

FASTING & ABSTINENCE REGULATION FOR LENT

Ash Wednesday, February 17, 2010 and Good Friday, April 2, 2010 are days of fast and abstinence.

Fridays of Lent are also days of abstinence.

Fasting is to be observed by all 18 years of age through 59. On a fast day, **one** full meal is allowed. Two other 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 including milk and juices are allowed.

Abstinence is observed by all 14 years of age and older. On days of abstinence **no** meat is allowed. 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.

Fasting, almsgiving and prayer are the three disciplines of Lent. The faithful and catechumens should undertake these practices seriously and in a spirit of penance and of preparation for baptism or of renewal of baptism at Easter.