

LENTEN REGULATIONS:

FASTING:

Fasting prescribes that only one full meal a day be taken. Two smaller meals may be taken to maintain strength but these taken together should not equal another full meal. Eating between meals is to be avoided. Fasting is obligatory on Ash Wednesday and Good Friday for those between the ages of 18 to 59.

ABSTINENCE:

Abstinence is refraining from meat on Ash Wednesday and ALL Fridays of Lent. This is obligatory for everyone over the age of 14.

EASTER DUTY:

Catholics are obliged to confess their sins and receive Holy Communion at least once during this season (from Ash Wednesday to Pentecost).

LENTEN PRACTICES:

Traditionally we “give something up” during Lent. This sacrifice is in response to the great Sacrifice of Love offered for us by Christ upon the Cross. (Sundays of Lent are not included in this sacrifice) In addition we are encouraged to offer extra prayers during this time as well, perhaps attending daily Mass, praying the Stations of the Cross, the Rosary, the Chaplet of Divine Mercy or other devotions. Also, some spiritual reading is appropriate, perhaps reading the Holy Scriptures, or some spiritual book that will deepen our faith and our love for Jesus. Let us pray for each other for the grace of a Holy Lent.

