

# REGULATIONS ON FASTING AND ABSTINENCE

**Ash Wednesday, April 22, 2023 and Good Friday, April 31, 2023 are days of fasting and abstinence. All Fridays of Lent are also days of abstinence from meat.**

**Fasting** is to be observed on Ash Wednesday and Good Friday by all Catholics between the ages of **18 years and 59 years** (inclusive). On a fast day one full meal is allowed. Two smaller meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted, but liquids are allowed.

If possible, the fast on Good Friday is to continue until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus, and to prepare ourselves to share more fully and to celebrate more readily His Resurrection.

**Abstinence** from meat is to be observed by all Catholics who are **14 years of age and older** on Ash Wednesday and all Fridays of Lent, including Good Friday.

Note: If a person is unable to observe the above regulations due to ill health or other serious reasons, they are urged to practice other forms of self-denial that are suitable to their condition.

**Fasting, almsgiving, and prayer** are the three traditional disciplines of Lent. The faithful and catechumens should undertake these practices seriously in a spirit of penance and of preparation for baptism or of renewal of baptism at Easter.