

Ash Wednesday – Lent begins on Wednesday of this week. The Lenten Regulations are as follows:

FASTING concerns the **AMOUNT** of food we eat and **WHEN** we eat it. **ASH WEDNESDAY** is a **FAST DAY**. On that day those who are obliged to fast are allowed one (1) full meal. Aside from that they are also permitted two (2) smaller meals. For the average person, it means having a full dinner and a light breakfast and a light lunch. But we can arrange eating time as we please. Obligated by this regulation are those who have completed their 18th birthday and have not yet reached their 59th birthday. **GOOD FRIDAY** is also a **FAST DAY**.

ABSTAINING means doing without something. For Lent it means not eating flesh meat – animals and birds. **ASH WEDNESDAY AND GOOD FRIDAY** are both days of **FAST AND ABSTINENCE**. **ALL THE FRIDAYS** of Lent are days of **ABSTINENCE**. The age for no meat is fourteen and up.