

# THE SEASON OF LENT

begins on Wednesday, February 17, with the blessing and distribution of ashes.

- **Ash Wednesday is a day of universal fast and abstinence in the Church.**
- **Abstaining from eating meat on Fridays is observed by all persons 14 and older.**
- **The law of fasting on Ash Wednesday and Good Friday applies to all persons 18 or older and younger than 59.**

On these days, only one full meal is allowed. Two other meatless meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted, but liquids, including milk and fruit juices are allowed. If health or ability to work are affected, fasting does not oblige.

Private, self imposed observance of fasting on Lenten weekdays is strongly recommended. Parents should ensure that children who are not bound by the law of fast and abstinence are taught an authentic sense of penance, conversion and reconciliation.

