

Fasting and Abstinence in Lent

Days of Fasting and Abstinence

Ash Wednesday and Good Friday are days of fasting and abstinence.
All Fridays of Lent are days of abstinence.

Fasting

Fasting binds all persons who have completed their 18th birthday through those who have completed their 59th year, unless prevented by poor health. On days of fasting, one full meal is allowed. Two other meals sufficient to maintain strength, may be taken according to one's own needs. Eating between meals is not allowed although fluids may be taken.

Abstinence

Abstinence binds all persons who have completed their 14th birthday, unless prevented by poor health. On days of abstinence during Lent, the consumption of meat of mammals or fowl is not allowed. The Church strongly encourages the observance of Friday abstinence throughout the year, but failure to do so is not regarded as sinful.