

Lenten Regulations

+Everyone 14 years of age or over is bound to abstain from meat on Ash Wednesdays and all the Fridays of Lent. Everyone 18 years of age and under 59 years of age is bound to fast on Ash Wednesday and Good Friday.

+On these two days of fast and abstinence, only one full meatless meal is allowed. Two other meatless meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted on these two days, but liquids, including milk and fruit juices are allowed. When health or ability to work would be seriously affected, the law does not oblige.

+To disregard completely the law of fast and abstinence is seriously sinful.

+Lent is the principal season of penance in the Church year. All of the faithful are strongly urged to develop and follow a program of voluntary self-denial (in addition to following the Lenten regulations), serious prayer, and a performance of works of charity and mercy.