

LENTEN 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.

N.B. In 2018, the celebration of Ash Wednesday coincides with Valentine's Day, February 14. While it is not possible for a dispensation to be given from fasting and abstinence for Ash Wednesday or Good Friday, it is recommended that the celebration of Valentine's Day be transferred to another day.