

## **Lenten Obligations**

1. The days of fast and abstinence are Ash Wednesday and Good Friday.
2. All other Fridays of Lent are days of abstinence.
3. The obligation of fast applies only to Catholics between the ages of 18 and 59.

*Fasting in the Catholic tradition means to limit oneself to one full meal and two smaller meals which together are not equal to a full meal, so as to experience hunger.*

4. The obligation of abstinence applies to all Catholics who have reached the age of 14.  
*Abstinence in the Catholic tradition means to abstain from meat.*

**As you may know, the Memorial of St. Patrick falls on a Friday this year. For members of the faithful celebrating this Memorial and who desire it, Bishop Checchio has commuted the penitential obligation on March 17 to the obligation to abstain from meat on another day that same week.**