

Lenten

Fasting and Abstinence Regulations



ABSTINENCE means **NOT EATING MEAT** at all during the entire day. Abstinence from meat is required on Ash Wednesday and all Fridays during Lent for those 14 years of age and older.

FASTING is defined as eating only **ONE FULL MEAL** and two lighter meals during the day. Eating between meals is not allowed, although liquids are permitted. Fasting is required on Ash Wednesday and Good Friday for all those 18 to 59 years of age.