



LENTEN REGULATIONS 2014

Weekdays of Lent:

There is no obligation to fast. However, voluntary acts of self-denial are recommended.

ASH WEDNESDAY AND GOOD FRIDAY:

These are days of Fast and Abstinence from meat. There is a limit of one full meal on these days for all between the ages of 18 and 59 inclusive.

DAYS OF ABSTINENCE: ALL FRIDAYS IN LENT

All who have reached their 14th year are bound to abstain totally from meat.

EASTER DUTY OBLIGATION:

After they have received their First Holy Communion, Catholics are bound by the obligation of receiving Holy Communion at least once a year. This percept should be fulfilled during the Easter Season. Catholics are also bound to confess serious (mortal) sins at least once a year, but this is not limited to the Lenten/Easter Season.