Introduction

Holy Days are days, in addition to Sundays, in which the local faith community gathers to celebrate in Eucharist the saving mystery of God's love and care for his people.

Regulations:

The current discipline of the Australian church is as follows:

1. Holy Days of Obligation (as of March 2001)

The only Holy Days for Australia are Christmas Day and the Assumption. In recent years the law had waived the obligation for the latter when it fell on a Saturday or a Monday. It was felt, however, that it was confusing to mark the day as a Holy Day in some years but not in others. From 2001, the Solemnity of the Assumption on 15 August, like Christmas Day, will be a Holy Day of Obligation, whatever day it falls on.

The feast of All Saints is not a Holy Day.

2. Days of Penance

[a] On Ash Wednesday and Good Friday, Australian Catholics are called to share a common penitential expression by fasting and abstaining (not eating meat).

[b] On all other Fridays any one traditional practice should be chosen. They are-

[i] Prayer eg. attending Mass, family prayer, a visit to a Church, reading the bible, praying the Rosary.

[ii] Self-denial eg. not eating meat, sweets, desserts, giving up entertainment to spend time with the family, limiting food and drink so as to give to the poor.

[iii] Helping others eg. special attention to someone who is sick, poor, elderly, lonely, overburdened.

[c] The law of abstinence applies to those who are 14 years or over.
The law of fasting applies to those who are between their 18th and 59th birthdays.