

Lenten Guidelines

Lent begins Ash Wednesday. Christians traditionally observe Lent as a time of fasting and prayer, following the example of Christ and His Apostles. The Church offers these Lenten guidelines:

1) Catholics 14 years & older are expected to abstain from (not eat) meat on Ash Wednesday and Fridays during Lent.

2) Catholics between 18 & 59 are to fast on Ash Wednesday and Good Friday. To fast means to eat one full meal that day. The other two meals should be less than the normal amount of food unless they are already the minimum portions for maintaining good health. Eating between meals is unacceptable. However, drinks (water, coffee, fruit juice, milk) may be taken.

3) Those with questions or doubts following the laws of fasting and abstinence, should consult their pastor or a priest.