

## **GUIDELINES FOR FAST AND ABSTINENCE**

Lenten fast and abstinence regulations for the Diocese of Worcester are as follows:

**Abstinence** from meat is to be observed by all Catholics fourteen (14) years of age and older on Ash Wednesday, Good Friday and all the Fridays of Lent.

**Fasting** is to be observed by all Catholics who are eighteen (18) years of age but not yet fifty-nine (59) years of age on Ash Wednesday and Good Friday.

Those who are bound to fast may take only one full meal. Two smaller meals are permitted if necessary to maintain strength according to one's needs, but eating solid foods between meals is not permitted. Catholics should not lightly excuse themselves from these prescribed Lenten penitential practices.