



By the Grace of God and the Authority of the Apostolic See  
Bishop of Bridgeport

## DECREE

+ In the name of Our Savior Jesus Christ. Amen.

In accord with the immemorial practice of the Church, the Code of Canon Law and the directives of the United States Conference of Catholic Bishops, all Catholics who completed fourteenth year and are not yet sixty years old are required to abstain from meat on Fridays during Lent. This rule can be dispensed in cases of certain medical conditions or very unusual situations. None-the-less, the season of Lent calls all of us to practice penance in various forms, to pray and to be particularly mindful of the needs of the poor.

Respecting long standing tradition of celebration the commemoration of Saint Patrick, and after the prayerful consideration, and proper consultation, I, Frank J. Caggiano, the Fifth Bishop of Bridgeport grant dispensation from abstinence from meat on Friday, March 17, 2023 on the following conditions:

1. General moderation in food and drink should be observed during Lent.
2. Those who choose to eat meat on Saint Patrick's Day, are asked to substitute the practice of abstinence of that Friday with abstinence from meat on another day of Lent that is not a Friday, or another equally penitential practice.

Given at Bridgeport on the first day of March, in the Year of Our Lord 2023.

*Frank J. Caggiano*

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Most Reverend Frank J. Caggiano  
Bishop of Bridgeport

*Deacon Patrick Toole*

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Deacon Patrick Toole  
Chancellor