



## LENTEN REGULATIONS

*As the season of Lent begins, it is helpful to recall the discipline of the Church with regard to fast, abstinence and other forms of penance.*

**Ash Wednesday and Good Friday are days of fast and abstinence. The Fridays of Lent are days of abstinence in the United States.**

**The obligation of abstinence (refraining from eating meat) begins at the age of 14. The law of fasting (limiting oneself to one full meal and two lighter meals) obliges all between the ages of 18-59. No one should consider this obligation lightly.**

**Those individuals who have a medical condition in which fasting may be considered harmful are not obliged to fast, but should perform some other act of penance or charity.**

**Parents are to see that minors, though not bound by the law of fast and abstinence, are educated in the authentic sense of penance and encouraged to do acts of penance suitable to their age. All members of the Christian Faithful are encouraged to do acts of penance and charity during the Lenten season beyond what is prescribed by the law.**

**As a general rule, a request for a dispensation from the obligation of abstinence on Fridays of Lent will not be considered unless some serious reason is present. The attendance at social events, banquets, wedding rehearsals or receptions are not considered sufficient reason to request a dispensation.**



## LENTEN SCHEDULE

**Masses will be at 9:00 AM and 7:00 PM on Ash Wednesday, February 17, with the distribution of ashes. Ashes will also be distributed at a prayer service at 12:15 PM.**

**Please see the reverse for the schedule of Confessions, Stations of the Cross and Holy Week.**