



DIOCESE OF ALLENTOWN
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MEMORANDUM

16 September 2026
The Memorial of Saints Cornelius and Cyprian

TO: *All Priests, Deacons, and Seminarians*
FM: *Reverend Keith A. Mathur, Director*
RE: *Holy Cross Ember Day Reminder*
Cc: *Parishes*

His Excellency, Most Reverend Alfred A. Schlert asks the clergy and faithful of the Diocese of Allentown to celebrate the Ember Days for the Season in support of the pro-life movement in the Commonwealth of Pennsylvania and in solidarity with those participating in the Pennsylvania March for Life on Monday, 21 September 2026. Ember Days are quarterly observances with three days set aside (Wednesday, Friday, and Saturday) to pray in gratitude for the blessings of the season and human labor, to thank God publicly. There are twelve Ember Days in all.

In particular, the Holy Cross Ember Days are a special time “to thank God for the gifts of nature, to teach men to make use of them in moderation, and to assist the needy.” Fasting and abstinence would follow the current laws of the Church, with abstaining being from all meat, and fasting would be one full meal a day, with the allowance of two smaller meals that do not equal the main meal, and no eating between meals.

The Holy Cross Ember Days for 2026 are as follows: Wednesday, September 23, 2026, Friday, September 25, 2026, and Saturday, September 26, 2026.

*Sant Crux, Lucia, Cineres, Charismata Dia
Ut sit in angaria quarta sequens feria.*