



## **Below are a couple of guidelines for Lent:**

### **FASTING**

- ❖ In the dioceses in the United States, Catholics aged eighteen through fifty-nine are bound to fast on both Ash Wednesday (February 14, 2024) and Good Friday (March 29, 2024).
- ❖ To fast means to consume one full meal a day at most, although taking of other, smaller quantities of food at the other customary mealtimes is permitted. Food and drink between meals (except water and medicine) is not permitted on fast days.

### **ABSTINENCE FROM MEAT**

- ❖ Catholics aged fourteen and older are to abstain from meat on Ash Wednesday, all Fridays of Lent, and Good Friday.
- ❖ To abstain means refraining from eating beef, veal, pork, or poultry at least, although eggs and milk products are acceptable. The consumption of fish and shellfish is permitted, though the penitential character of the abstinence should be kept in mind.

### **LENTEN PRACTICES**

- ❖ The faithful are encouraged during Lent to attend daily Mass, receive Holy Communion, receive penance and sacramental absolution; to take part in public and private exercises of piety, give generously to works of religion and charity, perform acts of kindness toward the sick, aged, and the poor; to practice voluntary self-denial, especially regarding food, drink, and worldly amusements; and to pray more fervently, particularly for the intentions of the Holy Father.