

LENTEN REGULATIONS

Lent, excluding Sundays, is the penitential season of the Church's year. It begins on Ash Wednesday and ends with the Mass of the Lord's Supper on Holy Thursday.

Weekdays of Lent: There is no obligation to fast. However, voluntary acts of self-denial are recommended.

Ash Wednesday and Good Friday: These are days of Fast and Abstinence from meat. There is a limit of one full meal on these days for all between the ages of 18 and 59 inclusive. Two smaller meals, sufficient to maintain strength, may be taken according to one's needs, but together they should not equal another full meal. Eating between meals is not permitted, but liquids are allowed.

Days of Abstinence (All Fridays in Lent): All who have reached their 14th year are bound to abstain totally from meat.

If a person is unable to observe the above restrictions due to ill health or other serious reasons, they are urged to practice other forms of self-denial suitable to their condition.

Easter Duty Obligation: After receiving First Holy Communion, Catholics are bound by the obligation of receiving the Eucharist at least once a year. This precept should be fulfilled during the Easter Season (in the United States from the First Sunday of Lent to Trinity Sunday). Throughout the year Catholics are bound to confess grave or serious (mortal) sins before receiving the Eucharist.