

Fasting and Abstinence

The Church designates the following days for fasting: Good Friday and Ash Wednesday. It applies to all from the age of 18 until our 60th year. A fast means one main meal and 2 snacks.

Also, days of abstinence from meat are all Fridays in the year, except when they are solemnities. (eg Christmas). This applies from our 14th year. Good Friday and Ash Wednesday are also days of abstinence.

Our Bishops allow us to substitute other things to abstain from apart from meat, eg: Cigarettes, alcohol, chocolate (similar to our voluntary lenten observances). We could choose to give money to charity, or we could perform a charitable act.

There are also many medical exemptions.

But we should not get scrupulous about these things! A healthy penitential attitude is enough!

