

FASTING AND ABSTINENCE

Ash Wednesday and Good Friday are days of both fast and abstinence. In the United States, all Fridays of Lent are days of abstinence.

The law of **abstinence** obliges those 14 years of age and older not to eat meat. Abstinence from meats is to be observed by all Catholics 14 years old and older on Ash Wednesday and on all the Fridays of Lent.

The law of **fast** obliges all those from ages 18 through 59 to refrain from eating between meals and to limit their eating to one full meal and two lighter meals for the day.

Fasting is to be observed on Ash Wednesday by all Catholics who are 18 years of age but not yet 59. [note: most sources say "not yet 60"]. Those who are bound by this may take only one full meal. Two smaller meals are permitted if necessary to maintain strength according to one's needs, but eating solid foods between meals is not permitted.