

A Guide to Fasting and Abstinence

A Call-to-Prayer & Lenten Resource 2013

Then to all, Christ said,

"Whoever wishes to be my follower must deny his very self, take up his cross each day, and follow in my steps." (Lk 9:23)

The Church has always helped us fulfill these words of Jesus by prescribing very definite penance for all Catholics.

Abstinence:

What: Abstain from meat



When: 1. Call to Prayer sacrifice: every Friday
2. Lent: Ash Wednesday (Feb 13, 2013) & all Fridays in Lent

Who: Obligatory for all Catholics over the age of 14

Fasting:

What: 1 full meal a day with 2 smaller meals & nothing in between meals. (Liquids are permitted)

When: 1. Call to Prayer sacrifice: every Friday
2. Lent: Ash Wednesday (Feb 13) & Good Friday (March 29)

Who: Obligatory for all Catholics ages 18-59



During Lent, no Catholic will lightly excuse himself or herself from this obligation unless a serious health problem exists.