

FASTING AND ABSTINENCE GUIDELINES

Fasting is to be observed by all those who are 18 years of age and older and who have not yet celebrated their 59th birthday. On a fast day, one full meal is allowed. Two other 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, including milk and juices, are allowed. Parents should ensure that even those who are still too young to be bound by the laws of fasting and abstinence are trained to have a true appreciation of penance.

Abstinence is observed by all those who are 14 years of age and older. On days of abstinence, no meat is allowed. Note that when health or ability to work would be seriously affected, the law does not oblige. When in doubt concerning fast and abstinence, the parish priest should be consulted.

Almsgiving, in conjunction with fasting and abstinence and linked with a greater intensity in prayer, opens our awareness to the needs of others for whom fasting and abstinence are a way of life through no choice of their own. For those of us who have the privilege of being able to fast and abstain, we do so in solidarity with our less fortunate sisters and brothers throughout the world, and unite our sacrifice with theirs in interceding to the Lord for peace in our time.