

FAST AND ABSTINENCE AND OTHER ACTS OF PENANCE FOR LENT

The Bishops of the United States prescribe, as minimal obligation, that all persons who are fourteen years of age and older are bound to abstain from eating meat on Ash Wednesday, on all the Fridays of Lent and Good Friday. Further, all persons eighteen years of age and older, up to and including their fifty-ninth birthday, are bound to fast by limiting themselves to a single full meal on Ash Wednesday and on Good Friday, while the other two meals on those days are to be light.

All the faithful are encouraged, when possible, to participate at Mass and to receive the Holy Eucharist daily, to celebrate frequently the Sacrament of Penance, to undertake spiritual reading, especially the study of the Sacred Scriptures, and to participate in parish Lenten devotions as well as Lenten education programs. Adoration of the Blessed Sacrament is especially recommended.