

LENTEN OBSERVANCES

Abstinence: All Catholics 14 and older are to abstain totally from meat on: Ash Wednesday, all Fridays of Lent, and Good Friday.

Fasting: All Catholics between 18 and 60 years of age are to observe the Law of Fast on Ash Wednesday and Good Friday. This practice involves limiting oneself to a single full meal and avoiding food between meals. Light sustenance may be taken on two other occasions during the day. The faithful are invited to add voluntary fasting to the practice of penance during the Fridays of Lent. Together with works of charity and service toward our neighbors, this practice would become a sign of our commitment to conversion, reconciliation and peace.

Easter Duty: After being initiated into the Most Holy Eucharist, all Catholics are to receive Communion at least once a year. This must be fulfilled during the Easter Season, between Feb. 21 (First Sunday of Lent) and May 30 (Trinity Sunday), unless, for a good reason, it is fulfilled at another time of year.