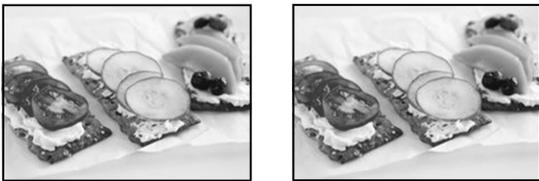


FASTING is



One Regular Meal
and



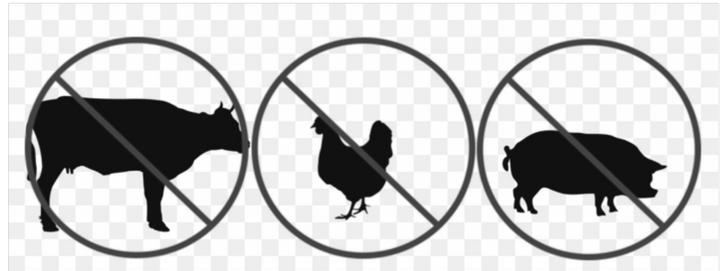
Two Small Meals

BUT

NO

SNACKS!

ABSTINENCE is



Ash Wednesday, March 2nd
& Good Friday, April 15th
are Days of Fast & Abstinence.

Every Friday in Lent
is a Day of Abstinence.

Catholics 14+ are required to practice abstinence. Catholics 18 - 58 are required to fast. Those outside the age limits, as well as pregnant and nursing women, manual laborers, diabetics, and the ill are excused from the requirements of fasting and abstinence, and vegetarians and vegans are excused from abstinence.

ALL these are encouraged to take up some other act of penitence or work of piety or charity.

“Christ Died for Our Salvation on Friday”

For this reason, Friday itself remains a special day of penitential observance throughout the year, not only during Lent. Friday should be to each week what Lent is to the entire year. It would bring great glory to God and good to souls if Fridays found our people doing volunteer work in hospitals, visiting the sick, serving the needs of the aged and the lonely, instructing the young in the Faith, participating as Christians in community affairs, and meeting our obligations to our families, our friends, our neighbors, and our community, including our parishes, with a special zeal born of the desire to add the merit of penance to the other virtues exercised in good works born of living faith. “Penance & Abstinence”, 1983, US Bishops



Catholic Relief Services
Rice Bowls & Calendars

are available in our
churches. *Rice Bowls* help

us practice **Prayer, Fasting, and Almsgiving** during Lent, using the info sheet inside the *Rice Bowl*. Also visit the *Rice Bowl* website crsricebowl.org and discover Family Activities, Resources and Recipes for Lent. Download the free **Rice Bowl Mobile App** for your phone or tablet. 25% of *Rice Bowl* donations supports our parish *Works of Mercy* and *Agape*.