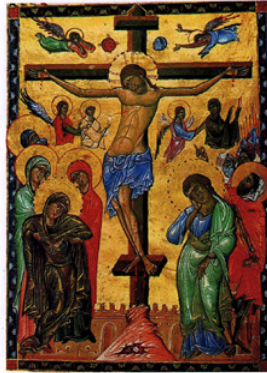


CATHOLIC RULES FOR FASTING AND ABSTINENCE



SEASON OF LENT

Days of Abstinence – Ash Wednesday, all Fridays in Lent and Good Friday for all who have reached their 14th birthday. Abstinence forbids the use of meat, but not of eggs, milk products or condiments made of animal fat.

Days of Fast – Ash Wednesday and Good Friday for all who have reached their 18th birthday and have not yet reached their 60th birthday. Fasting as explained by the U.S. bishops means partaking of only one full meal. Some food (not equaling another full meal) is permitted at breakfast and around midday or in the evening—depending on when a person chooses to eat the main or full meal.



"Fasting and abstinence fortify the Christian person in the struggle against evil and for the service of the Gospel. In fasting and penance, the believer is asked to renounce goods and legitimate material satisfaction, in order to acquire better interior freedom. This disposes us to listen attentively to the Word of God

**and to give generous assistance to our brothers in need."—
Pope John Paul II**