

NORMS AND GUIDELINES FOR LENT,
THE SACRED PASCHAL TRIDUUM,
AND EASTER TIME

ASH WEDNESDAY (FEBRUARY 14, 2018) and **GOOD FRIDAY** (MARCH 30, 2018) are days of **fasting and abstinence**. **Fridays of Lent are also days of abstinence.**

The law of *fasting* binds all Catholics 18 years of age and older until the beginning of their 60th year (Canon 1252). On a fast day, one full meal is allowed. Two other meals, sufficient to maintain one's strength, may be taken according to each one's needs, but together they should not equal a full meal. Eating between meals is not permitted, but liquids, including milk and juices, are allowed. Medications, taken according to need, do not break the fast.

The law of *abstinence* binds Catholics who have completed their 14th year of age (Canon 1252). Unlike the law of fasting, there is no upper age limit to the law of abstinence. On days of abstinence, no meat is allowed.

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 sacramental initiation into the Church or the renewal of baptismal promises at Easter.