

### ***Laws of Days of Abstinence: Current Practice***

- ◆ Begins on one's 14<sup>th</sup> birthday.
- ◆ Ash Wednesday and the Fridays of Lent.
- ◆ Obliges abstention from flesh meat.

### ***Laws of Days of Penance: Current Practice***

- ◆ Applies to all the Faithful.
- ◆ Lent and Fridays outside of Lent.

### ***Laws of Days of Fast: Current Practice***

- ◆ Applies to everyone aged 18 to 59, inclusive.
- ◆ One full meal permitted and two other meals may be taken which, when combined, are less than a full meal.
- ◆ Ash Wednesday and Good Friday.

The obligation to do penance is lifted on Fridays which are also celebrated as a Solemnity. The following is a list of the Solemnities in the New Rite which can fall on a Friday:

- ◆ January 1, Mary, the Mother of God
- ◆ January 6, The Epiphany of the Lord
- ◆ March 19, St. Joseph, Spouse of the Virgin Mary
- ◆ March 25, The Annunciation
- ◆ June 24, The Nativity of St. John the Baptist
- ◆ June 29, Ss. Peter and Paul
- ◆ August 15, The Assumption
- ◆ November 1, All Saints
- ◆ December 8, The Immaculate Conception
- ◆ December 25, The Nativity of the Lord
- ◆ Principal patron of a place (city, state, nation)
- ◆ Dedication of a particular church and the anniversary
- ◆ The Title, founder, or principal patron of a religious order or congregation

### ***The Law of the Eucharistic Fast: Current Legislation***

Under the new Code of Canon Law, the fast is one hour before the reception of Holy Communion. Those who are able to maintain the previous discipline of a three-hour fast are still encouraged to do so.

### ***Laws of Days of Abstinence: The Discipline of 1962***

- ◆ Applies on one's 7<sup>th</sup> birthday.
- ◆ Complete abstinence on all Fridays of the year, Ash Wednesday, Holy Saturday, and the Vigil of Christmas.
- ◆ Partial abstinence (meat and soup or gravy made from meat permitted once a day at the principal meal) on all the days of Lent, the Ember Days of Wednesday and Saturday, and the Vigils of Pentecost and the Assumption.
- ◆ Abstinence from meat is dispensed on Holy Days of Obligation.

### ***Laws of Fast: The Discipline of 1962***

- ◆ Applies for those aged 21 to 59, inclusive.
- ◆ Days of Lent from Ash Wednesday inclusive, Ember Days, and Vigils of Christmas, Pentecost, and the Assumption.
- ◆ One full meal permitted and two other meals may be taken which, when combined, are less than a full meal.

### ***The Law of the Eucharistic Fast: The Discipline of 1962***

Complete fast from all food and alcoholic drinks for three hours before the reception of Holy Communion, and one hour for non-alcoholic drinks (except for water, which can be taken at any time and does not break the fast). Those who are able to fast from midnight, which was the previous discipline, are still encouraged to do so.