



LENTEN REGULATIONS

Ash Wednesday is March 6th this year.

During Lent, Roman Catholics observe **abstinence** and **fasting**:

- 1) Abstinence** on all Fridays of Lent, as well as on Ash Wednesday and Good Friday.

No meat (except seafood) may be eaten on days of abstinence. This applies to Roman Catholics 14 years and older. Pregnant and nursing mothers are exempt, as are all who are ill.

- 2) Fasting** on Ash Wednesday and Good Friday.

Fasting means having only one full meal to maintain one's strength. Two smaller, meatless (except seafood) and penitential meals are permitted according to one's needs, but they should not together equal the one full meal. Eating solid foods between meals is not permitted. Liquids are allowed to be taken between meals.

Roman Catholics from age 18 through age 59 are bound to fast. Again, pregnant and nursing mothers are exempt, as are those who are ill and those engaged in heavy manual labor.

These are the communal minimal requirements that we are to observe. Catholics are free to abstain and fast on other days of Lent as individual expressions of penitence. Sundays, as days that mark the Resurrection of the Lord, are traditionally not days of fasting and abstinence, although individual Catholics are free to fast and abstain on Sundays if they so choose.