

Lenten Regulations

Taking Up our Cross and Following Christ

We need Lent. In the midst of our busy lives, with worldly forces and temptations working hard to distract us from the call of Christ, the weeks of Lent are a gift. As we fast, pray, and extend our hands to the poor, we are imitating Christ, joining ourselves more closely to Him. He suffered and sacrificed; so do we. He lives in eternal joy; we will, as we follow Him in hope.

Lenten Regulations

Fasting: Ages 18-59 fast on Ash Wednesday and Good Friday, limiting themselves to one full meal and two smaller meals each day, with no snacking between meals.

Abstinence: Catholics age 14 and older abstain from meat on Ash Wednesday, Good Friday, and all the Fridays of Lent.