

Lenten Fasting and Abstinence Regulations

Fasting is to be observed on Ash Wednesday and Good Friday by all Catholics between the ages of 18 years and 59 years (inclusive). On a fast day one full meal is allowed. Two smaller 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, but liquids are allowed. If possible, the fast on Good Friday is to continue until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus, and to prepare ourselves to share more fully and to celebrate more readily His Resurrection.

All Fridays of Lent are also days of abstinence from meat. Abstinence from meat is to be observed by all Catholics who are 14 years of age and older on Ash Wednesday and all Fridays of Lent, including Good Friday. Note: If a person is unable to observe the above regulations due to ill health or other serious reasons, they are urged to practice other forms of self-denial that are suitable to their condition.