

Lent

FASTING: Everyone over 18 and up to the beginning of their 60th year is bound to observe the law of Fast on Ash Wednesday and Good Friday. Only one full meatless meal is allowed. Two other meatless meals, sufficient to maintain strength may be taken according to each one's needs; but together they should not equal another full meal. It should be noted also that "the Fridays of the year outside of Lent remain days of penance, but each individual may substitute for the traditional abstinence from meat some other practice of voluntary self-denial or personal penance: this may be physical mortification or temperance or acts of religion, charity or Christian witness."

ABSTINENCE: Everyone over 14 years of age is bound to observe the law of abstinence. Abstinence from meat and all meat products is to be observed on all Fridays within the season of Lent.

