayer we practice justice toward God, by fasting, justice toward self and by almsgiving, justice toward our neighbor.

By prayer, fasting and almsgiving, we fulfil the greatest command given to us by our Lord, **"You shall love the Lord your God with all your heart, and with all your soul, and with all your mind..... you shall love your neighbour as yourself"** (Mt 22:37-39). The essence of prayer is love. St. Theresa of Avila says that meditation does not consist so much in thinking a great deal as loving a great deal. The real measure of our relating to God is love; the love we bring to it, the love we put into it, and the love we take from it. Prayer is an expression of our love for God and we do not calculate or preoccupy with what we will get in return.

We said that prayer is an expression of our love for God. But prayer becomes more authentic when it is accompanied by fasting and almsgiving which are expressions of our solidarity with and love for our neighbour.

St. Peter Chrysologus shows the interconnection between prayer, fasting and works of mercy: "Fasting is the soul of prayer, mercy is the lifeblood of fasting. So if you pray, fast; if you fast, show mercy; if you want your petition to be heard, hear the petition of others. If you do not close your ear to

28	AGBM & Thanksgiving of Bible Society, Allahabad at 5:30 p.m.
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### MARCH 2016

1-9	C.B.C.I. Plenary Meeting at Bangalore
11	Return to Allahabad
15	Finance Committee Meeting at Seminary, Alld.
16	Chrim Mass, Alld
17	Presides over Parish Feast at St. Patrick's Church, Kanpur
19	Presides over Parish Feast at St. Joseph's Cathedral, Alld
20	Palm Sunday Mass at St. Joseph's Cathedral, Alld
24-27	Holy Triduum

### APRIL 2016

01	Inauguration Blessing, Dedication of St. Joseph's school, Naini
02	Inauguration Blessing, Dedication of St. Mary's school, Duddhi
03	Administers Confirmation at Renukoot
4-8	CDPI General Body Meeting at Goa

other, you open God's ear to yourself."

Holy Father Benedict XVI, a world renowned scholar, theologian and thinker, has an easy and lucid writing style. The **Lenten Message** he wrote in 2009 was on the value and meaning of fasting. Though only two pages long, it is rich in biblical references, extracts from the writings of the Fathers of the Church and his own profound personal reflections.

The Pope begins his message describing Lent as a season of intense spiritual training, a time to prepare ourselves for the celebration of Easter and for the experience of God's power. Citing the examples of Moses, Elijah and Jesus Himself we are told that prayer and fasting is the right preparation for mission. The preventive power of fasting is highlighted by saying, "*...fasting is a great help to avoid sin and all that leads to it.*" Fasting is said to be "*an instrument to restore friendship with God*". Apart from obtaining God's favor and protection fasting undertaken as a sign of repentance can ward off impending dangers and punishments. Fasting done with the right motive proclaims to the world that the true food of human beings is not bread but God, His Word, His Will.

Fasting becomes more fruitful and beneficial when it is accompanied with works of mercy. In his message the Holy Father underlines the traditional Christian belief that fasting has healing power. It heals believers of all that prevents them from doing the will of God.

Fasting helps us to live well the first and the greatest commandment. Taking St. Augustine's imagery of sinner as a twisted and tangled person, the holy Father says that fasting confers unity to the whole person, body and soul, helping to avoid sin and grow in intimacy with God. The punch line of his Message is, "*May every family and Christians community use well this time of Lent, therefore, in order to cast aside all that distracts the spirit, and grow in whatever nourishes the soul, moving it to love God and neighbor.*"

I wish each of you a Holy Lenten Season!

## **II. Extraordinary Minister of the Eucharist**

Canons 230, 910, 911 and 943 speak about the ordinary and extraordinary ministers of the Eucharist. In our diocese where there is a great pastoral need the Bishop has already permitted Superiors of religious communities to be extraordinary ministers of the Eucharist so that they can help communicants in the parish church. In addition to this, in the spirit of Canon 943 I hereby grant permission to Superiors of communities of women religious to be extraordinary ministers of exposition and disposition alone of the Blessed Sacrament in their convents, but without the blessing. Where the ordinary ministers of the Eucharist are available the extraordinary ministers need not minister. The criterion for their ministry is the pastoral need.

