

# **LENTEN REGULATIONS**

- 1. By the law of God and the custom of the Church, all Christians are required to do penance.**
- 2. The season of Lent retains its penitential character. The days of penance to be observed under obligation are Ash Wednesday and all Fridays of the Lenten season.**
- 3. Abstinence from meat is to be observed on all Fridays of Lent. The law of abstinence and fast is to be observed on Ash Wednesday and Good Friday.**
- 4. The law of abstinence forbids the consumption of meat. The law of fasting permits only one full meal a day.**
- 5. The law of abstinence binds those who have celebrated their 14<sup>th</sup> birthday. The law of fasting binds those who have celebrated their 18<sup>th</sup> birthday and continues until they have celebrated their 59<sup>th</sup> birthday.**
- 6. Pastors and parents should take particular care to educate the young to a true sense of penance and self-discipline. More frequent use of the Sacrament of Penance and attendance at daily Mass should be encouraged during Lent, as well as other practices of penance and self-sacrifice.**
- 7. The Fridays of the year outside Lent remain days of penance, but each individual may substitute traditional abstinence from meat with some other practice of voluntary self-denial or personal penance. These works should be considered a minimal response to the Lord's call to penance and conversion of life.**
- 8. All priests and deacons are delegated to grant dispensations to individuals, families or groups from their parish and visiting their parish.**