



Lent

Fasting and Abstinence Regulations

***Ash Wednesday—February 17, 2010 and
Good Friday-- April 2, 2010 are days of fast.
All Fridays of Lent are days of abstinence.***

Fast. On a day of fasting, one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to one's needs, but together they should not equal the other full meal. Eating between meals is not permitted, but liquids, including milk and juices, are permitted. ***All Catholics who are eighteen but not yet fifty-nine years old are bound by the law of fast.*** We are also encouraged to keep the ancient paschal fast, which includes Good Friday and Holy Saturday, ending after the Easter Vigil.

Abstinence. On days of abstinence, no meat is allowed. ***All Catholics who are fourteen and older are bound by the law of abstinence.*** Note that when health or ability to work would be seriously affected, the law does not oblige.

When in doubt concerning fast and abstinence, the parish priest should be consulted.