

Rules for Mary’s Little Remnant

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Mary’s Little Remnant is a Catholic lay order. We appeal to a future pope to confirm the order. We follow the fasting and abstinence laws that were in practice during the early years of the Catholic Church because those laws lead to sanctity and not laxity.

Rules of Fast and Abstinence

On days of abstinence, no meat, meat gravy, or soup made from meat may be taken.

Total Fast – No food or drink (including water).

Liquid Fast – No solid food is allowed. Liquids such as water, coffee, or tea may be taken at any time. Fruit juices and sodas are limited to 36 oz. (combined total). Milk or pureed juices (such as tomato juice, V8, or smoothies) are not permitted.

Fast (Regular Fast) – One meatless meal is allowed. Eating outside of the one meal is not permitted; but liquids such as water, coffee, or tea may be taken at any time. Fruit juices and sodas are limited to 36 oz. (combined total). Milk or pureed juices (such as tomato juice, V8, or smoothies) are not permitted except at the one meal. No dessert is allowed unless the day of fast falls on a feast day with the rank of d1cl or d2cl (exception: no dessert is allowed on Ash Day or the last three days of Lent). (Desserts are permitted for birthdays within the household.)

Light Fast – Two full meatless meals are allowed. Eating outside of the two meals is not permitted; but liquids such as water, coffee, or tea may be taken at any time. Fruit juices and sodas are limited to 36 oz. (combined total). Milk or pureed juices (such as tomato juice, V8, or smoothies) are not permitted except at meal time. Dessert is allowed with the meal.

Black Fast – No meat, fish, or dairy products are allowed.

Eucharistic Fast – No food or drink (including water) from midnight until 15 minutes after receiving Holy Communion.

Heavy Labor – On days of heavy manual labor, replace the *Liquid Fast* with *Fast*, and *Fast* with *Light Fast*.

Traditional days of fast and abstinence – Abstinence is observed on all 6th weekdays (unless a Holy Day of Obligation falls thereon). Fasting and abstinence are observed on all weekdays of Lent and Advent (the Lord’s Day is not included); Ember Days (except those following Pentecost); and the vigils of Pentecost, All Saints’ Day, and Christmas (unless the vigil falls on the Lord’s Day).

Additional days of fast and abstinence – In addition to the traditional days of fast and abstinence, Mary’s Little Remnant requires that on three days a week, outside of the feasting seasons which follow Resurrection Day and Christmas, you fast and also abstain from meat. Two days are regular fasts and one day is a liquid fast. If you are doing heavy labor, then two days are light fasts and one day is a regular fast.

The number of fasting days for each week are listed on the calendar on each Lord’s Day. If there are one or more Church-required fasting days (Mandatory Fast) that week, then they are counted as your required fasting days. (There are never more than 3 fasting days each week except for the penitential seasons of Lent and Advent.) NOTE: The mandatory fast and abstinence days, listed in “Traditional days of fast and abstinence,” cannot be transferred to another day. Fasting and abstinence are forbidden on the Lord’s Day and all Holy Days of Obligation, and 6th weekdays are always a day of abstinence unless a Holy Day of Obligation falls thereon.

Fasting and abstinence are suspended (except for the 6th weekday abstinence) from Christmas through the Octave Day of the Epiphany and from Resurrection Day through the Solemnity of St. Joseph. Fasting rules are modified following the Octave Day of the Epiphany through the 2nd day of the 2nd month (The Presentation/Purification) and following the Solemnity of St. Joseph through Ascension Day.

On days of fasting, no alcoholic beverages are allowed. On non-fasting days, alcoholic beverages are not allowed in the morning or during working hours.

NOTE: When health or ability to work would be seriously affected, the rules of fast (but not abstinence) may be modified or replaced by some other form of mortification.

Prayer Schedules

Daily Prayer Schedule for Mary’s Little Remnant

The Angelus (at dawn, noon, and evening, or as soon thereafter as possible)

The Morning Offering (the Brown Scapular Prayer)

St. Patrick’s Breastplate

The Rosary

Roman Martyrology (reading for the day)

Six of the Divine Offices: Prime, Terce, Sext, None, Vespers, Compline

(Exception: On the Lord’s Day and Holy Days of Obligation, recite only Prime, Vespers, and Compline)

The Angelic Chaplet (The Chaplet of St. Michael)

Bible Reading (minimum of 3 chapters)

Daily Prayer Schedule for Laborers

The Angelus (at dawn, noon, and evening, or as soon thereafter as possible)

The Morning Offering (the Brown Scapular Prayer)

St. Patrick's Breastplate

The Rosary

Roman Martyrology (reading for the day)

Two of the Divine Offices: Prime and Compline

(Exception: On the Lord's Day and Holy Days of Obligation, recite Prime, Vespers, and Compline)

The Angelic Chaplet (The Chaplet of St. Michael)

Bible Reading (minimum of 3 chapters)

NOTES: Divine Offices are prayed kneeling when possible (except for Lord's Day Vespers, which is prayed standing). The offices are to be prayed in the vernacular so the laymen can understand what they are praying. (We do not deny the law that non-lay religious orders must pray the office in Latin.) On Holy Days of Obligation, pray Lord's Day Offices. Vespers during Lent and Advent are prayed with arms extended (except on the Lord's Day).

Schedule for the Daily Rosary

Joyful Mysteries – unless otherwise noted, prayed on the 2nd and 5th weekdays throughout the year, the Lord's Day from the beginning of Advent until Septuagesima, and from Christmas Day through Epiphany Day.

Sorrowful Mysteries – unless otherwise noted, prayed on the 3rd and 6th weekdays throughout the year, the Lord's Day from Septuagesima until Resurrection Day, and during all of Holy Week.

Glorious Mysteries – unless otherwise noted, prayed on the 4th and 7th weekdays throughout the year, Resurrection Day through all of Resurrection Week, Pentecost through its octave, and the Lord's Day from Resurrection Day until Advent.

Schedule for Litanies

Litany of the Holy Spirit – prayed on 2nd weekdays

Litany of St. Joseph – prayed on 4th weekdays

Litany of the Sacred Heart of Jesus – prayed on 6th weekdays

Litany of the Blessed Virgin Mary – prayed on 7th weekdays

Litany for the Forty Hours' Devotion – prayed on Ember Days (but not on Rogation Days or Greater Litanies)

Schedule for Special Prayers

Holy Hour – prayed the First 6th Weekday of each month (unless transferred)

Long Exorcism – prayed the First 7th Weekday of each month (unless transferred)

Stations of the Cross & Penitential Psalms – prayed every 6th weekday in Lent

NOTE: If these special prayers cannot be prayed on the prescribed day, then pray them on the first available day.

Holy Days of Obligation in the United States of America

These are the days on which the faithful are bound to attend Mass (when a Catholic Mass is available) and rest from servile work:

The Lord's Day

The Circumcision – 1st day of
the 1st month

Ascension Day

All Saints' Day – 1st day of
the 11th month

Christmas – 25th day of
the 12th month

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Mary's Little Remnant

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