

LENT

A TIME TO OPEN THE SANCTUARY
OF OUR HEARTS AND LISTEN.

LENTEN REGULATIONS

- Everyone 14 years of age or over is bound to abstain from meat on Ash Wednesday and all Fridays of Lent.
- Everyone 18 years of age and under 59 years of age is bound to fast on Ash Wednesday and Good Friday.
- On these two days of fast abstinence, only one full meatless meal is allowed. Two other meatless 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 on these two days, but liquids, including milk and fruit juice are allowed. When health or ability to work would be seriously affected, the law does not apply.
- Catholics should not lightly excuse themselves from the fast and abstinence prescribed by the Church.
- Lent is the principal season of penance in the Christian year. All are strongly urged to develop and follow a program of voluntary self-denial (in addition to following the Lenten regulations), serious prayer, and a performance of works of charity and mercy.