## **III. Gratitude**

On the occasion of my Birthday (Feb. 7) some of you greeted me in person, others did it by telephone, but all of you prayed for me. Your prayer is a source of great strength for me. I use this space to express my gratitude to each of you for your thoughtfulness and the cooperation you give me to carry forward the mission of Christ in the Diocese of Allahabad.

## **IV. 24 hours for the Lord & Spiritual Conventions**

In the Papal Bull *Misericordiae vultus* (The Face of Mercy) Pope Francis has asked us to celebrate “24 Hours for the Lord” on the Friday and Saturday of the Third Week of Lent. Deaneries and/or large parishes must organize 24 hours adoration with arrangements for the Sacrament of Reconciliation. The adoration could start on Friday evening, possibly after the way of the cross, and conclude on Saturday evening. I would ask Deans to organize spiritual conventions of two or three days’ duration with Divine Mercy as the theme. Should you require any assistance in this regard please let me know.

## **V. Education of Catholic Children**

It is admission time in schools. A concerted effort must be made to ensure that all catholic children are admitted in our schools and that they are brought up to a higher level of proficiency. It is uncharitable and unchristian to find excuses for not admitting them and to give up on them just because they failed. Remember that catholic children have to fight many odds to come up to the level of others: poverty, uneducated parents, inferiority complex, etc. Special attention must be given to coaching them.

Just as we care for their academic qualifications we must also care for their Christian formation. Catechism classes, the Sacrament of Reconciliation, Retreat, Holy Mass on important days, etc., are matters that need to be attended to.

To the extent possible, all poor and deserving children too should be specially cared for in our schools. I urge Parish Priests and Heads of Institutions to work in tandem in the interest of the catholic children and the poor.

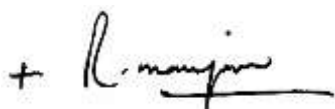
## **VI. Jubilees**

Customarily our diocese has been celebrating the Sacerdotal and Golden Jubilees of our priests. The other milestones in their lives are not celebrated at diocesan level. However, we should remember and pray for them, congratulate and appreciate them on such occasions.

This year Fr. Rolfie D'Souza is a Silver Jubilarian. The celebrations are scheduled for April 17, 2016.

Fr. Apolin Lobo and Fr. Thomas Serrao completed 40 years of Sacerdotal ministry on February 15, 2016.

As we thank these three priests for their dedicated ministry in the diocese and the human society, we glorify God for the gifts they have been to each of us. Congratulations ! *Ad multos annos*, dear fathers!



**MOST REV. RAPHY MANJALY**

Bishop of Allahabad

Enclosure: Lenten Regulations

## **Revised List of Responsibilities**

<b>APOSTALATE</b>	<b>DIRECTOR</b>
<b>Biblical Apostolate</b>	<b>Rev. Fr. Leslie Cutinha</b>
<b>Catechetics</b>	<b>Rev. Fr. Sunil Noronha</b>
<b>Children</b>	<b>Rev. Fr. Archibald D'Silva</b>
<b>Dialogue &amp; Ecumenism</b>	<b>Rev. Fr. Leo Sequeira</b>
<b>Education</b>	<b>Rev. Fr. James Francis</b>
<b>Evangelization</b>	<b>Rev. Fr. Valerian D'Souza</b>
<b>Family</b>	<b>Rev. Fr. Stephen Manoj D'Souza</b>
<b>Health</b>	<b>Rev. Fr. Reginald D'Souza</b>
<b>Laity &amp; BCC</b>	<b>Rev. Fr. Damian Gomes</b>
<b>Liturgy</b>	<b>Rev. Fr. Francis Xavier</b>
<b>Marriage Tribunal</b>	<b>Rev. Fr. Sebastian Francis</b>
<b>Pontifical Mission Societies &amp; Seminarians</b>	<b>Rev. Fr. Isidore D'Souza</b>
<b>Priest Welfare</b>	<b>Rev. Fr. Rolfie D'Souza</b>
<b>Prison Ministry</b>	<b>Rev. Fr. Jacob Bona D'Souza</b>
<b>Religious</b>	<b>Rev. Fr. William Mathias</b>
<b>Social Dev. &amp; Peace &amp; Justice</b>	<b>Rev. Fr. K. K. Antony</b>
<b>Social Communication</b>	<b>Rev. Fr. Isidore D'Souza</b>
<b>Vocation Promotion</b>	<b>Rev. Fr. Joy Rodrigues</b>
<b>Women &amp; Labour</b>	<b>Rev. Sr. Freda C.J.</b>
<b>Youth</b>	<b>Rev. Fr. Anand John K.V.</b>

