



During Lent we are called to abstain from meat on Fridays as a reminder that our Lord offered His body for our sins. We also abstain from meat and fast on Ash Wednesday and Good Friday.

Fasting: Having only one full meal a day which is sufficient to maintain ones strength. Two other meatless meals are allowed, but are to be light and penitential. Everyone 18 years of age but not yet 60 is bound to the law of fasting.

Abstaining: Everyone 14 years of age and older is bound to the law of abstinence. One must be mindful of his own physical condition.