



### ***DIOCESAN LENTEN REGULATIONS***

Then to all Christ said, “Whoever wishes to be my follower must deny his very self, take up his cross each day, and follow in my steps” (Lk 9:23).

The Church has always helped us fulfill these words of Jesus by prescribing very definite penance for all Catholics. Accordingly, the Pope, the Patriarch and the American bishops have outlined obligatory fast and abstinence. Our Diocesan Regulations are:

- **Ash Monday and Good Friday** are days of *abstinence* for all Catholics *over the age of 14*. On these two days, *fast* as well as abstinence is also obligatory for those *from the ages of 18-59*. Abstinence means abstinence from meat. Fast means no food from midnight to noon. No Catholic will lightly excuse himself or herself from this obligation.
- **All other Fridays of Lent** are days of *abstinence* from meat for everyone 14 years of age & older. Here again Catholics will not hold themselves lightly excused, but if there is a serious health problem, this obligation would not apply.
- **Fasting from midnight to noon daily is optional**
- **We strive to make all days of Lent a time of prayer and penance.**