



CATHOLIC DIOCESE OF ROCKHAMPTON

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13 February 2024

Dear Brothers and Sisters in Christ

At the beginning of Lent, I wish you all of God's blessings as we begin this season of the Church. I invite you to join your parish on Ash Wednesday as we begin this season, when we receive ashes on our forehead and once again commit ourselves to the Gospel of Ash Wednesday as Jesus invites us to a season of fasting, prayer, and good works.

Ash Wednesday and Good Friday are days of fasting and abstinence from eating meat. The law of fasting binds all those who have completed their 18th year, through to those beginning their 60th year, and providing they are in good health. The law of abstinence from eating meat binds those who have completed their 14th year onwards.

Lent is a penitential season of prayer, self-denial and helping others.

I will also be launching Project Compassion with the Caritas Australia Diocesan Director, Angela Wilczek at St Joseph's Cathedral on Ash Wednesday. Project Compassion has been an integral part of the Catholic Church outreach. 80 years ago, the Australian Bishops responding to the waves of immigrants and refugees after the second world war, assisted with resettlement. In recent years, Project Compassion has assisted with development in churches in the Pacific with support and aid after natural disasters. I commend your support of Project Compassion by collecting the materials from your parish or online (www.caritas.org.au/project-compassion) and put in a prominent place in your home and office.

With best wishes during this season fasting and prayer

Yours sincerely

Most Rev Michael McCarthy
Bishop of Rockhampton

Bishop Michael McCarthy

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