

AN ILLUSTRATED GUIDE TO
LENTEN FASTING & ABSTINENCE **LENTSANITY**
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WHAT

ABSTINENCE



NO MEAT
Mammals or Poultry



FISH IS OK
St. Peter, St. Andrew and St. Matthew

FASTING



1 REGULAR MEAL



AND



2 SMALLER MEALS
that together do not equal the regular meal in size



NO SNACKS

WHEN



FASTING AND ABSTINENCE



ABSTINENCE

INTERESTING NOTE:
 Canon 1250 names Fridays all year long as penitential days which should be marked by some sort of sacrifice and penance. While abstinence from meat is a traditional sacrifice, Canon 1253 leaves the decision for the particular sacrifice up to the local conference of Bishops. The United States Conference of Catholic Bishops has obtained permission from the Holy See for Catholics in the USA to substitute a different penitential, or even a charitable, practice for abstinence from meat during the year, if they so choose.
Abstinence from meat is obligatory during Lent everywhere.

WHO

CATHOLICS 14+
ARE OBLIGED TO PRACTICE ABSTINENCE

CATHOLICS 18-58
ARE OBLIGED TO FAST



THOSE OUTSIDE THE AGE LIMITS
 and those whose state in life (e.g. pregnant women, manual laborers, those who are ill) may be excused from the requirements of fasting and abstinence, but are encouraged to take up some other form of penitence or acts of charity or piety.

PLEASE NOTE



These guidelines are the minimum requirements for Lenten sacrifices. All are encouraged to impose some sort of personal penance or act of charity or piety on top of these minimums.

You could increase the number of days you practice fasting and/or abstinence, or abstain from a favorite food or activity for all of Lent. You could add things, such as committing to read the Bible for 20 minutes a day.



As in all things, Lenten penance and mortification calls for prudence.

It is wise to consult your spiritual director before undertaking additional Lenten practices.