

Abstinence and Fasting

All Catholics who have reached their 14th year are bound to abstain entirely from meat on Ash Wednesday and on the Fridays of Lent.

All Catholics between the ages of 18 and 59 inclusive are also bound to observe the laws of fast on Ash Wednesday and Good Friday. This means limiting oneself to a single full meal and avoiding food between meals. Two other light meals, which together do not equal a full meal, may be taken during the day.