

LENTEN REGULATIONS

During the Season of Lent, the Church urges the Faithful to reflect a spirit of penance in their daily life through performing acts of fast and abstinence.

Fasting requires that only one full meal be taken per day. Two other smaller meals may be taken during the day to maintain physical strength, but these two meals together should not equal a full meal in quantity. Fasting obliges all those who have reached the age of 18 and continues to oblige until age 59. Those not specifically obliged to fast are encouraged to join in the discipline of fasting to the extent that they are able.

Abstinence prohibits individuals from eating meat on a particular day. Abstinence obliges all those who have reached the age of 14 and continues to oblige throughout their entire life. Those not specifically obliged to abstain from eating meat are encouraged to join in this discipline to the extent that they are able.

**Ash Wednesday and Good Friday
are days of *fast and abstinence*.**

Fridays in Lent are days of *abstinence*.

