

Official Guidelines for Lent 2018

Roman Catholic Archdiocese of Seattle

The annual observance of Lent is the special season for the ascent to the holy mountain of Easter. Through its twofold theme of repentance and Baptism, the season of Lent disposes both the catechumens and the faithful to celebrate the paschal mystery. Catechumens are led to the sacraments of initiation by means of the rite of election, the scrutinies, and catechesis. The faithful, listening more intently to the word of God and devoting themselves to prayer, are prepared through a spirit of repentance to renew their Baptismal promises (Ceremonial of Bishops, 249).

Regulations for Fast and Abstinence

Ash Wednesday, **February 14th, 2018**, and Good Friday, **March 30th, 2018**, are days of fast and abstinence. Fridays of Lent are also days of abstinence. Fasting is to be observed by all eighteen years of age and older, who have not yet celebrated their sixtieth birthday. On a fast day one full meal is allowed. Two other 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, but liquids, including milk and juices, are allowed. Abstinence is observed by all fourteen years of age and older. On days of abstinence no meat is allowed. Note that when health or ability to work would be seriously affected, the law does not oblige. When in doubt concerning fast and abstinence, the parish priest should be consulted. Fasting, almsgiving, and prayer are the three traditional disciplines of Lent. The faithful and catechumens should undertake these practices seriously in a spirit of penance and of preparation for Baptism or of renewal of Baptism at Easter. (*Code of Canon Law, 1249-1252*).

