

LENTEN REGULATIONS

Ash Wednesday and Good Friday are days of fasting and abstinence.

All Catholics who have reached their 18th birthday and are less than 60 years of age are bound to observe the fast, by which they are limited to a single full meal during the course of the day.

All Catholics who have reached their 14th birthday are bound to observe the days of abstinence during which no meat may be eaten. Ash Wednesday, Good Friday, and all Fridays of Lent are days of abstinence.