

## Fasting and Abstinence in the Lenten Season and the Triduum

Lent runs from Ash Wednesday until the Mass of the Lord's Supper on Holy Thursday exclusive. General Norms for the Liturgical Year and the Calendar (hereafter - GNLYC) #28

We fast and abstain from meat because these ancient practices help us to set our minds and hearts on God. These practices can also be a sign of solidarity with the poor of the world, especially those who suffer from hunger.

The PRECEPTS OF THE CHURCH remind us that we are to observe the prescribed days of fasting and abstinence.

1. Everyone 14 years of age or over is bound to abstain from meat on Ash Wednesday and all the Fridays of Lent and Good Friday.
2. Everyone 18 years of age and under 60 years of age is bound to fast on Ash Wednesday and Good Friday.
3. Fasting means eating a lesser amount of food. On Ash Wednesday and Good Friday, only one full meatless meal is allowed. Two other smaller, meatless meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal another full meal. Eating solid foods between meals is not permitted. When health or ability to work would be seriously affected, the law does not oblige.
4. Catholics should not lightly excuse themselves from these prescribed minimal penitential practices.