

Holy Days of Obligation for 2023-24

All Sundays are obligatory for the faithful to participate in Mass

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| Wednesday, Nov. 1, 2023 | Solemnity of All Saints |
| Friday, Dec. 8, 2023 | The Immaculate Conception of the Blessed Virgin Mary |
| Monday, Dec. 25, 2023 | Christmas |
| Thursday, Aug. 15, 2024 | Assumption of the Blessed Virgin Mary |
| Friday, Nov. 1, 2024 | Solemnity of All Saints |
| Monday, Dec. 9, 2024 | The Immaculate Conception of the Blessed Virgin Mary |

These holy days of obligation are to be observed in Latin rite dioceses, with the following amendment: Whenever January 1, the Solemnity of Mary, Mother of God, August 15, the Solemnity of the Assumption, or November 1, the Solemnity of All Saints, falls on a Saturday or on a Monday, the precept to attend Mass is abrogated. This decree was made December 13, 1991, by the U.S. Conference of Catholic Bishops.

The Laws of Fast and Abstinence

The U.S. Conference of Catholic Bishops has determined that the following practice shall prevail in the United States: Fasting is to be observed on Ash Wednesday and Good Friday for all those who have celebrated their 18th birthday and have not yet celebrated their 60th birthday. Abstinence from meat is to be observed on Ash Wednesday and all Fridays of Lent by all who have celebrated their 14th birthday. The faithful are also encouraged to observe Ember Days through prayer, fasting and/or abstinence or other forms of penance. Ember days are the Wednesday, Friday and Saturday following the Feast of St. Lucy (Dec. 13); following Ash Wednesday; following the Solemnity of Pentecost; and following the Exaltation of the Holy Cross.

Easter Duty

Catholics are obliged to receive the Eucharist at least once a year between Easter and Trinity Sunday (cf. Canon 920). Catholics guilty of grave sin are obliged to receive the Sacrament of Reconciliation (Penance) at least once a year (cf. Canon 989).

Other Feasts and Special Days in 2024

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| Ash Wednesday, Feb. 14, 2024 | Pentecost Sunday, May 19, 2024 |
| Palm Sunday, March 24, 2024 | Trinity Sunday, May 26, 2024 |
| Holy Thursday, March 28, 2024 | Feast of Corpus Christi, June 2, 2024 |
| Good Friday, March 29, 2024 | Sacred Heart of Jesus, June 7, 2024 |
| Holy Saturday, March 30, 2024 | Nativity of St. John the Baptist, June 24, 2024 |
| Easter Sunday, March 31, 2024 | Solemnity of Christ the King, Nov. 24, 2024 |
| Divine Mercy Sunday, April 7, 2024 | First Sunday of Advent, Dec. 1, 2024 |
| The Annunciation, transferred to April 8, 2024, due to Holy Week | |
| The Ascension of the Lord, May 12, 2024 | |