

# FASTING & ABSTAINING

- **Ash Wednesday and Good Friday** are days for fast and abstinence. **All Fridays of Lent** are also days of abstinence.
- **Fasting** is to be observed by all, 18 years of age and older, who have not yet celebrated their 59th birthday.
- On a fast day, one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according each one's needs, but together 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. (CCL 1251-1252)
- Fasting, almsgiving and prayer are the three traditional disciplines of Lent. The faithful catechumens should undertake these practices seriously in a spirit of penance and preparation for baptism or of renewal of baptism at Easter.