

- **Ash Wednesday, Good Friday and all Fridays of Lent:** Abstinence from meat is to be observed by all Catholics 14 years and older
- **Ash Wednesday & Good Friday Fasting:** Taking only one full meal daily with 2 smaller meals not equaling the full meal & refraining from eating solid foods between meals
*observed on those 2 days by all Catholics from ages 18 to 59.

(Those who are ill, pregnant, on medication or special diets for health concerns, or those who work at extremely physical jobs may be exempt from these guidelines)

Catholics should not lightly excuse themselves from these prescribed minimal practices