

## LENTEN REGULATIONS

The time of Lent is to be observed by Catholics as a special season of prayer, penance, and works of charity.

**Abstinence:** All who reached their 14<sup>th</sup> birthday are to abstain from eating meat on Ash Wednesday and on all Friday's of Lent.

**Fasting:** All those who are 18 or older, until their 59<sup>th</sup> birthday, are to fast on Ash Wednesday and Good Friday. Only one full meal is allowed on days of fast. Two small meals, "sufficient to maintain strength", are allowed but together they should not equal another full meal. Eating between meals is not permitted, but liquids are allowed.

The obligation does not apply to those whose health or ability to work would be affected seriously. People in doubt about fast or abstinence should consult a priest.

Self-imposed fasting on the other weekdays of Lent is recommended. Other penances, such as works of piety and charity, and other acts of self-denial, are also appropriate as penitential acts.

Parents and teachers should see to it that children not bound by the laws of fast and abstinence because of age are brought up in an atmosphere that is conducive to a sense of penance.

The faithful should be clearly and positively encouraged to receive the sacrament of reconciliation during Lent. There should be adequate time scheduled for confession before Easter.

All priests are delegated to grant dispensations to individuals, families or groups from their parish or visiting their parish.