

**LENTEN GUIDELINES.** In addition to choosing their own practices of penance and sacrifice, Catholics are also asked to observe the practices of fast and abstinence during the 40 days of Lent.

**The Lenten Fast and Abstinence Regulations are as follows:**

1. Everyone 14 years of age or over is bound to abstain from meat on Ash Wednesday and all the Fridays of Lent.
2. Everyone 18 through 59 years of age is bound to fast on Ash Wednesday and Good Friday, though all are highly encouraged to do so, health permitting.
3. On Ash Wednesday and Good Friday, only one full meatless meal is allowed. Two other smaller meatless 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 on these two days, but liquids, including milk and fruit juices are allowed.

*When health or ability to work would be seriously affected, the law does not oblige.*