

An Illustrated Guide to Lent Fasting & Abstinence

ABSTINENCE *is*

NO MEAT



NO POULTRY



FISH IS OKAY!



1 Full Meal



2 Small Meals



But NO Snacks



ASH WEDNESDAY, March 1, & GOOD FRIDAY, April 14, are Days of both Fasting AND Abstinence. Every Friday in Lent is a Day of Abstinence.

CATHOLICS 14+ are obliged 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.