

LENTEN FASTING & ABSTINENCE



Fasting

Ash Wednesday
Good Friday

Ages 18-59

Abstinence

Every Friday
during Lent

Ages 14+

How do we fast?

When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal.

Am I excused from fasting and abstinence?

Those that are excused from fast and abstinence outside the age limits include the **physically** or **mentally ill** including individuals suffering from **chronic illnesses** such as **diabetes**. Also excluded are **pregnant** or **nursing women**.

For more information on fasting and abstinence, visit usccb.org.

