

FAST & ABSTINENCE:

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence.

The norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. Drinking coffee, tea or water between meals is permitted. Snacks are not permitted. The norms concerning abstinence from meat are binding upon members from age 14 until age 59.