

WHAT ABSTINENCE



NO MEAT
MAMMALS OF FOWL



FISH IS OK

FASTING



1 REGULAR MEAL

+
AND



2 SMALLER MEALS
that together do not equal the regular meal in size



NO SNACKS

WHEN

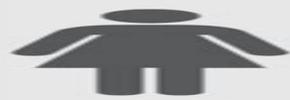


FASTING AND ABSTINENCE

ABSTINENCE

INTERESTING NOTE: Canon 1250 states that Ash Wednesday, Good Friday, and all the Fridays of Lent are to be kept as fast days. The only way to make up for the days that are not kept as fast days is to do so on other days. The only way to make up for the days that are not kept as fast days is to do so on other days. The only way to make up for the days that are not kept as fast days is to do so on other days.

WHO



CATHOLICS 14+
ARE OBLIGED TO PRACTICE ABSTINENCE



CATHOLICS 18-58
ARE OBLIGED TO FAST



THOSE OUTSIDE THE AGE LIMITS and those whose state in life (e.g. pregnant women, manual laborers, those who are ill) may be excused from the requirements of fasting and abstinence, but are encouraged to take up some other form of penitence or acts of charity or piety.

PLEASE NOTE

These guidelines are the minimum requirements for Lenten sacrifices. All are encouraged to impose some sort of personal penance or act of charity or piety on top of these minimums.

You could increase the number of days you practice fasting and/or abstinence, or abstain from a favorite food or activity for all of Lent. You could add things, such as committing to read the Bible for 20 minutes a day.

As in all things, Lenten penance and mortification calls for prudence.

It is wise to consult your spiritual director before undertaking additional Lenten practices.

How To Guide Abstinence

M Mark



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