## LENTEN REGULATIONS FOR ALLAHABAD DIOCESE

The following are to be made known in Lent to the faithful, including Religious Communities, in all Parishes and Chapels. What concerns certain feasts etc. should be repeated during the year at the appropriate time.

### 1. Days of Obligation

Regarding Sundays and feast days of obligation, Canon 1246 prescribes **ten days of obligation**. In India, Christmas and the feast of Assumption of our Lady are days of obligation. Three feasts, the Epiphany of Our Lord, the Ascension of Christ and the Feast of the Body and Blood of Christ have been transferred to Sundays.

**The Other Five Solemnities:** Mary Mother of God; the Immaculate Conception; St. Joseph; the Apostles, Sts Peter and Paul; and All Saints are omitted as feast days of obligation in India.

The obligation of assisting at Mass is satisfied whenever Mass is celebrated in any Catholic Rite, either on a Holy day itself or in the previous evening (after 4.00 P.M.) of the previous day on the eve of Christmas and the Assumption.

2. **Easter Duties** may be fulfilled from Ash Wednesday to Trinity Sunday.

### 3. Penitential Law

Canon 1251 and the following regulations, prescribe days of penance for the universal Church. By virtue of the powers given by the Decree of February 27, 1996, the CBCI has mitigated the norms.

4. **Days of Penance:** All the Fridays of the year and the days of Lent.

Since on these days, one is no more bound to abstain from meat, some other penitential work must substitute it. Substitution may be done by one of the following devotional practices and good works, or similar ones:

- i. Assisting at Mass
- ii. Visit to the Church
- iii. Reception of Holy Communion
- iv. Stations of the Cross
- v. Almsgiving
- vi. Visiting the poor
- vii. Visiting the sick either at home or in hospitals
- viii. Reading the Bible or a Spiritual Book
- ix. The family Rosary

- x. Abstaining from going to the cinema or from smoking or from alcoholic drinks
- xi. Bearing sickness or suffering patiently

The usual faculties for the Parish Priests or Confessors are still in force for dispensing or substituting, even in the case of above.

## 5. Fast and Abstinence

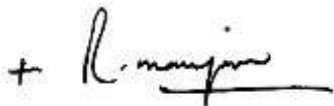
**Days of Fast and Abstinence:** Ash Wednesday and Good Friday. Abstinence become mandatory on completing the age of fourteen; fast is obligatory from the age of eighteen to the beginning of sixtieth year. (Can. 12 52). The age of majority in the Catholic Church is eighteen following the general consensus of Civil Law.

We should teach all to go beyond the law as regards, specially, penance during Lent.

Though the obligation of specific acts of Lenten penance has been removed since some years, the need for Lenten penance remains. On all penitential days, e.g. Lent, Friday on which fast or abstinence was prescribed in the past, the obligation **should be replaced** by other mortification, or works of charity or piety. Those who can keep fast are advised to do so. Those who cannot must substitute it by something else.

The law of penance is essential to Christian life. The changes are not a dispensation, but a 'permission to substitute something else, additional and voluntary, which one is not already obliged to do by one's duty or state of life. Those availing themselves of this general dispensation, all including Priests and Religious, are exhorted to make up by voluntary practices, especially during Lent: assisting at Mass; some additional time of prayer, specially meditation; visiting the sick; some voluntary mortification in eating, drinking, smoking, amusements, putting aside for the poor the money thus saved; giving alms more generously to the poor, to charitable works, specially to the "Campaign against Hunger", accepting more patiently, in the spirit of penance, the trials, sickness, sufferings, contradictions of life.

Let **the renewal of Baptismal vows on Holy Saturday** be a means of Christian renewal for us and for our people. It should be prepared with a catechesis.



✠ **RAPHY MANJALY**  
Bishop of Allahabad

09-02-2016