

## Bishop Grants Dispensation

- Bishop Thomas has decreed that in accord with Canons 87, 1249-1253, all of the faithful of the Diocese of Las Vegas are dispensed from the obligatory days of fasting and abstinence (Fridays during Lent and Good Friday). He asks that the faithful are asked to perform other works of piety and charity, and to deny themselves by fulfilling their own obligations more faithfully.

The words of St. Basil of Caesarea are quite fitting at this time:

*Let us fast an acceptable and very pleasing fast to the Lord.  
True fast is the estrangement from evil, temperance of  
tongue, abstinence from anger, separation from desires,  
slander, falsehood and perjury. Privation of these is true  
fasting."*